

**ALATEEN OTTAWA
SATURDAYS 10:00AM
ZOOM MEETING**

Freedom to Choose Serenity

**FOR MORE INFO AND ZOOM LINK EMAIL OR
TEXT alateenottawa@gmail.com**

Alateen Zoom Meetings in Ontario South Area

- **Sunday London**
- **Monday Kitchener**
- **Monday Toronto**
- **Wednesday Mississauga**
- **Friday Toronto**

Contact alateenottawa@gmail.com for details

**ALATEENS ARE WELCOME AT ALL
ALANON MEETINGS**