

## Réunions Françaises

### Dimanche

**10h00 Ça Commence Par Moi GFA**  
Église Ste-Rose de Lima  
861 Boul. St-René Est, Gatineau J8P1V1

### Lundi

**19h30 Premier Pas GFA**  
Église St-Joseph, 2757 boulevard St-Joseph,  
Ottawa (Orléans) K1C1G4. Au sous-sol,  
Salle St-Michel.  
Fermé les lundis fériés.

### 20h00 Espérance GFA

Centre Frédéric Ozanam  
751 Boul. St-Joseph, Gatineau (Hull) J8Y4B7  
Porte du milieu à l'avant (2ième) étage.

### Mardi

**19h30 Au Crépuscule GFA**  
Paroisse Ste-Trinité, 400 rue Raymond, Gatineau  
(Secteur Gatineau) J8P5H4. Presbytère Église  
St-René Groupil. Entrée sur O'Brien, au sous-sol.

**19h30 Gatineau Al-Anon Progress AFG**  
St. Andrew's United Church  
144 rue Jean-René Monette (formerly Maple  
Street), Gatineau J8P5B7. Enter by side door and  
go upstairs. *This meeting is in English.*  
Discussion meeting.

### Jeudi

**19h30 Sérénité GFA**  
Paroisse Ste-Trinité, 400 rue Raymond, Gatineau  
(Secteur Gatineau) J8P5H4. Presbytère Église  
St-René Groupil, entrée rue O'Brien, au sous-sol.

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## Alateen Meetings

### Thursday/ Jeudi

**19h30 Alateen Reconnaissance**  
Paroisse Ste-Trinité, 400 rue Raymond, Gatineau  
(Secteur Gatineau) J8Y6N8. Presbytère Église  
St-René Groupil, entrée rue O'Brien, au sous-sol.  
Pour adolescents (10 à 18 ans) (réunion Al-Anon  
concurrente).

### Saturday – Starting in May 2017

**10h00 Freedom to Choose Serenity**  
**Alateen AFG– (WA)**  
Saint Paul Presbyterian Church, Jubilee Room,  
971 Woodroffe Ave. Ottawa K2A3G9  
Just North of Highway 417. Parking and Entrance at  
back of church.  
**For teens (10 to 18 years)**  
(concurrent Al-Anon meeting)

#### 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.*

#### Serenity Prayer

*God, grant me the serenity  
to accept the things I cannot change,  
courage to change the things I can, and  
wisdom to know the difference.*

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

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## △ Al-Anon/Alateen

**FAMILY GROUPS  
MEETING LIST  
FOR OTTAWA (DISTRICT 28)  
AND SURROUNDING REGION**

*Alateens and newcomers are welcome  
at all Al-Anon meetings*

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

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

For an up-to-date meeting list  
visit <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](mailto:wso@al-anon.org)

For enquiries, email [wso@al-anon.org](mailto:wso@al-anon.org) or  
email [groups@al-anon-ottawa.ca](mailto:groups@al-anon-ottawa.ca) or  
visit <http://www.al-anon-ottawa.ca>

**(WA = Wheelchair accessible)**

April 27, 2017

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For enquiries, email [wso@al-anon.org](mailto:wso@al-anon.org) or  
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**(WA = Wheelchair accessible)**

April 27, 2017

## Sunday

**11:00 a.m. Sunday Morning AFG - (WA)**

**(Open public information speaker meeting)**  
McNabb Community Centre, 180 Percy Street, Ottawa K1R6E5. In the Community Room located in the basement next to the gym. Come and get acquainted with Al-Anon. Concurrent AA meeting.

## Monday

**7:30 p.m. Stepping Stones AFG - (WA)**

St. John Chrysostom Roman Catholic Church - Church Hall, 295 Albert Street, Arnprior K7S2M7. Enter by west side door. Discussion meeting.

**7:30 p.m. Together We Can Make It AFG**

St. Anthony Banquet Hall, 523 St. Anthony St. (off Preston, north side of the Queensway), Ottawa K1R6Z9. Entrance is on right side of street, see outside sign. Enter and go up a few steps. Discussion meeting. Open speaker meeting last Monday of month.

**8:00 p.m. Bells Corners AFG - (WA)**

Christ Church, 3861 Richmond Road, Ottawa K2H5C1 Enter by parking lot. Ring bell, if door is locked. Go upstairs. Discussion meeting. Elevator available.

