

**GOD GRANT ME THE SERENITY
TO ACCEPT THE THINGS
I CANNOT CHANGE
COURAGE TO CHANGE
THE THINGS I CAN
AND THE WISDOM TO
KNOW THE DIFFERENCE**

Al-Anon is a non-profit organization that offers mutual support for anyone who has been affected by someone else's drinking

All meetings are open to the family and friends of Alcoholics

AFG: Al-Anon Family Groups
For more information you may visit

www.alanonwaterlooregion.ca
or
www.al-anon.alateen.on.ca
or
www.al-anon.alateen.org

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KITCHENER / WATERLOO

Monday @ 7:30 P.M. 

New Courage AFG

St. Columba's Church (at Mayfield)
250 Lincoln Rd., Waterloo, ON N2J 2P5
Monday @ 7.30 P.M.

Alateen

St. Columba's Church (at Mayfield)
250 Lincoln Rd., Waterloo, ON N2J 2P5

Monday @ 7:30 P.M.

Monday Night Al-Anon AFG

Downtown Community Centre
35B Weber St W., Kitchener, ON N2H 3Z1

Tuesday @ 1:00 P.M.


KOOL Friendship AFG

First Mennonite Church
800 King St. E., Kitchener, ON N2E 2M6
Wednesday @ 8:00 P.M.

12 & 12 AFG

St. Agnes Catholic Church
75 Bluevale St. N., Waterloo, ON N2C 1V5
(enter off parking lot side door)

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Friday @ 7:00 P.M.

New Beginnings AFG

Faith Lutheran Church
247 Westmount Rd East
Kitchener, ON N2M 4Z2 

Saturday @ 10:00 A.M.

One Day At A Time AFG

St. James Rosemount Church
171 Sherwood at Krug St.,
Kitchener, ON N2B 1K2


Saturday @ 10:00 A.M.

The Sun Will Come Up Tomorrow Alateen

St. James Rosemount Church
171 Sherwood at Krug St.,
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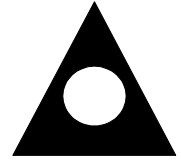
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**DISTRICT 4 AL-ANON
&
ALATEEN MEETING LIST**

**Cambridge, Fergus,
Guelph, Kitchener/Waterloo,
New Hamburg**

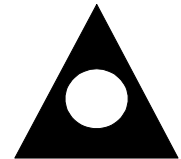
ANSWERING SERVICES

Cambridge: 519-658-8222
Guelph: 226-486-2420
Kitchener/Waterloo: 519-896-5678
Revised Nov 05/19

www.alanonwaterlooregion.ca

TOLL FREE

1-888-4-Al-Anon 1-888-425-2666



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GUELPH


Monday @ 7:00 P.M.

Serenity Seekers AFG
Westminster St.-St. Paul's Presb. Church
206 Victoria Rd. N., Guelph, ON N1E 5H8

Wednesday @ 7:30 P.M.

Guelph AFG 
All Saints Lutheran Anglican Church
(Back door entrance)
210 Silvercreek Pkwy. North

Thursday @ 7:30 P.M.

Journey Together AI-Anon Adult Children of Alcoholics AFG 
All Saint's Lutheran Anglican Church (Back Door)
210 Silvercreek Pkwy N., Guelph ON N1H 7P8

Thursday @ 7:30 P.M.
Miracles in Progress AFG
Westminster-St. Paul's Presbyterian Church
206 Victoria Rd N
Guelph, ON N1E 5H8

Thursday @ 7:30 P.M.


Foundations to the Future Alateen
Westminster-St. Paul's Presbyterian Church
206 Victoria Rd N
Guelph, ON N1E 5H8

Friday @ 10:00 A.M.


Fresh Start AFG
St. James Anglican Church
86 Glasgow St. N., Guelph, ON N1H 4W2

CAMBRIDGE


Sunday @ 7:30 P.M.

Serenity Plus AI-Anon Adult Children of Alcoholics 
St. Luke's Church
1620 Franklin Blvd., Cambridge ON N3C 1P2

Wednesday @ 10:00 A.M.

Wednesday Morning AFG 
Allan Reuter Centre
507 King St. E., Cambridge ON N3H 1B8

Thursday @ 10:00 A.M.


Courage to Love AFG 
Calvary Pentecostal Church
127 Hespeler Rd., Cambridge ON N1R 3G9

Friday @ 8:00 P.M.

Friday Night Acceptance AI-Anon AFG & Alateen
St. Andrews Presbyterian Church
73 Queen St. E., (Back door)
Cambridge, ON N3C 2A9


NEW HAMBURG

Wednesday @ 7:30 P.M.


Stepping Stones AFG 
Holy Family Church, 329 Huron St.,
New Hamburg, ON N3A 1K3

FERGUS

Monday @ 10:00 A.M.

New Fresh Start AFG 
St. James Anglican Church
171 Queen St East, Fergus ON N1M 1S0

Thursday @ 7:30 P.M.


Courage To Grow AFG 
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