

Ottawa Al-Anon Family Groups
Sunday Open Speaker In-Person Meeting

Every second and fourth Sunday Morning of each month
10:00 to 11:00, followed by half hour of fellowship

Everyone Welcome: Al-Anon/Alateen members, prospective members, general public, professionals, and media
Please join us!!

“the only requirement for Al-Anon membership is that there be a problem of alcoholism in a relative or friend”

Overbrook Community Centre
33 Quill Street Ottawa, Ontario K1K4E7
(additional parking at rear of building and on street)

Al-Anon Sunday Open Speaker Meetings 2026

January 11		July 12
January 25		July 26
February 8		August 9
February 22		August 23
March 8		September 13
March 22		September 27
April 12		October 11
April 26		October 25
May 10		November 8
May 24		November 22
June 14		December 13
June 28		Community Center closed until 2027

***** There is a concurrent Open AA meeting (Hand in Hand) held at the same time at Overbrook Community Centre.**