## Tuesday

**7:30 p.m. Gatineau Al-Anon Progress AFG**

St. Andrew's United Church, 144 rue Jean-René Monette (formerly Maple Street), Gatineau J8P 5B7. Enter by side door and go upstairs. Discussion meeting.

**8:00 p.m. Pinecrest 12th Step AFG**

Britannia United Church, 985 Pinecrest, Ottawa K2B6B4. Between the Queensway and Richmond Road. Meeting on the main level. If door locked, ring bell. Scent-free. Discussion meeting.

**8:00 p.m. One Day at a Time AFG**

Zion Memorial United Church - Church Hall, 37 Franklin Street, Carleton Place K2C1R6. Speaker meeting last Tuesday of each month. Discussion meeting.

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**8:00 p.m. One Day at a Time AFG**

Zion Memorial United Church - Church Hall, 37 Franklin Street, Carleton Place K2C1R6. Speaker meeting last Tuesday of each month. Discussion meeting.

**8:30 p.m. Praying Hands AFG**

519 St. Lawrence Street, United Church Hall, Winchester, ON K0C2K0. Note: Enter church hall on Caleb Street, meeting upstairs. Discussion meeting.

## Wednesday

**12:15 p.m. Traditional AFG**

St. Andrew's Presbyterian Church, 82 Kent Street (at Wellington), Ottawa K1P5N9. Enter by Kent Street door. Discussion meeting.

**7:30 p.m. New Beginnings AFG**

Kanata United Church, 33 Leacock Drive, Kanata K2K2B9. Enter through main door of Church. Meeting in Church Hall, Discussion meeting.

**8:00 p.m. Royal Ottawa AFG - (WA)**

Royal Ottawa Mental Health Center, 1145 Carling Ave., Room 1424, Ottawa K1Z7K4. Down the hall past the auditorium. Discussion meeting. Open speaker meeting last Wednesday of each month. The Royal Ottawa Hospital has a "NO SCENT" policy. Newcomers' breakout meeting. Free on street parking is available.

**8:30 p.m. Gratitude AFG (WA)**

St. John's United Church, 400 Prescott Street, Kemptville K0G1J0. Discussion meeting upstairs. Concurrent AA meeting.

## Thursday

**1:15 p.m. Aylmer Harmony AFG**

Aylmer Food Centre  
67 rue du Couvent, Aylmer J9H5W2.  
Discussion meeting.

**7:30 p.m. Orleans AFG**

Orleans United Church, 1111 Orleans Boulevard at Sugar Creek, Ottawa K1C7C8. Discussion meeting. Concurrent newcomers' breakout meeting

**7:30 p.m. New Life AFG - (WA)**

Emmanuel United Church, 691 Smyth Road, Ottawa K1G1N7. Enter by side door. If you arrive after 7:30 p.m., please ring bell. Access elevator through church's main door. Discussion meeting.

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**8:00 p.m. Forward AFG - (WA)**

Hintonburg Community Centre, 1064 Wellington St, West, Ottawa K1Y2Y3. 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.

**8:30 p.m. Metcalfe AFG**

Holy Trinity Anglican Church, 8140 Victoria St., Metcalfe K0A2P0. Enter from side door and go in to kitchen. Discussion meeting.

## Friday

**9:30 a.m. Beacon Hill AFG**

St. Gabriel's Church, 55 Appleford Street (off Blair), Ottawa K1J6T6. Use side door entrance from large parking lot. Go downstairs. Room is behind kitchen. Discussion meeting. Newcomer's meeting.

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

Saint Paul Presbyterian Church, 971 Woodroffe Ave., Ottawa K2A3G9. Just North of Highway 417. Parking and entrance at back of church. Step/Tradition study group.

## Saturday

**10:00 a.m. How It Works AFG - (WA)**

Saint Paul Presbyterian Church, 971 Woodroffe Ave. Ottawa K2A3G9. Just North of Highway 417. Parking and entrance at back of church. Discussion meeting. Open speaker meeting last Saturday of month.

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

Jack Purcell Community Center, 320 Jack Purcell Lane, Room 101, Ottawa K2P2J5. Off Elgin St. between Gilmour St. and Frank St. Discussion meeting.

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