





O  Monday @10 AM - Fergus  
Group ID: 50564 (D4) - **AI-Anon**  
**(in-person) New Fresh Start AFG - Fergus**

Open to: Families, Friends and Observers Welcome  
Group email: mkellybernard@yahoo.com  
Meeting focus: Regular  
This meeting has now re-opened for physical attendance. Masks are mandatory.

**St. James Anglican Church**

171 Queen Street  
Fergus ON N1M 1S0  
First building on left, past the bridge to downtown  
enter side door, off parking lot, upstairs meeting room, Handicapped access.

C  Monday @7 PM - Guelph  
Group ID: 16356 (D4) - **AI-Anon**  
**(in-person) Serenity Seekers AFG - Guelph**

Open to: Families and Friends Only

Meeting focus: Regular  
This meeting has now re-opened for physical attendance. Masks are mandatory.

**Church of the Apostles**

86 Glasgow St N  
Guelph ON N1H 4W2

O Monday @7:30 PM - Kitchener  
Group ID: 16415 (D4) - **AI-Anon**  
**(in-person) Monday Night Trinity AFG - Kitchener**


Open to: Families Friends and Observers Welcome

Meeting focus: Regular  
Notes: No meetings on Holiday Mondays  
This group has resumed in-person meetings.

**Downtown Community Centre**

**35B Weber St. W.**  
Kitchener ON N2H 3Z1  
No food/drink allowed

O = Open (to families and friends of alcoholics and observers) (AA) = Concurrent AA meeting  
C = Closed (open to families & friends of alcoholics only) (AL) = Concurrent Alateen meeting  
AC = Adult Children (AN) = Concurrent AI-Anon meeting


C  Monday @7:30 PM - Waterloo  
Group ID: 30617384 (D4) - **Alateen**  
**(in-person) Monday Night Waterloo Alateen**

Open to: Families and Friends Only

Meeting focus: Regular  
This group is meeting in-person. Masks are required.

**St. Columba's Anglican Church**

250 Lincoln Road  
Waterloo ON N2J 2P5  
At Mayfield. Handicap access

C  Monday @7:30 PM - Waterloo  
Group ID: 16733 (D4) - **AI-Anon**  
**(in-person) New Courage to Change AFG - Waterloo**

Open to: Families and Friends Only

Meeting focus: Regular  
This group has now resumed in-person meetings. Masks are required.

**St. Columba's Anglican Church**

250 Lincoln Road  
Waterloo ON N2J 2P5  
At Mayfield. Handicap access

C Tuesday @1 PM - Waterloo  
Group ID: 66039 (D4) - **AI-Anon**  
**(online) 12 & 12 AFG - Waterloo**

Open to: Families and Friends Only

Meeting focus: Regular  
To obtain the details for the virtual meeting, please send an email to: district4osa@gmail.com

**St. Agnes Catholic Church**

75 Bluevale Avenue N.  
Waterloo ON N2J 3R7  
Back door off parking lot.


O Tuesday @1 PM - Kitchener  
Group ID: 503960 (D4) - **AI-Anon**  
**(in-person) KOOL FRIENDSHIP - Kitchener**

Open to: Families, Friends and Observers Welcome

Meeting focus: Regular  
This group has resumed in-person meetings.

**First Mennonite Church**

800 King Street E  
Kitchener ON N2G 1E3  
Main entrance at Stirling - go to basement


C  Wednesday @10 AM - Cambridge  
Group ID: 16281 (D4) - **AI-Anon**  
**(in-person) Wednesday Morning AFG - Cambridge**

Open to: Families and Friends Only

Meeting focus: Regular  
This meeting has now re-opened for physical attendance. Masks are mandatory.

**St. John's Anglican Church**

567 Queenston Rd  
Cambridge ON N3H 3J9  
Enter door at left, downstairs.

C  Wednesday @7:30 PM - Guelph  
Group ID: 16355 (D4) - **AI-Anon**  
**(in-person) Guelph AFG**


Open to: Families and Friends Only  
Group email:

guelphafg@gmail.com  
Meeting focus: Regular  
This group has resumed in-person meetings. Masks are required.

**All Saints Lutheran Anglican Church**

**210 Silvercreek Pkwy N.**  
Guelph ON N1H 7P8  
Please use back door




O  Wednesday @7:30 PM - New Hamburg  
Group ID: 61890 (D4) - **Al-Anon (hybrid) Stepping Stones AFG - New Hamburg**  
Open to: Families Friends and Observers Welcome

Meeting focus: Regular  
Steps, Traditions , open discussions and speaker meeting 5th wed  
This group has resumed in-person meetings.  
There is also a concurrent online meeting. Access the online portion of the meeting directly with the 'Join with Zoom' button on the meetings page of the Ontario website. Or enter Zoom details manually.


Meeting ID: 560 592 281  
Password: serenity

**Holy Family Catholic Church Hall**  
329 Huron Street  
New Hamburg ON N3A 1W7  
Entrance off parking lot, downstairs.  
Handicap access.

O  Thursday @10 AM - Cambridge  
Group ID: 66191 (D4) - **Al-Anon (in-person) Courage to Love AFG - Cambridge**  
Open to: Families, Friends and Observers Welcome

Meeting focus: Regular  
This group has resumed in-person meetings.

