

Meeting Types

12x12	12 Steps & 12 Traditions
A	Secular
B	Big Book
BE	Newcomer
C	Closed
D	Discussion
EN	English
FF	Fragrance Free
FR	French
M	Men
MED	Meditation
O	Open
SEN	Seniors
SP	Speaker
ST	Step Study
TR	Tradition Study
W	Women
X	Wheelchair Access
XB	Wheelchair-Accessible Bathroom

Sunday

7:30 am	New Day Meeting St. Pauls Presbyterian Church, 971 Woodroffe Ave Ottawa: Woodroffe	C, D
9 am	St. Andrews 12 x 12 Group St. Andrews Fire Hall, 5205 ON-138 St Andrews West	C, D, X
10 am	Hope in Recovery Hometown Grill-private room at the back, 1525 Bank St Ottawa: Alta Vista	C, D, X
10 am	Hand in Hand Overbrook Community Centre, 33 Quill St Ottawa: Overbrook	EN, O, SP, X
10 am	Share and Care Royal Canadian Legion, 4026 Old Richmond Rd Ottawa: Bells Corners	O, SP, X
10 am	Fraternité Sandy Hill Community Centre, 250 Rue Somerset St E Ottawa: Sandy Hill	FR, O, SP, X
10 am	Sunday Morning Study Group The Salvation Army Community Services, 2 Oxford St W Kemptville	D, O
11 am	Sunday Morning Group Cornwall Legion, 415 Second St W Cornwall	O, SP, X
Noon	Vanier Happy Nooners Richelieu-Vanier Community Centre, 300 Pères-Blancs Ave Ottawa	C, D
7 pm	Spirit of Hope First Baptist Church, 140 Laurier Ave W Ottawa: Downtown	C, D
7 pm	Big Book Study Group South Mountain United Church, 10535 Main St South Mountain	D, O
7 pm	Serenity Big Book Study Group St. Johns Anglican Church, 20 High St Morrisburg	B, C, D
7 pm	Merivale Group St. Marks Anglican Church, 1606 Fisher Ave Ottawa	C, D, X
7 pm	Sunday Night Grapevine Trinity Church, 105 Second St W Cornwall	O, X
7 pm	Living Sober with Serenity Vanier Community Church, 155 Carillon St Ottawa: Vanier	C, D
7:15 pm	We Can Recover St. Pauls Anglican Church, 20 Young Rd Ottawa: Kanata	B, C, D, X
7:30 pm	Kinburn Big Book Kinburn Community Centre, 3045 Kinburn Side Rd Ottawa: Kinburn	C, D, X
7:30 pm	Serenity Group Trinity St. Andrews Church, 291 Plaunt St S Renfrew	C, D, X
8 pm	Sunday Night 12 Step Meeting All Saints Church, 347 Richmond Rd Ottawa: Westboro	C, D, X
8 pm	Sunday Night Big Book Study Group Bob MacQuarrie Recreation Complex, 1490 Youville Dr Ottawa: Orleans	C, D, X

8 pm	First AAvenue to Recovery St. Giles Church, 181 First Ave Ottawa: Glebe	C, D
8 pm	Richmond 11th Step St. John the Baptist Church, 67 Fowler St Ottawa: Richmond	B, D, O, X

Monday

7:30 am	New Day Meeting St. Pauls Presbyterian Church, 971 Woodroffe Ave Ottawa: Woodroffe	C, D
10 am	Morning Glory Woodroffe United Church, 207 Woodroffe Ave Ottawa: Woodroffe	B, C, D, X
Noon	Monday-Friday Lunch Bunch Bronson Centre, 211 Bronson Ave Ottawa: Downtown	B, C, D, X
Noon	Living Sober First Baptist Church, 279 Alicia St Arnprior	D, EN, O
Noon	Vanier Happy Nooners Richelieu-Vanier Community Centre, 300 Pères-Blancs Ave Ottawa	C, D
Noon	The Nooners Group Wesleyan Church, 780 Sydney St Cornwall	D, O, X
Noon	Lunch with Bill Westminster Presbyterian Church, 470 Roosevelt Ave Ottawa: Westboro	C, D, X
12:30 pm	The H.O.P.E. Group Trinity United Church, 1099 Maitland Ave Ottawa	C, D
1 pm	Womens Group East Gate Alliance Church, 550 Codd's Rd Ottawa	C, D, W, X
6 pm	Carry the Message McNabb Community Centre, 180 Percy St Ottawa: Centretown	O, SP, X
6 pm	AA on Campus Minto Building Room C211, 801 King Edward Ave Ottawa: Sandy Hill	C, D
7 pm	Crossroads Bells Corners United Church, 3955 Old Richmond Rd Ottawa: Bells Corners	C, D, X
7 pm	Long Sault Meeting Christ Church Seaway, 3 Mille Roches Rd Long Sault	C, D
7 pm	Unity Group East Gate Alliance Church, 550 Codd's Rd Ottawa	C, D, X
7 pm	East End Group Richelieu-Vanier Community Centre, 300 Pères-Blancs Ave Ottawa	C, D, X
7 pm	Shawville Group St. Pauls Anglican Church, 530 Rue Main Shawville	O, SP
7:30 pm	Pinecrest Our Lady of Fatima Church, 153 Woodroffe Ave Ottawa: Woodroffe	O, SP
7:30 pm	Experience, Strength and Hope Parkway Church, 7275 Parkway Rd Greely	D, O, SP

