


Sunday


10:00am IN PERSON- Speaker meeting.
Every 2nd & 4th Sunday of the month.
Friends, Families, Observers Welcome
2nd floor - Overbrook Community Centre 33
Quill Street
Ottawa, K1K4E7. Lift available to 2nd 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
295 Albert Street, Arnprior
Enter by west side door. Discussion meeting.

7:30pm Together We Can Make It AFG
ZOOM online
Meeting ID: 82641344889
Password: N/A

7:30pm Bells Corners AFG (K2H5C1)
IN PERSON 
Christ Church

3861 Old 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 (as of March 12, 2024) 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

<http://al-anon-ottawa.ca>



March 1, 2026

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.

Monday -7:30pm IN PERSON every 2nd Monday of the month
On all other Mondays, an Alateen representative will be present to answer questions and provide Alateen information.

Christ Church Bells Corners
3861 Old Richmond Road, Ottawa
K2H5C1

For further information, contact alateenottawa@gmail.com.

Teens are welcome at all online and in-person Al-Anon meetings.



****The Bells Corners AFG Al-Anon meeting occurs at the same time in an adjacent room**