

# ALATEEN OTTAWA

Freedom to Choose Serenity

*Saturdays*

*10:00 to 11:00*

*For zoom meeting ID, zoom  
safety measures & more info:*

*Alateen Co-Ordinator at*

*[alateenottawa@gmail.com](mailto:alateenottawa@gmail.com)*

*Or Al-Anon Ottawa TAS 613-860-  
3431*

Please note zoom meeting ID is not publicized for safety reasons, in order to attend contact with Alateen Coordinator is required.