





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: orleansafg@gmail.com
 Meeting focus: Discussion meeting
 Newcomers welcome.
 This group has resumed in-person meetings.

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
 This group has resumed in-person
 meetings.

St. Paul's Presbyterian Church

971 Woodroffe Avenue
 Ottawa ON K2A3G9
 Meeting in Fireplace room on the second
 floor. Elevator accessed by asking at
 office on main floor. Parking and
 entrance at back of church


O 
Sunday @10 AM - Ottawa
 Group ID: 30663604 (D28) - **AI-Anon**
(in-person) Sunday Speaker 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
 Meeting in Fireplace room on the second
 floor. Elevator accessed by asking at
 office on main floor. Parking and
 entrance at back of church

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