

## Réunions Françaises

### Lundi

#### 19h30 Premier Pas GFA

Église St-Joseph, 2757 Boul. St-Joseph, Orleans K1C 1G4. Salle St-Michel au sous-sol.  
Fermé les lundis fériés

#### 20h00 Espérance GFA

Église Notre Dame de Lorette  
45 rue de Prévot, Gatineau (Secteur Hull) QC  
(sous sol de l'église, porte 5)

### Mardi

#### 19h30 Au Crépuscule GFA

Paroisse Ste.Trinité, 400 rue Raymond, Gatineau (Secteur Gatineau) J8P 5H4.  
Presbytère Église St-René Groupil, entrée rue O'Brien, au sous-sol.

### Jeudi

#### 19h30 Sérénité GFA

Paroisse Ste-Trinité, 400 rue Raymond, Gatineau (Secteur Gatineau) J8P 5H4.  
Presbytère Église St-René Groupil, entrée rue O'Brien, au sous-sol.

## Alateen Meetings

For ages 10 to 18.  
Réunions Alateen pour adolescents 10 à 18 ans.

### Saturday

#### 10 a.m. Freedom to Choose Serenity, Alateen -



Saint Paul Presbyterian Church, 971 Woodroffe Ave (just north of Highway 417), Ottawa K2A 3G9  
Parking and entrance at back of church. Jubilee Room. (Concurrent Al-Anon meeting)

### Alateen Online Chat Meetings

[www.al-anon.org/alateen-chat](http://www.al-anon.org/alateen-chat)

## Surrounding Region

*Carlton Place, Cornwall, Kempville,  
Morrisburg & Renfrew*

Please note that the meetings listed in this surrounding region section are not part of District 28 and are only listed as a courtesy. Dates and times may change without any notice.

### MONDAY

#### 7:30 Helping Hands AFG

First Baptist Church 310 York St., Cornwall, On K6J 3Z3. Main entrance off Third St.

### Tuesday

#### 8 p.m. One Day at a Time AFG

Zion Memorial United Church, 37 Franklin Street, Carleton Place K2C 1R6. Entrance at front beside main doors go downstairs. Speaker meeting last Tues. of month. Discussion meeting.

#### 8:30 p.m. Praying Hands AFG

United Church Hall, 519 St. Lawrence Street, Winchester, ON K0C 2K0. Enter church hall on Caleb Street & go downstairs to southwest end of church.

### Wednesday

#### 8:30 p.m. New Beginnings AFG -

St. John's United Church, 400 Prescott Street, Kemptville, On. K0G 1J0. Discussion meeting upstairs. Concurrent AA meeting.

### Thursday

#### 7:30 p.m. New Beginnings AFG

McKay Manor, 196 Argyle Street, Renfrew, On K7V 1T6. Boardroom.

#### 8:00 pm New Hope AFG

Lakeshore Drive United Church, 19 Lakeshore Dr. Morrisburg, On. - Enter Allan Hall on Lakeshore Dr. Downstairs basement.

**AL-ANON • ALATEEN**   
*for families & friends of alcoholics*

## Groups Meeting List for Ottawa (District 28) & Surrounding Region

*Newcomers & Alateens are  
welcomed at all meetings*

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Al-Anon telephone answering service:  
**(613) 860-3431**

Service téléphonique en français :  
**(819) 669-0543**

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

Ottawa email:  
[ottawaais@yahoo.ca](mailto:ottawaais@yahoo.ca)

Ontario website:  
[www.al-anon.alateen.on.ca](http://www.al-anon.alateen.on.ca)

Worldwide phone service:  
1-888-425-2666 (1-888-4AL-ANON)

Worldwide meetings:  
[al-anon.org/al-anon-meetings/find-an-al-anon-meeting](http://al-anon.org/al-anon-meetings/find-an-al-anon-meeting)

Electronic meetings:  
<https://al-anon.org/al-anon-meetings/electronic-meetings/>

*Revision Date. June 2019*

## Sunday

### 11 a.m. Sunday Morning AFG

McNabb Community Centre, 180 Percy Street, Ottawa K1R 6E5. In the Community Room, lower floor. Come and get acquainted with Al-Anon. (Concurrent AA meeting)

*OPEN to all Al-Anon/Alateen members, prospective members of the general public, professionals, and the media.*

## Monday

### 7:30 p.m. Stepping Stones AFG

St. John Chrysostom Roman Catholic Church - Church Hall, 295 Albert Street, Arnprior K7S 2M7. Enter by west side door. Discussion meeting.

