









<p>O  <u>Monday @10 AM - Fergus</u> Group ID: 50564 (D4) - Al-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.</p> <p>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.</p>	<p>C  <u>Monday @7:30 PM - Waterloo</u> Group ID: 16733 (D4) - Al-Anon (in-person) New Courage to Change AFG - Waterloo Open to: Families and Friends Only Group email: alanonmondaynightwaterloo@gmail.com Meeting focus: Regular This group has resumed in-person meetings.</p> <p>Church of the Holy Saviour 33 Allen St. E Waterloo ON N2J 1J1 Parking lot is located off of Allen St. Entrance door is located near the parking lot.</p>	<p>O <u>Tuesday @1 PM - Kitchener</u> Group ID: 503960 (D4) - Al-Anon (in-person) Kool Friendship AFG - Kitchener Open to: Families, Friends and Observers Welcome Meeting focus: Regular This group has resumed in-person meetings.</p> <p>First Mennonite Church 800 King Street E Kitchener ON N2G 1E3 Main entrance at Stirling - go to basement</p>
<p>C  <u>Monday @7 PM - Guelph</u> Group ID: 16356 (D4) - Al-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.</p> <p>Church of the Apostles 86 Glasgow St N Guelph ON N1H 4W2</p>	<p>C <u>Tuesday @1:00 PM - Canada</u> Group ID: 30850440 (D4) - Al-Anon (online) 12 and 12 AFG - Canada Open to: Families and Friends Only Group email: alanontwelveandtwelvefg@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: 950 4186 4205</p> <p>Electronic Meeting Ontario South Ontario South Canada ON Not a physical location</p>	<p>C <u>Tuesday @1 PM - Waterloo</u> Group ID: 66039 (D4) - - 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</p> <p>St. Agnes Catholic Church 75 Bluevale Avenue N. Waterloo ON N2J 3R7 Back door off parking lot.</p>
<p>C  <u>Monday @7:30 PM - Waterloo</u> 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.</p> <p>St. Columba's Anglican Church 250 Lincoln Road Waterloo ON N2J 2P5 At Mayfield. Handicap access</p>	<p>St. John's Anglican Church 567 Queenston Rd Cambridge ON N3H 3J9 Enter door at left, downstairs.</p>	<p>C  <u>Wednesday @10 AM - Cambridge</u> Group ID: 16281 (D4) - Al-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.</p>

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AC = Adult Children (AN) = Concurrent Al-Anon meeting



<p>C </p> <p><u>Wednesday @7:30 PM - Guelph</u> 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.</p>	<p>O </p> <p><u>Thursday @10 AM - Cambridge</u> Group ID: 66191 (D4) - AI-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.</p>	<p>O </p> <p><u>Thursday @7:30 PM - Guelph</u> Group ID: 30527663 (D4) - AI-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.</p>
<p>All Saints Lutheran Anglican Church 210 Silvercreek Pkwy N. Guelph ON N1H 7P8 Please use back door</p>	<p>Calvary Pentescostal 127 Hespler Road Cambridge ON N1R 3G9 Back door, wheelchair accessible. Fragrance free.</p>	<p>Riverside Community Reformed Church 79 Speedvale Ave E Guelph ON N1E 1M3 Enter at the back of the church. Lots of parking available.</p>
<p>O </p> <p><u>Wednesday @7:30 PM - New Hamburg</u> Group ID: 61890 (D4) - AI-Anon (hybrid) Stepping Stones AFG - New Hamburg Open to: Families Friends and Observers Welcome</p>	<p>O </p> <p><u>Thursday @7:30 PM - Fergus</u> Group ID: 52032 (D4) - AI-Anon (in-person) Courage to Grow AFG - Fergus Open to: Families, Friends and Observers Welcome</p>	<p>O </p> <p><u>Friday @10 AM - Guelph</u> Group ID: 47559 (D4) - AI-Anon (in-person) Fresh Start AFG - Guelph Open to: Families, Friends and Observers Welcome</p>
<p>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.</p> <p>Meeting ID: 560 592 281 Password: serenity</p>	<p>Meeting focus: Regular This meeting has now re-opened for physical attendance. Masks are mandatory.</p> <p>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.</p>	<p>Meeting focus: Regular This meeting has now re-opened for physical attendance.</p> <p>The Church Of The Apostles 86 Glasgow Street N. Guelph ON N1H 4W2 Corner Paisley & Glasgow Streets. Use parking lot door. Fragrance free.</p>
<p>Holy Family Catholic Church Hall 329 Huron Street New Hamburg ON N3A 1W7 Entrance off parking lot, downstairs. Handicap access.</p>		


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O
Friday @7 PM - Kitchener
Group ID: 30522060 (D4) - **AI-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 group has resumed in-person meetings.


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) - **AI-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 
Saturday @10 AM - Kitchener
Group ID: 16416 (D4) - **AI-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 group has resumed in-person meetings.
There is also a concurrent online meeting.
Contact jdwards2015@yahoo.ca for details of hybrid meeting.

St. James Rosemount United Church
171 Sherwood Avenue
Kitchener ON N2B 1K2
Enter main door upstairs.

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.

O
Sunday @8 PM - Kitchener
Group ID: 30791281 (D4) - **AI-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 AI-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.

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