

Meeting Format Legend

B	(Beginners) This meeting is focused on the needs of new members of NA.
BK	(Book Study) Approved N.A. Books
BT	(Basic Text) This meeting is focused on discussion of the Basic Text of Narcotics Anonymous.
C	(Closed) This meeting is closed to non-addicts. You should attend only if you believe that you may have a problem with substance abuse.
CH	(Closed Holidays) This meeting gathers in a facility that is usually closed on holidays.
CL	(Candlelight) This meeting is held by candlelight.
CP	(Concepts) This meeting is focused on discussion of the twelve concepts of NA.
CW	(Children Welcome) Children are welcome at this meeting.
D	(Discussion) This meeting invites participation by all attendees.
GL	(Gay/Lesbian/Transgender) This meeting is focused on the needs of gay, lesbian and transgender members of NA.
HY	(HY) Meetings virtually and in person.
IW	(It Works -How and Why) This meeting is focused on discussion of the It Works -How and Why text.
JT	(Just for Today) This meeting is focused on discussion of the Just For Today text.
LC	(Living Clean) This is a discussion of the NA book Living Clean -The Journey Continues.
M	(Men) This meeting is meant to be attended by men only.
NS	(No Smoking) Smoking is not allowed at this meeting.
O	(Open) This meeting is open to addicts and non-addicts alike. All are welcome.
RF	(Rotating Format) This meeting has a format that changes for each meeting.
SD	(Speaker/Discussion) This meeting is lead by a speaker, then opened for participation by attendees.
SG	(Step Working Guide) This meeting is focused on discussion of the Step Working Guide text.
So	(Speaker Only) This meeting is a speaker-only meeting. Other attendees do not participate in the discussion.
St	(Step) This meeting is focused on discussion of the Twelve Steps of NA.
TC	(Temporary closed) Facility is Temporarily Closed
TW	(Traditions Workshop) This meeting engages in detailed discussion of one or more of the Twelve Traditions of N.A.
Ti	(Timer) This meeting has sharing time limited by a timer.
To	(Topic) This meeting is based upon a topic chosen by a speaker or by group conscience.
Tr	(Tradition) This meeting is focused on discussion of the Twelve Traditions of NA.
W	(Women) This meeting is meant to be attended by women only.
WC	(Wheelchair) This meeting is wheelchair accessible.
WEB	(Online Meeting) This is a meeting that gathers on the Internet.
YP	(Young People) This meeting is focused on the needs of younger members of NA.



ONTARIO & MANITOBA REGION OF NARCOTICS ANONYMOUS

IN-PERSON MEETING LIST

JANUARY 2021

REGIONAL PHONE NUMBER

1-888-811-3887

REGIONAL WEBSITE

www.orscna.org

All meeting times are in Eastern Standard Time.

IMPORTANT COVID-19 NOTICE: Many in-person NA meetings are currently closed. The format code "TC" indicates that a meeting facility is Temporarily Closed.

Meetings Weekly: 226

ALLISTON

7:30PM Sweet Surrender, St John's United Church, Side Door, 10-Person Maximum, 56 Victoria St East, Alliston, ON, **(O)**

AURORA

7:30PM Stepping Into Recovery, Trinity Anglican Church, 79 Victoria St., Aurora, ON, **(C,D,WC,TC)**

BARRIE

7:30PM Freedom Steps Group, Westminster Presbyterian Church, rear door, 10 Person Maximum, 170 Steele Street, Barrie, ON, **(C,D)**

7:30PM Key to Freedom, 705 Community Center, 10 Person Maximum, 56 Dunlop St. W, Barrie, ON, **(C,BT,D)**

7:00PM Ferris Lane, Ferris Lane Community Church, Portable + Room inside, 20 Person Maximum, 49 Ferris Lane, Barrie, ON, **(O)**

7:00PM Standing Together Group, Barrie Native Friendship Centre, Gym door, 10 Person Maximum, 175 Bayfield Street, Barrie, ON, **(C,D,WC,TC)**

7:00PM Ferris Lane, Ferris Lane Community Church, Portable + Room inside, 20 Person Maximum, 49 Ferris Lane, Barrie, ON, **(O)**

7:00PM Ferris Lane, Ferris Lane Community Church, Portable + Room inside, 20 Person Maximum, 49 Ferris Lane (Portable), Barrie, ON, **(C,D,WC)**

BEAMPTON

NOON Responsible Choice - CLOSED TILL FURTHER NOTICE, Emmanuel United Church, at Bramalea Rd, north of Steeles, south of Hwy 7, 420 Balmoral Dr., Beampton, ON, **(C,D,WC,BK)**

