





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
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
Enter at the back of the church. Lots of parking available.


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
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 
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 jdwats2015@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
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