

## Sunday

**10:00am IN PERSON- Sunday Open Speaker meeting(2nd and 4<sup>th</sup> Sunday of the month. Friends, Families, Observers**

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 - Church Hall  
295 Albert Street, Arnprior  
Enter by west side door. Discussion meeting.



**7:30pm Together We Can Make It AFG**

**ZOOM** online  
Meeting ID: 476379299  
Password: N/A

**7:30pm Bells Corners AFG (K2H5C1)**

**IN PERSON**  
Christ Church



3861 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

**7:30 pm 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.

**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.



**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



**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.

**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>



March 15, 2024, 2024

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.

#### **Thursday -7:30pm**

Emmanuel United Church  
691 Smyth Road, Ottawa  
Enter by side door, near the back of the church. Ring bell to gain entrance. Access the elevator through church's main door. Discussion meeting



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