BELLEVILLE

8:00PM New Experience Group, Saint Thomas United Church, 201 Church Street, Belleville, ON, **(O,D,TC)** *NE Corner of Bridge & Church Streets*

BLEZARD VALLEY

7:30PM Circle of Friends Group, Valleyview Community Church, 2891 Martin Road, Blezard Valley, ON, **(O,BT,NS,TC)**

BOLTON

7:30PM Freedom On South Hill, The Exchange, 55 Healey Rd. Unit #10, Bolton, ON, **(C,D,TC)**

8:30PM Freedom On South Hill, The Exchange 55 Healey Rd. Unit #10, Bolton, ON, **(C,D,TC)**

BOWMANVILLE

8:00PM How It Works, Memorial Park Club House, Max 10 Person Cap, 120 Liberty St., Bowmanville, ON, **(C,D)**

BRACEBRIDGE

7:00PM We Can Work It Out Group, Bracebridge United Church, additional parking in back parking lot, 10 Person Maximum, 46 Dominion Street, Bracebridge, ON, **(C,D)**

7:00PM We Can Work It Out Group, Bracebridge United Church, additional parking in back parking lot, 10 Person Maximum, 46 Dominion Street, Bracebridge, ON, **(C,D)**

WINNIPEG

7:00PM Road To Recovery, AFM Building, 146 Magnus Ave., Winnipeg, MB, (C,D,WC,CW,TC)

<https://zoom.us/j/789300865>

NOON Broadway Group, Crossways United Church, upstairs, 222 Furby St, Winnipeg, MB, (C,CH,St,WC,TC)

<https://zoom.us/j/87647557184>

7:00PM Genesis Group, Kildonan United Church, upstairs - 25 person limit, 187 Kilbride Ave., Winnipeg, MB, (C,St,TC) *1st Mondays of the month are open meetings*

7:00PM Road To Recovery, AFM Building, 146 Magnus Ave., Winnipeg, MB, (C,D,WC,CW,TC)

<https://us04web.zoom.us/j/789300865>

7:00PM Home At Last Group, Gordon King Memorial, 127 Cobourg Ave., Winnipeg, MB, (O,CL,D,WC,CW,TC)

7:00PM Genesis Group, Kildonan United Church, upstairs - 25 person limit, 187 Kilbride Ave, Winnipeg, MB, (C,St,TC)

NOON Broadway Group, Crossways United Church, upstairs | PASSWORD: 023201, 222 Furby St., Winnipeg, MB, (C,CH,St,WC,TC)

<https://zoom.us/j/87647557184>

7:00PM Genesis Group, Kildonan United Church, upstairs - 25 person limit, 187 Kilbride Ave, Winnipeg, MB, (C,CL,St,TC)

WOODBIDGE

8:30PM Lonely Hearts, Woodbridge United Church, 8090 Kipling Ave. N., Woodbridge, ON, (C,D,WC,TC)

BRAMPTON

7:00PM Steps Keep You Clean, Christ Church, 4 Elizabeth Street North, Brampton, ON, (C,D,WC,TC)

8:00PM Living In Recovery, Grace United Church, Basement, north of Church, next to 7-11 store, front door to right, 156 Main St. N., Brampton, ON, (C,B,D,JT,TC)

7:30PM Surrender To Recovery, William Osler Withdrawal Management, 135 McLaughlin Rd. S, Brampton, ON, (C,D,M,W,WC,TC)

7:30PM One Day at a Time, Grace United Church, 156 Main St N, Brampton, ON, (C,SD,WC,TC)

8:00PM We Do Recover - MAXIMUM 10 PEOPLE CAPACITY ALLOWED DUE TO COVID-19 RESTRICTIONS, St Jude Anglican Church, Meets in basement; Follows COVID-19 social distancing protocols, masks are mandatory, must sign in. 10 people maximum due to bylaws, 1000 Central Park Drive, Brampton, ON, (C,D,WC)

8:30PM One Step Closer, Mount Pleasant Library, Paul Hunt Rm, 100 Commuter Dr., Brampton, ON, (C,D,WC,TC)

8:30PM One Step Closer, Brampton Library Mount Pleasant Branch Paul Hunt room B, 100 Commuter Dr., Brampton, ON, (WC,TC)

8:00PM New Hope, St. Andrew's Presbyterian Church, 1 block east of Main, 44 Church St. E., Brampton, ON, (C,D,CP,TC)

8:00PM New Hope, St. Andrew's Presbyterian Church, 44 Church St. East, Brampton, ON, (C,D,TC)

