

## Réunions Françaises

### Lundi

**19h30 Premier Pas GFA**

Église St-Joseph  
2757 Boul. St-Joseph, Orleans, ON K1C 1G4

**20h00 Espérance GFA**

Église Notre Dame de Lorette  
45 rue de Prévot, Gatineau (Secteur Hull) QC  
(sous sol de l'église, porte 5)

### Mardi

**19h30 Au Crépuscule GFA**

Paroisse Ste.Trinité  
400 rue Raymond  
Gatineau, (Secteur Gatineau) J8P5H4  
Presbytère Église St-René Groupil,  
Entrée rue O'Brien, au sous-sol.

### 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.

## 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 -

**10h00 Freedom to Choose Serenity**

**Alateen AFG**

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)

## Alateen Online CHAT Meetings

<https://al-anon.org/alateen-chat>

### 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.*



**FAMILY GROUPS  
MEETING LIST  
FOR OTTAWA (DISTRICT 28)  
AND SURROUNDING REGION**  
*Newcomers and Alateens are welcome  
at all Al-Anon meetings*

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

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

**For local information  
and our Meeting List**  
visit <http://al-anon-ottawa.ca>

**Contact us:**  
Email [ottawaais@yahoo.ca](mailto:ottawaais@yahoo.ca)

**For out of town meetings**  
call 1-888-425-2666  
or visit [www.al-anon.alateen.on.ca](http://www.al-anon.alateen.on.ca)  
or [al-anon.org/al-anon-meetings/find-an-al-anon-meeting](http://al-anon.org/al-anon-meetings/find-an-al-anon-meeting)

**For virtual meetings:**  
<https://al-anon.org/al-anon-meetings/virtual-meetings/>

Apr 17, 2018

## Sunday

### \* OPEN Speaker Meeting -

#### 11:00 a.m. Sunday Morning AFG

McNabb Community Centre, 180 Percy Street, Ottawa K1R6E5. In the Community Room, lower floor. Come and get acquainted with Al-Anon. Concurrent AA meeting.

\* *This meeting is OPEN to all Al-Anon/Alateen members, prospective members of the general public, professionals, and the media.*

## Monday

### 7:30 p.m. Stepping Stones AFG -

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. Discussion meeting upstairs. Open speaker meeting last Monday of month.

### 8:00 p.m. Bells Corners AFG -

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

## Tuesday

### 10:00 a.m. Vanier New Beginnings AFG

Vanier Library, 310 Père-Blancs Avenue (White Fathers) off Marier Avenue. Discussion meeting. Library opens at 10:00 a.m.

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

Britannia United Church, 985 Pinecrest, Ottawa K2B6B4. 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 month. Discussion meeting.

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

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

## 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. Discussion meeting in Church Hall.

### 8:00 p.m. Royal Ottawa AFG -

Royal Ottawa Mental Health Center, 1145 Carling Ave., Room 1424, Ottawa K1Z7K4. Down the hall past the Auditorium. Discussion meeting. Open speaker meeting last Wed. of month. "NO SCENT" policy. Newcomers breakout meeting. Free on-street parking.

### 8:30 p.m. Gratitude AFG -

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 Blvd., Ottawa K1C7C8. Discussion meeting. Concurrent newcomers' breakout meeting.

### 7:30 p.m. New Life AFG -

Emmanuel United Church, 691 Smyth Road, Ottawa K1G1N7. Enter by side door, near the back of the church, and go upstairs. Access the elevator through church's main door. Discussion meeting.

### 8:00 p.m. Forward AFG -

Hintonburg Community Centre, 1064 Wellington St. West, Ottawa K1Y2Y3. 2nd Floor, Burnside Room. Discussion meeting. Business meeting at 7:30 on third Thursday of 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, behind kitchen. Discussion/Newcomer's meeting.

### 12:00 p.m. 12th Step Discovery AFG -

Saint Paul Presbyterian Church, 971 Woodroffe Ave., Ottawa K2A3G9. Entrance at back of church. Step/ Tradition study group.

## Saturday

### 10:00 a.m. How It Works AFG -

Saint Paul Presbyterian Church, 971 Woodroffe Ave. Ottawa K2A3G9. Entrance at back of church. Discussion meeting. Open speaker meeting last Saturday of month.

### 7:30 p.m. Saturday Night Serenity AFG -

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