





C  
Monday @7:30 PM - Nepean  
Group ID: 16512 (D28) - **AI-Anon (in-person) Bells Corners AFG - Nepean**  
Open to: Families and Friends Only  
Group email:  
Secretarybellscorners@gmail.com  
Meeting focus: Regular  
This group has resumed in-person meetings.

**Christ Church Anglican**  
3861 Richmond Street  
Nepean ON K2H5C1  
Please enter through the parking lot. If you arrive after the start time please ring the bell to be let in.

C   
Monday @7:30 PM - Arnprior  
Group ID: 50753 (D28) - **AI-Anon (in-person) Stepping Stones AFG - Arnprior**  
Open to: Families and Friends Only  
Group email:  
steppingstonesafgprior@gmail.com  
Meeting focus: Regular  
Beginner meeting available  
This group has resumed meeting in-person.

**St. John Chrysostom Roman Catholic Church**  
295 Albert Street  
Arnprior ON K7S 2M7  
Please enter the side door and follow the signs

O-AC   
Monday @7:30 PM - Canada  
Group ID: 38879 (D28) - **AI-Anon (online) Together We Can Make It AFG Adult Children - Ottawa**  
Open to: Families, Friends and Observers Welcome  
Group email:  
TWCMIAFG@gmail.com  
Meeting focus: Adult Children  
Discussion meeting - last Monday Open Speaker  
Access directly with the 'Join with Zoom' button on the meetings page of the Ontario website. Or enter Zoom details manually.  
Meeting ID: 476379299


**Electronic Meeting Ontario South**  
Ontario South  
Canada ON  
Not a physical location

C  
Tuesday @10 AM - Canada  
Group ID: 30701398 (D28) - **AI-Anon (online) Vanier New Beginnings AFG - Ottawa**  
Open to: Families and Friends Only  
Group email:  
vaniernewbeginnings@gmail.com  
Meeting focus: Regular  
Access directly with the 'Join with Zoom' button on the meetings page of the Ontario website. Or enter Zoom details manually.  
Meeting ID: 882 6383 5436

**Electronic Meeting Ontario South**  
Ontario South  
Canada ON  
Not a physical location

C  
Tuesday @7:30 PM - Ottawa  
Group ID: 16531 (D28) - **AI-Anon (hybrid) Pinecrest 12th Step AFG - Ottawa**  
Open to: Families and Friends Only  
Meeting focus: Regular  
The Pinecrest group has adjusted it's hybrid format to be hybrid only on the first and third Tuesdays of the month. Every Tuesday evening will continue to be still a face to face format. Access directly with the 'Join with Zoom' button on the meetings page of the Ontario website. Or enter Zoom details manually.  
Meeting ID: 333646972

**Britannia United Church**  
985 Pinecrest Road  
Ottawa ON K2B 6B4  
Meeting in basement. Ring bell.  
Fragrance free.

C   
Wednesday @12:15 PM - Ottawa  
Group ID: 16527 (D28) - **AI-Anon (in-person) Traditional AFG - Ottawa**  
Open to: Families and Friends Only  
Meeting focus: Regular  
This group has resumed in-person meetings.

**St. Andrew's Presbyterian Church**  
82 Kent Street  
Ottawa ON K1P5N9  
The church office is located adjacent to 82 Kent St. for those who are arriving by wheelchair. There is an interior elevator that can be taken down to the downstairs hall.


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  
Wednesday @7:30 PM - Kanata  
 Group ID: 30642794 (D28) - **Al-Anon (hybrid) New Beginnings AFG - Kanata**  
 Open to: Families and Friends Only  
 Group email: kanataafg@outlook.com  
 Meeting focus: Regular  
 Beginners meeting available  
 This group has resumed in-person meetings with a concurrent electronic meeting. Access the online portion directly with the 'Join with Zoom' button on the meetings page of the Ontario website. Or enter Zoom details manually.