NOON Responsible Choice - CLOSED TILL FURTHER NOTICE, Emmanuel United Church, at Bramalea Rd, north of Steeles, south of Hwy 7, 420 Balmoral Dr., Brampton, ON, (C,D,BK,TC)

7:30PM It Works, Work It!, St. Andrew's Presbyterian Church, 1 block east of Main, 44 Church St. E., Brampton, ON, (C,D,JT,TC)

7:30PM It Works, Work It!, St. Andrew's Presbyterian Church, 44 Church St. E., Brampton, ON, (C,BT,D,JT,LC,TC)

BRANTFORD

7:00PM Hugs Not Drugs, First Meeting: 7-7:30 Second Meeting 7:40-8:10 Third Meeting 8:20-9pm. Eight People Per Meeting., 69 Superior Street, Brantford, ON, (O)

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7:00PM Hugs Not Drugs, First Meeting: 7-7:30 Second Meeting 7:40-8:10 Third Meeting 8:20-9pm. Eight People Per Meeting., 69 Superior Street, Brantford, ON, (O)

10:30AM Hope Not Dope, Brant Community Church, Due to covid restrictions, this group will be holding 30 minute meetings, with 10 people max at a time, and will hold another meeting after to accommodate everyone having a chance to share., 69 superior st, Brantford, ON, (O,TC)

BROCKVILLE

7:00PM Never Alone, Never Again Group, Wall Street United Church, 5 Wall Street, Brockville, ON, (O,So,TC)

7:30PM We Chose Freedom Group, Saint Lawrence Anglican Church, rear door, 80 Pine Street, Brockville, ON, (O,D,St,To,Tr,TC) *off Park St*

BURLINGTON

7:00PM Living Hope - Starting Monday Dec 7th @ 7pm if more than ten people the first meeting. Will run from 7 to 725 the next ten will be from 730 to 8 pm, Burlington Baptist Church, All COVID-19 Regulations Apply, 2225 New Street, Burlington, ON, **(O,BT)**

7:00PM Together We Can, All COVID-19 Regulations Apply, 5800 Guelph Line, Burlington, ON, **(O)**

7:00PM Steps To Freedom, All COVID-19 Regulations Apply, 5800 Guelph Line, Burlington, ON, **(C,O,BT,D,WC)**

CALEDONIA

7:00PM Rivers Edge Group, Grace United Church, Fellowship Room, 174 Caithness Street East, Caledonia, ON, **(C,WC,BK)**

CARLETON PLACE

7:30PM CPR Group, Saint Mary's Church, 28 Hawthorne Avenue, Carleton Place, ON, **(O,BT,D,So,WC,TC)** off Lake Ave West

CHATHAM

7:00PM New Beginnings Group, Saint Andrew's United Church, 85 William Street, Chatham, ON, **(C,D,TC)**

COBOURG

7:30PM A New Way To Live (use side entrance off Havelock), 379 Division St., Cobourg, ON, **(O,TC)**

<https://us04web.zoom.us/j/5904385136>

ELLIOTT LAKE

7:30PM Primary Purpose Group, Renaissance Center, Door beside the Legion, 2 Veteran's Way, Elliott Lake, ON, **(O,D,TC)** last Friday of month is a speaker meeting

ESPANOLA

7:30PM Espanola Northern Lights Group, Espanola United Church, Downstairs, 137 Sheppard Street, Espanola, ON, **(O,D,To,NS)**

7:30PM Espanola Northern Lights Group, Espanola United Church, Side Door, 137 Sheppard Street, Espanola, ON, **(O,IW,St,Tr,NS)**

ETOBICOKE

2:30PM Never Alone, Transfiguration Church, 45 Ludstone Dr., Etobicoke, ON, **(C,D,JT,TC)**

FORT ERIE

11:00AM Pure Life, ARID House, 89 Queen St., Fort Erie, ON, **(O,D,TC)**

GATINEAU

7:00PM Sunday Serenity Group, Saint Francois de Sales Church, 799 Jacques-Cartier, Gatineau, QC, **(O,D,TC)**

GEORGETOWN

7:30PM New Attitudes, Norval United Church, All COVID-19 Regulations Apply, 14015 Danby Rd, Georgetown, ON, **(C,D)**

GODERICH

8:00PM Whatever Works, Knox Presbyterian Church, 9 Victoria Street North, Goderich, ON, **(C,BT,D,TC)**

WELLAND

6:30PM Never Alone, Mandatory masks and physical distancing, 5320 Netherby Rd., Welland, ON, **(O,D,WC,TC)**

WINDSOR

6:00PM Phoenix Group, Salvation Army Building, 355 Church Street, Windsor, ON, **(C,D,WC,TC)**