7:30 pm	Orléans Paroisse Sainte-Marie d-Orléans, 4831 Innes Rd Ottawa: Orleans	C, FR, X
7:30 pm	Williamstown Group SD&G Library, 19641 County Rd 19 Williamstown	D, EN, O, X, XB
7:30 pm	Aylmer Triple A St. Andrews Presbyterian Church, 1 Chem. Eardley Gatineau: Aylmer	C, D
7:30 pm	Russell Goodwill St. Marys Anglican Church, 139 Castor St Russell	B, C, D, ST
7:30 pm	Keep it Simple Group Trinity St. Andrews Church, 291 Plaunt St S Renfrew	O, SP, X
7:30 pm	Vankleek Hill 12 Steps Trinity United Church, 14 Mill St Ottawa	C
8 pm	5th Tradition of Cornwall Meeting Knights of Columbus, 205 Amelia St Cornwall	
8 pm	Bancroft New Hope Group Our Lady of Mercy Catholic Church, 196 Bridge St W Bancroft	D, O, SP
8 pm	Where it all Begins Redeemer Alliance Church, 4825 Innes Rd Ottawa: Orleans	C, D, SP
8 pm	Oasis Rideau Park United Church, 2203 Alta Vista Dr Ottawa: Alta Vista	BE, EN, O, SP, X
8 pm	Prescott-South Grenville St. Andrews Presbyterian Church, 425 Centre St Prescott	C, D, X
8 pm	Gold Bond Group St. James the Less Catholic Church, 78 Wellington St Eganville	O, SP
8 pm	Step By Step St. Stephens Church, 579 Parkdale Ave Ottawa	C, D, X

Tuesday

7:30 am	New Day Meeting St. Pauls Presbyterian Church, 971 Woodroffe Ave Ottawa: Woodroffe	C, D
Noon	Monday-Friday Lunch Bunch Bronson Centre, 211 Bronson Ave Ottawa: Downtown	C, D, X
Noon	12 & 12 @ 12 Julian of Norwich Anglican Church, 7 Rossland Ave Ottawa: Nepean	C, D, X
Noon	Vanier Happy Nooners Richelieu-Vanier Community Centre, 300 Pères-Blancs Ave Ottawa	C, D
12:15 pm	The Podium/Hill Group St. Andrews Church, 82 Kent St Ottawa: Downtown	C, D
6 pm	Sisters of Sobriety St. Pauls Presbyterian Church, 971 Woodroffe Ave Ottawa: Woodroffe	C, D, FF, W
7 pm	Unity Group East Gate Alliance Church, 550 Codd's Rd Ottawa	C, D, X