Meeting ID: 82950647908  
 Password: 0tL72g

**Kanata United Church**  
 33 Leacock Dr  
 Kanata ON K2K2B9  
 Eagleson exit, Beaverbrook area. Enter through front door and walk straight to "church hall" room

O   
Wednesday @7:30 PM - Ottawa  
 Group ID: 16523 (D28) - **Al-Anon (hybrid) Royal Ottawa AFG**  
 Open to: Families Friends and Observers Welcome

Meeting focus: Discussion meeting  
 Discussion meeting with speaker on the last meeting of the month.  
 This group has resumed in-person meetings. Masks are required in public places. Hybrid meeting to run at same time on Zoom. Newcomers Meetings held at the same time.  
 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: 821 8421 6966  
 Password: 620187

**Royal Ottawa Hospital Mental Health Centre**  
 1145 Carling Avenue  
 Ottawa ON K1Z7K4  
 Rm 1124 Newcomers meeting 8:00 am

C-(AN)  
Thursday @7:30 PM - Ottawa  
 Group ID: 504026 (D28) - **Alateen (in-person) Freedom to Choose Serenity Alateen - Ottawa**  
 Open to: Families and Friends Only

Meeting focus: Regular  
 Meeting open to teens 13-18  
 This group has resumed in-person meetings.

**Emmanuel United Church**  
 691 Smyth Road  
 Ottawa ON K1G 1N7  
 Enter by the side door off the parking lot. Please ring the bell if you arrive after 7:30

O  
Thursday @7:30 PM - Ottawa  
 Group ID: 16519 (D28) - **Al-Anon (hybrid) New Life AFG - Ottawa**  
 Open to: Families, Friends and Observers Welcome  
 Group email: nlafgroup28@gmail.com  
 Meeting focus: Regular  
 Business and speaker meeting first meeting of month.  
 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: 319321852  
 Password: 994502

**Emmanuel United Church**  
 691 Smyth Road  
 Ottawa ON K1G 1N7  
 Enter by the side door off the parking lot. Please ring the bell if you arrive after 7:30

C  
Thursday @7:30 PM - Ottawa  
 Group ID: 39406 (D28) - **Al-Anon (in-person) Orleans AFG - Ottawa**  
 Open to: Families and Friends Only  
 Group email: orleansalanonlb@gmail.com  
 Meeting focus: Discussion meeting  
 Newcomers welcome.  
 Access directly with the 'Join with Zoom' button on the meetings page of the Ontario website. Or enter Zoom details manually.

Meeting ID: 201967173

**Orleans United Church**  
 1111 Orleans Blvd  
 Ottawa ON K1C7C8  
 At Sugar Creek, near Taffy Lane Enter main door from rear parking lot; Meeting in Chapel at rear left of main entrance hall.


C  
Friday @9:30 AM - Ottawa  
 Group ID: 16511 (D28) - **Al-Anon (in-person) Beacon Hill AFG - Ottawa**  
 Open to: Families and Friends Only

Meeting focus: Regular  
 Beginner's Meeting available  
 This meeting is now re-opened. Only those with two COVID-19 vaccinations are permitted to attend these face to face meetings.

**St. Gabriel's Church**  
 55 Appleford Road  
 Ottawa ON K1J6T6  
 Side door - main parking lot.


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O  Friday @12 PM - Ottawa  
 Group ID: 63827 (D28) - **AI-Anon**  
**(in-person) 12 Step Discovery AFG - Ottawa**  
 Open to: Families, Friends and Observers Welcome


Meeting focus: Step-study  
 12 Step Study/Tradition Group  
 Meeting in Fireplace room on second floor. Elevator accessed by asking at office on main floor. Parking and entrance at back of church.

**St. Paul's Presbyterian Church**  
 971 Woodroffe Avenue  
 Ottawa ON K2A3G9  
 North of 417, East side of Woodroffe.  
 Parking & Entrance in rear. Disabled access.

O  Sunday @10 AM - Ottawa  
 Group ID: 30663604 (D28) - **AI-Anon**  
**(in-person) Sunday Speaker Open Meeting AFG - Ottawa**  
 Open to: Families, Friends and Observers Welcome  
 Group email:  
 ottawaais@yahoo.ca

Meeting focus: Speaker meeting  
 Open Speaker / Public Info meeting every 2nd and 4th Sunday  
 This group has resumed in-person meetings on the 2nd and 4th Sunday of the month.

**Overbrook Community Centre**  
 33 Quill Street  
 Ottawa ON K1K 4E7

C  Saturday @10 AM - Ottawa  
 Group ID: 30601829 (D28) - **AI-Anon**  
**(in-person) How It Works AFG - Ottawa**  
 Open to: Families and Friends Only

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

**St. Paul's Presbyterian Church**  
 971 Woodroffe Avenue  
 Ottawa ON K2A3G9  
 North of 417, East side of Woodroffe.  
 Parking & Entrance in rear. Disabled access.

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