



Sunday

11:00 a.m. Sunday Morning AFG (open public information speaker meeting) (K1R6E5)


McNabb Community Centre 
180 Percy Street, Ottawa. In the Community Rm.,
located in the basement next to the gym.
Come and get acquainted with AI-Anon.
Concurrent Alateen and AA meetings.

8:00 p.m. 11th Step AFG

St. John's Anglican Church - Church Hall 
67 Fowler Street, Ottawa (formerly Richmond)
Discussion meeting. Speaker meeting every 2
months.

Monday


7:30 p.m. Stepping Stones AFG

St. John Chrysostom Roman Catholic 
Church - Church Hall
295 Albert Street, Arnprior
Enter by west side door.
Discussion meeting. Concurrent Alateen meeting.

8:00 p.m. Bells Corners AFG (K2H5C1)

Christ Church
3861 Richmond Road, Ottawa
Enter by parking lot. Ring bell, if door is locked. Go
upstairs. Discussion meeting.

8:00 p.m. Together We Can Make It AFG (K1R6Z9)


St. Anthony Banquet Hall 
523 St. Anthony Steet, Ottawa
Entrance is on right side of steet, see outside sign.
Enter and go up a few steps.
Discussion meeting. Open speaker meeting last
Monday of each month.

Tuesday

7:30 p.m. Gatineau AI-Anon Progress AFG (J8P5B7)

St. Andrew's United Church
144 rue Jean-René Monette (formerly Maple
Street), Gatineau. Enter by side door and go
upstairs. Discussion meeting.

8:00 p.m. Pinecrest 12th Step AFG (K2B6B4)

Britannia United Church 
985 Pinecrest, Ottawa
Between the Queensway and Richmond Road.
Meeting in basement. If door locked, ring bell.
Scent-free. Discussion meeting.

8:00 p.m. One Day at a Time AFG (K2C1R6)

Zion Memorial United Church - Church Hall
37 Franklin Street, Carleton Place
Speaker meeting last Tuesday of each month.
Discussion meeting.

8:30 p.m. Praying Hands AFG


United Church
519 St. Lawrence Street (at Caleb),
Winchester. Enter by side door.
Concurrent AA meeting. Discussion meeting.

Wednesday


12:15 p.m. Traditional AFG (K1P5N9)

St. Andrew's Presbyterian Church
82 Kent Street (at Wellington), Ottawa
Enter by Kent Street door. Discussion meeting.


8:00 p.m. Gratitude AFG

St. John Chrysostom Roman Catholic 
Church
295 Albert Street, Arnprior
Meeting in basement in Room #3.
Concurrent AA meeting. Discussion meeting.

8:00 p.m. Royal Ottawa AFG (K1Z7K4)

Royal Ottawa Mental Health Center 
1145 Carling Avenue, Room 1424, Ottawa
Down the hall past the Auditorium. Discussion
meeting. Speaker meeting last Wednesday of
each month. Scent-free building. Concurrent
Alateen and Newcomers breakout meeting.

8:30 p.m. Gratitude AFG

St. John's United Church 
400 Prescott Street, Kemptville
Go upstairs.
Discussion meeting. Concurrent AA meeting.

Thursday


1:15 p.m. Aylmer Harmony AFG (J9H5W2)

70 Eardley Road, Aylmer
Across from the Shell Station.
Discussion meeting.

7:30 p.m. Orleans AFG (K1C7C8)

Orleans United Church
1111 Orleans Boulevard at Sugar Creek, Ottawa
Discussion meeting. Concurrent Newcomers
breakout meeting.


8:00 p.m. Forward AFG (K1Z5E2)

Hintonburg Community Centre 
1064 Wellington Street, Ottawa
2nd Floor, Burnside Room, 3 blocks East of
Parkdale Ave.
Discussion meeting. Business meeting at 7:30
p.m. on third Thursday of each month.

8:00 p.m. Maintenance Steps AFG

St. Stephen's Anglican Church
930 Watson Street, Ottawa
Enter church by rear door. Meeting in Basement.
Parking available. Discussion meeting focused on
Steps 10, 11 and 12. All welcome regardless of
where your programs is at!! Schedule on website.

8:00 p.m. New Life AFG (K1G1N7)

Emmanuel United Church 
691 Smyth Road, Ottawa
Enter by side door, near the back of the
church, Go upstairs. If you arrive after 8 p.m.,
please knock to gain entrance. Access
elevator through church's main door.
Discussion meeting.

8:30 p.m. Metcalfe AFG


Holy Trinity Anglican Church
8140 Victoria Street, Metcalfe
Enter from side door and go downstairs.
Discussion meeting.

Friday

9:30 a.m. Beacon Hill AFG (K1J6T6)

St. Gabriel's Church
55 Appleford Street (off Blair), Ottawa
(formerly Gloucester)
Use side door entrance from large parking lot.
Go downstairs. Room is behind kitchen.
Discussion meeting. Newcomer's meeting
available as needed.