7 pm	Wakefield AA Awakenings Eglise La Pêche, 889 Chem. Riverside Wakefield	C, D, X
7 pm	Men's Group First Baptist Church, 310 York St Cornwall	O, SP, X
7 pm	Secular Sobriety Group Sandy Hill Community Centre, 250 Rue Somerset St E Ottawa: Sandy Hill	A, C, D, X
7 pm	Paudash Serenity Group St. Marks United Church, 173 Paudash Lake Rd Bancroft: Paudash	C, D, X
7:30 pm	Beachburg New Freedom Group Beachburg Lions Hall, 7 Hannah St	C, D
7:30 pm	Hull Liberty Eglise Evangélique Source de Vie, 20 Rue Hanson Gatineau: Hull	12x12, D, O
7:30 pm	B-United Hintonburg Community Centre, 1064 Wellington St. W Ottawa: Hintonburg	C, D, X
7:30 pm	Tuesday/Friday Jack Purcell Community Centre, 320 Jack Purcell Ln Ottawa: Centretown	O, SP, X
7:30 pm	White Lake Group St. Andrews United Church, 3 Burnstown Rd White Lake	C, D
7:30 pm	Attitude of Gratitude Womens Group St. Giles Church, 181 First Ave Ottawa: Glebe	C, D, W, X
8 pm	Barrhaven Tuesday Night Group Barrhaven United Church, 3013 Jockvale Rd Ottawa: Barrhaven	C, D, X
8 pm	Freedom Kitchissippi United Church, 630 Island Park Dr Ottawa	O, SP, X
8 pm	Beacon Hill St. Gabriel Church, 55 Appleford St Ottawa: Beacon Hill	C, D, X
8 pm	Heritage St. Pauls Presbyterian Church, 971 Woodroffe Ave Ottawa: Woodroffe	C, D, X
8 pm	Stittsville Second Chance St. Thomas Anglican Church, 1619 Stittsville Main St Ottawa: Stittsville	C, D
8:10 pm	Stepping Ahead Roy G. Hobbs Community Centre, 109 Larch Crescent Ottawa: Orleans	C, D
8:30 pm	Winchester Winchester United Church, 519 St Lawrence St Winchester	O, SP

Wednesday

7:30 am	New Day Meeting St. Pauls Presbyterian Church, 971 Woodroffe Ave Ottawa: Woodroffe	C, D
10 am	Morning Glory Woodroffe United Church, 207 Woodroffe Ave Ottawa: Woodroffe	C, D, X
Noon	Monday-Friday Lunch Bunch Bronson Centre, 211 Bronson Ave Ottawa: Downtown	C, D, X

Noon	As Bill Sees It Meeting First Baptist Church, 279 Alicia St Arnprior	C, D
Noon	Vanier Happy Nooners Richelieu-Vanier Community Centre, 300 Pères-Blancs Ave Ottawa	C, D
Noon	Lunch Bunch Trinity St. Andrews Church, 291 Plaunt St S Renfrew	D, O, X
Noon	Lunch with Bill Westminster Presbyterian Church, 470 Roosevelt Ave Ottawa: Westboro	C, D, X
12:30 pm	The H.O.P.E. Group Trinity United Church, 1099 Maitland Ave Ottawa	C, D
7 pm	Search for Serenity Orleans Grace Presbyterian Church, 1220 Old 10 Line Rd Ottawa: Orleans	C, D, X
7 pm	Co-founders Newcomer Meeting Kanata Community Christian Reformed Church, 46 Castlefrank Rd Ottawa: Kanata	BE, C, D, X
7 pm	Big Book Study Killaloe Seniors Friendship Club, 12 Lake St Eganville	B, D, SEN, X
7 pm	East End Richelieu-Vanier Community Centre, 300 Pères-Blancs Ave Ottawa	C, D
7:15 pm	Namaste Meditation Meeting St. Pauls Presbyterian Church, 971 Woodroffe Ave Ottawa: Woodroffe	MED, O, X
7:30 pm	Beginners Jack Purcell Community Centre, 320 Jack Purcell Ln Ottawa: Centretown	C, D, X
7:30 pm	Sunray's St. Paul's Presbyterian Church, 166 John St	SP
8 pm	Harbour Group Bethel St. Andrews United Church, 184 Jack Loughheed Wy Ottawa: Fitzroy Harbour	C, D, X
8 pm	Joy of Living Christ Church Aylmer, 101 Rue Symmes Gatineau: Aylmer	O, SP
8 pm	Hintonburg Group Hintonburg Community Centre, 1064 Wellington St. W Ottawa: Hintonburg	D, O, SP, X
8 pm	Renaissance Overbrook Community Centre, 33 Quill St Ottawa: Overbrook	FR, O, SP, X
8 pm	Whitney East Gate Group Seniors Centre, 9 Third Ave Whitney	D, O, X
8 pm	Ottawa South Southminster United Church, 15 Aylmer Ave Ottawa: Old Ottawa South	C, D
8 pm	Osgoode Step St. Brigid Church, 2015 River Rd Ottawa: Osgoode	C, D, ST, X
8 pm	Steps & Traditions Group St. John Chrysostom Church, 295 Albert St Arnprior	C, D, X
8 pm	12 and 12 St. Marys Church, 31 Meikle St Morrisburg	C, D

8 pm	Kemptville Gratitude Group St. Paul's Presbyterian Church, 319 Prescott St Kemptville	C, D, ST, X
8 pm	Ottawa Mens Group St. Pauls Presbyterian Church, 971 Woodroffe Ave Ottawa: Woodroffe	C, D, M
8 pm	Rockland Hometown Group St. Trinity Catholic Church, 2178 Laurier St Rockland	C, D, ST, X
8 pm	Renfrew Group Trinity St. Andrews Church, 291 Plaunt St S Renfrew	C, D, X
8:30 pm	Trinity Group Trinity United Church, 1099 Maitland Ave Ottawa	C, D

