


## **Sunday**

**10:00am IN PERSON- Speaker meeting.**  
**Every 2<sup>nd</sup> & 4<sup>th</sup> Sunday of the month.**  
**Friends, Families, Observers Welcome**  
2<sup>nd</sup> floor - Overbrook Community Centre 33  
Quill Street  
Ottawa, K1K4E7. Lift available to 2<sup>nd</sup> floor.

**The Sunday Open Speaker meeting is  
open for AI-Anon/Alateen members,  
prospective members, the general public,  
professionals, and the media.**


## **Monday**

**7:30pm Stepping Stones AFG (K7S2M7)  
IN PERSON**   
St. John Chrysostom Roman Catholic  
Church  
295 Albert Street, Arnprior  
Enter by west side door. Discussion meeting.

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**7:30pm Together We Can Make It AFG  
ZOOM** online  
Meeting ID: 82641344889  
Password: N/A

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**7:30pm Bells Corners AFG (K2H5C1)  
IN PERSON**   
Christ Church  
  
3861 Old Richmond Road, Ottawa

Ring bell if you arrive after 7:30. Enter from  
the parking lot at the back of the church. Go  
upstairs (elevator available). Discussion  
meeting. Newcomers breakout group.

## **Tuesday**

**10:00am Vanier New Beginnings AFG.**  
**ZOOM** Online Meeting ID: 882 6383 543


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**7:30 pm (as of March 12, 2024) Pinecrest  
12th Step AFG(K2B6B4) IN PERSON**  
Britannia United Church  
985 Pinecrest, Ottawa  
Between the Queensway and Richmond  
Road. Meeting on the main level. If door  
locked, ring bell. Scent-free. Discussion  
meeting.


## **Wednesday**


**12:15pm Traditional AFG (K1P5N9)  
IN PERSON**  
St. Andrew's Presbyterian Church  
82 Kent Street (at Wellington), Ottawa  
Enter by Kent Street door.

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**7:30pm New Beginnings AFG (K2K2B9)  
IN PERSON**   
Kanata United Church  
33 Leacock Drive, Kanata  
Enter through main door of Church. Meeting  
in Church Hall, Discussion meeting.

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**7:30pm Royal Ottawa AFG (K1Z7K4)  
IN PERSON and ONLINE** 

simultaneously   
Royal Ottawa Mental Health  
**Center**  
1145 Carling Avenue, Room 1424, Ottawa  
Down the hall past the Auditorium.  
Discussion meeting. Open speaker meeting  
last Wednesday of each month. Newcomers  
breakout meeting. Free on street parking  
**ZOOM** meeting ID: 821 8421 6966  
Passcode: 620187

## **Thursday**

**7:30pm Orleans AFG (K1C7C8)  
IN PERSON**   
Orleans United Church  
1111 Orleans Boulevard at Sugar  
Creek, Ottawa. Discussion meeting.  
Concurrent Newcomers breakout meeting.  
Accessible/Barrier free

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**7:30pm New Life AFG (K1G1N7)  
HYBRID: IN PERSON and ONLINE**  
simultaneously.  
Emmanuel United Church  
691 Smyth Road, Ottawa  
Enter by side door off parking lot.  
Ring bell to gain entry. Elevator access  
through church main door. Discussion  
meeting. Open speaker meeting first  
Thursday of each month.


**ZOOM** Meeting ID: 319321852

Password: 994502


## **Friday**

**9:30am Beacon Hill AFG (K1J6T6)  
IN PERSON**  
St. Gabriel's Church  
55 Appleford Street (off Ogilvie Road),  
Side door entrance large parking lot.  
Downstairs. Room is behind kitchen.  
Discussion meeting. Newcomer's meeting.

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**12:00pm 12 Step Discovery AFG  
(K2A3G9)  
IN PERSON**   
Saint Paul Presbyterian Church  
971 Woodroffe Ave. Ottawa  
Just North off Highway 417. Parking  
and Entrance at back of church.  
Step/Tradition study group in Fireplace room  
2nd floor. Elevator accessed by asking at  
office on main floor

## **Saturday**

**10:00am How It Works AFG (K2A3G9)  
IN PERSON**   
Saint Paul Presbyterian Church  
971 Woodroffe Ave. Ottawa  
Just North off Highway 417.  
Parking/Entrance at back of church.  
Discussion meeting. Open Speaker  
meeting last Saturday of the month.

### Contact Information

**AL-ANON TELEPHONE ANSWERING SERVICE**  
(613) 860-3431

**SERVICE TÉLÉPHONIQUE EN FRANÇAIS**  
(819) 669-0543

[ottawaais@yahoo.com](mailto:ottawaais@yahoo.com)

<http://al-anon-ottawa.ca>



January 28, 2026

For a list of all meetings in Southern Ontario, contact: <https://al-anon.alateen.on.ca/>



### Meeting List

**Ottawa (District 28)**

***Newcomers Welcome!***

#### ***Meetings:***

- ***In-person***
- ***Online over Zoom***
- ***Hybrid- Simultaneously in-person and online over zoom***

#### **What is Al-Anon?**

The Al-Anon Family Groups (AFG) are a fellowship of relatives and friends of alcoholics who share their experience, strength, and hope in order to solve their

common problems. We believe alcoholism is a family illness and that changed attitudes can aid recovery.

Al-Anon is not allied with any sect, denomination, political entity, organization, or institution; does not engage in any controversy; neither endorses nor opposes any cause. There are no dues for membership. Al-Anon is self-supporting through its own voluntary contributions.

Al-Anon has but one purpose: to help families of alcoholics. We do this by practicing the Twelve Steps, by welcoming and giving comfort to families of alcoholics,

and by giving understanding and encouragement to the alcoholic.

### **Freedom to Choose Serenity Alateen Meeting**

Alateen, part of Al-Anon Family Groups, is for young people who have been affected by alcoholism in a family member or friend. We help each other by sharing our experience, strength, and hope.

**Monday -7:30pm IN PERSON every 2<sup>nd</sup> Monday of the month**  
**On all other Mondays, an Alateen representative will be present to answer questions and provide Alateen information.**

Christ Church Bells Corners  
3861 Old Richmond Road, Ottawa  
K2H5C1

For further information, contact [alateenottawa@gmail.com](mailto:alateenottawa@gmail.com).

**Teens are welcome at all online and in-person Al-Anon meetings.**



**\*\*The Bells Corners AFG Al-Anon meeting occurs at the same time in an adjacent room**