12:00 p.m. 12th Step Discovery AFG (K2B6B7)

All Saints Lutheran Church 
1061 Pinecrest Road, Ottawa
Just off Highway 417. Entrance is on east
side of church.

New
location


Saturday

10:00 a.m. How It Works AFG (K2B6B7)

All Saints Lutheran Church 
1061 Pinecrest Road, Ottawa
Just off Highway 417. Entrance is on east
side of church. Discussion meeting.

Saturday

7:30 p.m. Saturday Night Serenity AFG (K2P2J5)

Jack Purcell Community Center 
320 Jack Purcell Lane, Room 101, Ottawa
Off Elgin St. between Gilmour St. and Frank St.
Discussion meeting.

Réunions Françaises

Lundi

19h30 Premier Pas GFA (K1C1G4)

Église St-Joseph
2757 boulevard St-Joseph, Ottawa (Orléans)
Sous-sol, Salle St-Michel
Fermé les lundis fériés

20h00 Espérance GFA (J8Y6N8)

Centre Frédéric Ozanam
751 Boul. St-Joseph, Gatineau (Hull)
Porte du milieu à l'avant (2ième) étage

Mardi

19h30 Au Crépuscule GFA (J8P5H4)


Paroisse Ste-Trinité
400 rue Raymond, Gatineau (Secteur Gatineau)
Presbytère Église St-René Groupil
entrée sur O'Brien
Sous-sol

19h30 Gatineau Al-Anon Progress AFG (J8P5B7)

St. Andrew's United Church
144 rue Jean-René Monette (formerly Maple Street), Gatineau. Enter by side door and go upstairs. Discussion meeting.

Mercredi

20h00 Partage GFA (J8T3C2)

Église St-Rosaire (Salle Maranatha) 
5 rue Staint-Arthur, Porte 3, à l'arrière
Gatineau (Pointe Gatineau)
Sous-sol

Jeudi

19h30 Sérénité GFA (J8P5H4)

Paroisse Ste-Trinité
400 rue Raymond, Gatineau (Secteur Gatineau)
Presbytère Église St-René Groupil
entrée rue O'Brien
Sous-sol

19h30 Horizon GFA

Église Our Lady of Victory Church
486 rue Charles, Gatineau (Buckingham)
Entrée à l'avant - au sous-sol

Vendredi

20h00 Ca commence par moi GFA

École secondaire de Casselman
778 rue Brébeuf, Casselman, Ontario
Rue parallèle à Principale - École à côté de l'aréna
Entrée à droite du stationnement

Al-Anon Declaration

Let it Begin With Me


When anyone, anywhere, reaches out for help,
Let the hand of Al-Anon and Alateen
Always be there, and – *Let it Begin With Me*

The Sunday Morning AFG meeting is open for Al-Anon/Alateen members, prospective members, the general public, professionals, and the media.

Alateen Meetings


Sunday

11:00 a.m. Freedom to Choose Serenity Alateen (K1R6E5)

McNabb Community Centre 
180 Percy Street, Ottawa
In the Board Room behind Reception.
Discussion meeting.
Concurrent Al-Anon and AA meetings.


Monday

7:30 p.m. New Hope Alateen (K1Z7K4)

St. John Chrysostom Roman Catholic 
Church - Church Hall
295 Albert Street, Arnprior
Enter by west side door. Discussion meeting.
Concurrent Al-Anon meeting.

Wednesday

8:00 p.m. Royal Ottawa AFG (K1Z7K4)

Royal Ottawa Mental Health Center 
1145 Carling Avenue, Room 1424, Ottawa
Down the hall past the Auditorium.
Alateen group breaks out from Al-Anon meeting.

Thursday/ Jeudi

19h30 Alateen Reconnaissance (J8Y6N8)

Paroisse Ste-Trinité
400 rue Raymond, Gatineau (Secteur Gatineau)
Presbytère Église St-René Groupil
entrée rue O'Brien
Sous-sol
Pour adolescents (10 a 18 ans)
(réunion Al-Anon concurrente)

△ Al-Anon/Alateen

Family Groups Meeting List for Ottawa (District 28) and Surrounding Region

Newcomers Welcome!

**AL-ANON TELEPHONE
ANSWERING SERVICE
(613) 860-3431**

**SERVICE TÉLÉPHONIQUE
EN FRANÇAIS
(819) 669-0543**

Call Al-Anon Telephone Answering Service for updates to this list. An up-to-date meeting list is available at <http://al-anon-ottawa.ca>

For out of town meetings,
call 1-888-425-2666 or
visit <http://www.al-anon.org> or
visit <http://al-anon.alateen.on.ca>

For online meetings,
email wso@al-anon.org

To make an inquiry,
email wso@al-anon.org or
email groups@al-anon-ottawa.ca or
visit <http://www.al-anon-ottawa.ca>

May 7, 2012