Thursday

7:30 am	New Day Meeting St. Pauls Presbyterian Church, 971 Woodroffe Ave Ottawa: Woodroffe	C, D
Noon	Monday-Friday Lunch Bunch Bronson Centre, 211 Bronson Ave Ottawa: Downtown	C, D, X
Noon	Vanier Happy Nooners Richelieu-Vanier Community Centre, 300 Pères-Blancs Ave Ottawa	C, D
7 pm	Easy Does It Group East Gate Alliance Church, 550 Codd's Rd Ottawa	C, D, X
7 pm	Beyond Belief Secular Group Hintonburg Community Centre, 1064 Wellington St. W Ottawa: Hintonburg	A, C, D
7 pm	Hilltop Slippers Knox Church, 29 High St	BE, O, X, XB
7 pm	Morrisburg Gratitude Lakeshore United Church, 19 Lakeshore Dr Morrisburg	O, SP
7 pm	A Better Place To Be Paul-Émile Lévesque Centre, 756 Brebeuf St Casselman	C, D, X, XB
7:30 pm	West End Britannia United Church, 985 Pinecrest Rd Ottawa: Nepean	D, FF, O, SP, X, XB
7:30 pm	Turning Point Group First Baptist Church, 279 Alicia St Arnprior	O, SP
7:30 pm	12 Steps to Serenity Rideau Park United Church, 2203 Alta Vista Dr Ottawa: Alta Vista	D, O, ST, X
7:30 pm	The Steps on Bank St Giles Church, 729 Bank St Ottawa	12x12, B, C, X
7:30 pm	The Prescott Grenville Group St. Andrews Presbyterian Church, 425 Centre St Prescott	C, D, ST
7:30 pm	Women in Step St. Pauls Presbyterian Church, 971 Woodroffe Ave Ottawa: Woodroffe	C, D, FF, TR, W
8 pm	Way of Life Group Grace United Church, 27 Main St Cobden	O, SP

8 pm	Metcalfe Last Chance Holy Trinity Anglican Church, 8140 Victoria St Ottawa: Metcalfe	O, SP, X
8 pm	Maynooth Group Maynooth United Church, 105 Church St Maynooth	O, SP, ST
8 pm	From the Heart McNabb Community Centre, 180 Percy St Ottawa: Centretown	12x12, B, D, X
8 pm	Carp Fellowship Group Old Carp Memorial Hall, 434 Donald B. Munro Dr Ottawa: Carp	O, SP, X
8 pm	Recovery on the Hill Parkwood Presbyterian Church, 10 Chesterton Dr Ottawa	O, SP
8 pm	Orleans Hub Roy G. Hobbs Community Centre, 109 Larch Crescent Ottawa: Orleans	O, SP
8 pm	Laurier-Sandy Hill St. Josephs Parish, 151 Laurier Ave. E Ottawa: Sandy Hill	D, O
8 pm	Seaway International Trinity Church, 105 Second St W Cornwall	C, X

Friday

7:30 am	New Day Meeting St. Pauls Presbyterian Church, 971 Woodroffe Ave Ottawa: Woodroffe	C, D
8 am	Unity Group East Gate Alliance Church, 550 Codd's Rd Ottawa	C, D, X
10 am	Morning Glory Woodroffe United Church, 207 Woodroffe Ave Ottawa: Woodroffe	B, C, D, X
Noon	Monday-Friday Lunch Bunch Bronson Centre, 211 Bronson Ave Ottawa: Downtown	C, D, X
Noon	Orleans Noon Orleans United Church, 1111 Orléans Blvd Ottawa: Orleans	C, D, X
Noon	Vanier Happy Nooners Richelieu-Vanier Community Centre, 300 Pères-Blancs Ave Ottawa	C, D
Noon	The Nooners Group Wesleyan Church, 780 Sydney St Cornwall	D, O, X
Noon	Lunch with Bill Westminster Presbyterian Church, 470 Roosevelt Ave Ottawa: Westboro	C, D, X
12:30 pm	The H.O.P.E. Group Trinity United Church, 1099 Maitland Ave Ottawa	C, D
7 pm	Step Sisters All Saints Church, 347 Richmond Rd Ottawa: Westboro	C, D, W, X
7 pm	Bells Corners Big Book Discussion Christ Church Bells Corners, 3861 Old Richmond Rd Ottawa: Bells Corners	B, C, D
7 pm	Friday Night Chelsea Big Book Meeting Mary Magdalene Church, 537 Rte 105 Chelsea	C, D