### 7:30 p.m. Together We Can Make It AFG

St. Anthony Banquet Hall, 523 St. Anthony St. (off Preston, north of Queensway), Ottawa K1R 6Z9. Entrance along side of building, see outside sign. Discussion meeting upstairs. Open speaker meeting last Monday of month.

### 8 p.m. Bells Corners AFG -

Christ Church, 3861 Old Richmond Road, Ottawa K2H 5C1. Enter by parking lot. If door is locked, ring bell. Discussion meeting upstairs. Elevator available. Newcomers' breakout meeting.

## Tuesday

### 10 a.m. Vanier New Beginnings AFG -

Vanier Library, 310 Pères-Blancs Ave (off Marier Ave.), Ottawa K1L 7L5. Discussion meeting. Library opens at 10 a.m.

### 12:15 p.m. Back to Basics AFG -

Arnprior Public Library, 21 Madawaska St. Arnprior, K7S 1R6. Gammond Room, lower level. Step meeting first Tuesday of the month.

### 8 p.m. Pinecrest 12th Step AFG

Britannia United Church, 985 Pinecrest St, Ottawa K2B 6B4. Meeting on the main level. If door locked, ring bell. Scent-free. Discussion meeting. Newcomers welcome.

## Wednesday

### 12:15 p.m. Traditional AFG

St. Andrew's Presbyterian Church, 82 Kent Street (at Wellington), Ottawa K1P 5N9. Enter by Kent Street door. Discussion meeting.

### 7:30 p.m. New Beginnings AFG

Kanata United Church, 33 Leacock Drive, Kanata K2K 2B9. Enter through main door of church. Discussion meeting in Church Hall.

### 8 p.m. Royal Ottawa AFG -

Royal Ottawa Mental Health Center, 1145 Carling Ave., Ottawa K1Z 7K4. Room 1424 down the hall past the auditorium. Discussion meeting. Open speaker meeting last Wed. of month. "NO SCENT" policy. Newcomers' breakout meeting. Free parking on Viscount Ave.

## Thursday

### 1:15 p.m. Aylmer Harmony AFG

Aylmer Food Centre, 67 rue du Couvent, Aylmer J9H 5W2. Discussion meeting.

### 7:30 p.m. Orleans AFG

Orleans United Church, 1111 Orleans Blvd. (at Sugar Creek Way, near Taffy Lane), Ottawa K1C 7C8. Discussion meeting with concurrent newcomers' breakout meeting. In chapel at rear left of main entrance hall.

### 7:30 p.m. New Life AFG -

Emmanuel United Church, 691 Smyth Road, Ottawa K1G 1N7. Enter by side door, near the back of the church, and go upstairs. Access the elevator through church's main door. Discussion meeting.

## Friday

### 9:30 a.m. Beacon Hill AFG

St. Gabriel's Church, 55 Appleford Street (off Blair road), Ottawa K1J 6T6. Side door entrance from large parking lot. Room downstairs, behind kitchen. Discussion/ Newcomers' meeting.

### 12 p.m. 12th Step Discovery AFG -

Saint Paul Presbyterian Church, 971 Woodroffe Ave., Ottawa K2A 3G9. Entrance at back of church. Step/Tradition study group.

## Saturday

### 10 a.m. How It Works AFG -

Saint Paul Presbyterian Church, 971 Woodroffe Ave. Ottawa K2A 3G9. Entrance at back of church. Discussion meeting. Open speaker meeting last Saturday of month.

### 7 p.m. Saturday Night Serenity AFG -

Jack Purcell Community Center, 320 Jack Purcell Lane, Room 101, Ottawa K2P 2J5. Off Elgin St. between Gilmour St. and Frank St. Discussion meeting.

## Al-Anon Declaration

Let it begin with me.

When anyone anywhere reaches out for help. Let the hands of Al-Anon and Alateen always be there and let it begin with me.

## Serenity Prayer

God grant me the serenity to accept the things I cannot change, Courage to change the things I can and the Wisdom to know the difference.