**Calvary Pentecostal**  
127 Hespler Road  
Cambridge ON N1R 3G9  
Back door, wheelchair accessible.  
Fragrance free.

O  Thursday @7:30 PM - Fergus  
Group ID: 52032 (D4) - **Al-Anon (in-person) Courage to Grow AFG - Fergus**  
Open to: Families, Friends and Observers Welcome


Meeting focus: Regular  
This meeting has now re-opened for physical attendance. Masks are mandatory.

**St. James Anglican Church**  
171 Queen Street  
Fergus ON N1M 1S0  
First building on left, past the bridge to downtown  
enter side door, off parking lot, upstairs meeting room, Handicapped access.

O Thursday @7:30 PM - Guelph  
Group ID: 30527663 (D4) - **Al-Anon (in-person) Miracles in Progress AFG - Guelph**  
Open to: Families, Friends and Observers Welcome  
Group email: [miraclesinprogressguelph@gmail.com](mailto:miraclesinprogressguelph@gmail.com)

Meeting focus: Regular  
Speaker meeting last Thursday of month.  
This group has resumed in-person meetings.

**Riverside Community Reformed Church**  
79 Speedvale Ave E  
Guelph ON N1E 1M3


O  Friday @10 AM - Guelph  
Group ID: 47559 (D4) - **Al-Anon (in-person) Fresh Start AFG - Guelph**  
Open to: Families, Friends and Observers Welcome

Meeting focus: Regular  
This meeting has now re-opened for physical attendance.

**The Church Of The Apostles**  
86 Glasgow Street N.  
Guelph ON N1H 4W2  
Corner Paisley & Glasgow Streets. Use parking lot door. Fragrance free.

O Friday @7 PM - Kitchener  
Group ID: 30522060 (D4) - **Al-Anon (in-person) New Beginnings AFG - Kitchener**  
Open to: Families, Friends and Observers Welcome  
Group email: [hopeforalanon@gmail.com](mailto:hopeforalanon@gmail.com)  
Meeting focus: Discussion meeting  
Beginner's Meeting available  
This meeting has now re-opened for physical attendance.

**Faith Lutheran Church**  
247 Westmount Road E  
Kitchener ON N2M 4Z2  
Enter door next to the gym and go up the stairs.


O-(AL)  Friday @8 PM - Cambridge  
Group ID: 16282 (D4) - **Al-Anon (in-person) Friday Night Acceptance AFG - Cambridge**  
Open to: Families, Friends and Observers Welcome

Meeting focus: Regular  
This group is now meeting in person,

**St. Andrew's Presbyterian Church**  
73 Queen Street E.  
Cambridge ON N3C2A9  
Back door (Spring Street), upstairs.  
Handicap access.

O = Open (to families and friends of alcoholics and observers) (AA) = Concurrent AA meeting  
C = Closed (open to families & friends of alcoholics only) (AL) = Concurrent Alateen meeting  
AC = Adult Children (AN) = Concurrent Al-Anon meeting



O  O  
Saturday @10 AM - Kitchener  
Group ID: 16416 (D4) - **Al-Anon**  
**(hybrid) One Day at a Time AFG - Kitchener**

Open to: Families, Friends and Observers Welcome

Meeting focus: Regular  
Step, Tradition, topics and speakers  
This meeting is now re-opened and you are welcome to attend their physical meetings. Masks mandatory. Participants must be double vaccinated. Beginner's meeting available. Contact [jdwards2015@yahoo.ca](mailto:jdwards2015@yahoo.ca) for details of hybrid meeting.

**St. James Rosemount United Church**  
171 Sherwood Avenue  
Kitchener ON N2B 1K2  
Enter main door upstairs. Covid policy in practice. Double vaccination required at this time

C  
Saturday @10 AM - Kitchener  
Group ID: 65911 (D4) - **Alateen**  
**(in-person) The Sun Will Come Up Tomorrow Alateen - Kitchener**  
Open to: Families and Friends Only

Meeting focus: Regular  
This meeting is now re-opened and you are welcome to attend their physical meetings. Masks mandatory.

**St. James Rosemount United Church**  
171 Sherwood Avenue  
Kitchener ON N2B 1K2  
Enter main door upstairs. Covid policy in practice. Double vaccination required at this time

O  
Sunday @8 PM - Kitchener  
Group ID: 30791281 (D4) - **Al-Anon**  
**(in-person) Keep it Simple AFG - Kitchener**  
Open to: Families, Friends and Observers Welcome  
Group email: [kwalanonkeepitsimple@gmail.com](mailto:kwalanonkeepitsimple@gmail.com)  
Meeting focus: Regular  
There is a double speaker meeting the second meeting of the month. Normally one AA speaker and one Al-anon speaker. Otherwise we read from a daily reader and share on the reading  
This group has resumed in-person meetings.

**Stirling Avenue Mennonite Church - Kitchener**  
57 Stirling Avenue N  
Kitchener ON **N2H 3G4**  
Around far side of church, door facing outgoing driveway.

O = Open (to families and friends of alcoholics and observers) (AA) = Concurrent AA meeting  
C = Closed (open to families & friends of alcoholics only) (AL) = Concurrent Alateen meeting  
AC = Adult Children (AN) = Concurrent Al-Anon meeting