7 pm	East End Richelieu-Vanier Community Centre, 300 Pères-Blancs Ave Ottawa	C, D
7 pm	Conscious Contact - 11th Step Meditation Southminster United Church, 15 Aylmer Ave Ottawa: Old Ottawa South	MED, O, X
7:30 pm	Tuesday/Friday Jack Purcell Community Centre, 320 Jack Purcell Ln Ottawa: Centretown	C, D, X
7:30 pm	By the Book St. Basils Church, 940 Rex Ave Ottawa: Nepean	B, O, SP
7:30 pm	Woodlawn St. Thomas Anglican Church, 3794 Woodkilton Rd Ottawa: Woodlawn	C, D
7:30 pm	Barrys Bay Group The Church of the Epiphany, 32 Inglis St Barrys Bay	O, SP
8 pm	Douglas Group Barr Line Community Centre, 1766 Barr Line Douglas	O, SP, X
8 pm	Alta Vista Open Door Immaculate Heart of Mary Church, 1758 Alta Vista Dr Ottawa: Alta Vista	EN, O, SP, X, XB
8 pm	5th Tradition of Cornwall Meeting Knights of Columbus, 205 Amelia St Cornwall	
8 pm	Manotick Gratitude Knox Presbyterian Church, 5533 Dickinson St Ottawa: Manotick	O, SP
8 pm	Riverview Group Riverview Presbyterian Church, 22 Church Ave Iroquois	C, D, X
8 pm	Kemptville Friday St. Paul's Presbyterian Church, 319 Prescott St Kemptville	12x12, C, D, ST, X

Saturday

7:30 am	New Day Meeting St. Pauls Presbyterian Church, 971 Woodroffe Ave Ottawa: Woodroffe	C, D
8 am	Unity Group East Gate Alliance Church, 550 Codd's Rd Ottawa	C, D, X
8 am	Freebirds Queenswood Heights Community Centre, 1485 Duford Dr Ottawa: Orleans	C, D, X
8 am	Vanier Early Birds Richelieu-Vanier Community Centre, 300 Pères-Blancs Ave Ottawa	C, D, EN, X
9 am	Westboro Big Book Study - Joe and Charlie All Saints Church, 347 Richmond Rd Ottawa: Westboro	C, D, X
9 am	Serenity at Sunrise Fringewood Community Centre, Fringewood Park and Community Centre Ottawa: Stittsville	B, C, D
9:30 am	Saturday Morning Big Book St. Stephens Church, 579 Parkdale Ave Ottawa	C, D, X
10:30 am	Seaway International Trinity Church, 105 Second St W Cornwall	O, X

11 am	Saturday Westboro Speaker Meeting All Saints Church, 347 Richmond Rd Ottawa: Westboro	SP
11 am	The Morrisburg Big Book Study Group Morrisburg Presbyterian Church, 10 First St Morrisburg	B, C, D, X
11 am	Friendly St. Giles Church, 181 First Ave Ottawa: Glebe	O, SP
Noon	Vanier Happy Nooners Richelieu-Vanier Community Centre, 300 Pères-Blancs Ave Ottawa	C, D
3 pm	Men's AA Newcomers Group St. Giles Church, 181 First Ave Ottawa: Glebe	BE, C, D, M, ST
7 pm	Fourth Dimension Cornerstone Wesleyan Church, 6556 Prince of Wales Dr Ottawa: North Gower	B, D, O
7 pm	Easy Does It Group East Gate Alliance Church, 550 Codd's Rd Ottawa	C, D, X
7 pm	Serenity Group First Baptist Church, 310 York St Cornwall	O, SP, X
7 pm	Saturday Night Group St. John Chrysostom Church, 295 Albert St Arnprior	D, O, X
7 pm	Jamais Seul Trinity Church, 105 Second St W Cornwall	EN, FR, O, SP, XB
8 pm	Fellowship Parkdale United Church, 429 Parkdale Ave Ottawa: Hintonburg	O, SP
8 pm	Russell Saturday Night Russell United Church, 38 Mill St Russell	B, C, D
8 pm	Je suis responsable Sandy Hill Community Centre, 250 Rue Somerset St E Ottawa: Sandy Hill	FR, O, SP, X
10 pm	The Labyrinth Young Peoples Group McPhail Memorial Baptist Church, 249 Bronson Ave Ottawa: Centretown West	C, D