

Ottawa Al-Anon Family Groups
Sunday Open Speaker In-Person Meeting

Every second and fourth Sunday Morning of each month
10:00 to 11:00, followed by half hour of fellowship

Everyone Welcome: Al-Anon/Alateen members, prospective members, general public, professionals, and media
Please join us!!

“the only requirement for Al-Anon membership is that there be a problem of alcoholism in a relative or friend”

Overbrook Community Centre
33 Quill Street Ottawa, Ontario K1K4E7
(additional parking at rear of building and on street)

Al-Anon Sunday Open Speaker Meetings 2025

January 12		July 13
January 26		July 27
February 9		August 10
February 23		August 24
March 9		September 14
March 23		September 28
April 13		October 12
April 27		October 26
May 11		November 9
May 25		November 23
June 8		December 14
June 22		Community Center closed until 2026

***** There is a concurrent Open AA meeting (Hand in Hand) held at the same time at Overbrook Community Centre.**