

## Réunions Françaises

### Lundi

#### 19h30 Premier Pas GFA

Église St-Joseph, 2757 boulevard St-Joseph, Ottawa /Orléans. K1C1G4. .

#### 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 sur 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  
**For teens (10 to 18 years)**  
(concurrent Al-Anon meeting).

### Alateen Online CHAT Meetings

[www.al-anon.org/alateen-chat](http://www.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.*

## Al-Anon/Alateen

### 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**  
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Sept 4, 2018

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**For virtual meetings**  
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Sept 4, 2018

**Sunday** (OPEN Speaker Meeting)\* - ☐

**11:00 a.m. Sunday Morning AFG** - McNabb Community Centre, 180 Percy Street, Ottawa K1R6E5. Community Room located in the basement next to the gym. Come and get acquainted with Al-Anon. Concurrent AA mtg.

\* 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 mtg.

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

St. Anthony Banquet Hall, 523 St. Anthony St. (off Preston, north of Queensway), Ottawa K1R6Z9. Entrance is on right side of street, see outside sign. Enter and go up a few steps. Discussion mtg. Open speaker mtg 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. Go upstairs. Discussion mtg. Newcomers mtg. Elevator available.

**Tuesday**

**10:00 a.m. Vanier New Beginnings AFG** -

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

**12:00 p.m. Back to Basics** - ☐

Kenwood Centre, 16 Edward St., Room 102 Arnprior, ON K7S3W4

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

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

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

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

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

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

**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 mtg.

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

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

**8:00 p.m. Royal Ottawa AFG** - ☐

RO Mental Health Center, 1145 Carling Ave., Room 1424, Ottawa K1Z7K4. Down hall past auditorium. Discussion mtg. Open speaker mtg last Wednesday of each month. Scent-free. Newcomers' breakout mtg. Free street parking.

**8:30 p.m. Gratitude AFG** - ☐

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

**Thursday**

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

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

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

Orleans United Church, 1111 Orleans Boulevard, Ottawa K1C7C8. Discussion mtg. Newcomers' mtg.

**7:30 p.m. New Life AFG** - ☐

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

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

McKay Manor, 196 Argyle Street, **Renfrew**, ON K7V1T6

**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 mtg.

**Friday**

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

St. Gabriel's Church, 55 Appleford St (off Blair), Ottawa K1J6T6. Side door entrance downstairs. behind kitchen. Discussion and. Newcomers' mtgs.

**12:00 p.m. 12th Step Discovery AFG** - ☐

Saint Paul Presbyterian Church, 971 Woodroffe Ave., Ottawa K2A3G9. North of Highway 417. Parking and 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. 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** - ☐

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

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