

# **ALATEEN OTTAWA ZOOM MEETING**

**Now on Tuesday  
evenings at 7pm**

**Starting November 22**

**(PREVIOUSLY SAT 10AM)**

***Freedom to Choose Serenity***

**FOR MORE INFO AND ZOOM LINK - EMAIL OR  
TEXT [alateenottawa@gmail.com](mailto:alateenottawa@gmail.com)**

**Alateen Zoom Meetings in Ontario South Area  
Contact [alateenottawa@gmail.com](mailto:alateenottawa@gmail.com) for details**

**Or visit Alanon Ontario South Website  
[al-anon.alateen.on.ca](http://al-anon.alateen.on.ca)**