7:30PM Staying Clean Group, New Song Church, 993 Drouillard Road, Windsor, ON, **(C,D,WC,TC)**

10:00AM Come As You Are Group, Westminster United Church, 1680 Dougall Avenue, Windsor, ON, **(C,D,WC,TC)**

7:30PM Day by Day Group, Westminster United Church, 1680 Dougall Avenue, Windsor, ON, **(C,D,TC)**

8:00PM Spiritual Foundation Group, Saint Augustine's Church, 5145 Wyandotte Street East, Windsor, ON, **(O,BT,WC,TC)**

NOON Nooner Group, Westminster United Church, Downstairs, 1680 Dougall Avenue, Windsor, ON, **(C,B,D,JT,TC)**

1:00PM Living in the Solution Group, Downtown Mission, Room 107; Side door before 1pm, Front door after 1pm, 644 Victoria Avenue, Windsor, ON, **(O,B,D,TC)**

6:00PM Trust the Process Group, Community Evangelical Church, 1240 Pierre Avenue, Windsor, ON, **(C,D,TC)**

7:30PM Honesty Group, Peace Lutheran Church, at Tecumseh, 1985 Rossini Boulevard, Windsor, ON, **(C,D,TC)**

10:00AM Come As You Are Group, Westminster United Church, 1680 Dougall Avenue, Windsor, ON, **(C,D,WC,TC)**

7:00PM Freedom From Group, Westminster United Church, Downstairs, 1680 Dougall Avenue, Windsor, ON, **(C,D,JT,WC,TC)**

7:30PM Clean & Serene Group, Hotel Dieu Grace Healthcare, Tower Classroom in the Tayfour Building, 1453 Prince Road, Windsor, ON, **(O,D,WC,TC)**

NOON Nooner Group, Westminster United Church, Downstairs, 1680 Dougall Avenue, Windsor, ON, **(C,D,JT,TC)**

7:30PM Miracles Happen Group, Chateau Masson, in cafeteria, 415 Glengarry Avenue, Windsor, ON, **(C,D,WC,TC)**

7:30PM Rainbow Recovery Group, 1435 Tecumseh Road East, Windsor, ON, **(O,GL,W,WC,TC)**

10:00AM Come As You Are Group, Westminster United Church, 1680 Dougall Avenue, Windsor, ON, **(C,D,WC,TC)**

1:00PM Living in the Solution Group, Downtown Mission, Room 107; Side door before 1pm, Front door after 1pm, 644 Victoria Avenue, Windsor, ON, **(O,B,D,TC)**

7:30PM Bridge of Friendship Group, Chateau Masson, in cafeteria, 415 Glengarry Avenue, Windsor, ON, **(C,D,WC,TC)** ring buzzer

7:30PM East Windsor Addicts Group, Peace Lutheran Church, at Tecumseh, 1985 Rossini Boulevard, Windsor, ON, **(C,D,WC,TC)**

1:30PM Journey to Recovery Group, Salvation Army Building, 355 Church Street, Windsor, ON, **(O,D,WC,TC)**

7:30PM Ties That Bind Group, 12233 Tecumseh Road East, Windsor, ON, **(O,D,TC)**

THAMESVILLE

7:00PM Thamesville Serenity Group, Westover Treatment Centre, 2 Victoria Street South, Thamesville, ON, **(C,D,TC)**

THEDFORD

8:00PM Hope & Freedom Group, Knox Presbyterian Church, 182 Main St., Thedford, ON, **(TC)**

THUNDER BAY

8:00PM Surrender Group, Sister Margaret Smith Centre, Room B-19, 301 Lillie Street North, Thunder Bay, ON, **(C,D,TC)** *entrance on Lillie Street*

8:00PM Just for Today Group, Vale Community Centre, MAXIMUM 10 PEOPLE CAPACITY ALLOWED DUE TO COVID-19 RESTRICTIONS Follows COVID-19 social distancing protocols, masks are mandatory, must sign in due to bylaws, 420 Vale Ave, Thunder Bay, ON, **(C,WC)**

8:00PM Surrender Group, Sister Margaret Smith Centre, Room B-19, 301 Lillie Street North, Thunder Bay, ON, **(C,D,TC)** *entrance on Lillie Street*

8:00PM HOW Group, Crossroads Centre, Gymnasium, 500 Oliver Road, Thunder Bay, ON, **(O,D,WC,TC)** *open speaker 3rd Wednesday of month*

8:00PM Surrender Group, Sister Margaret Smith Centre, Room B-19, 301 Lillie Street North, Thunder Bay, ON, **(C,B,TC)** *entrance on Lillie Street*

NOON Awakening Spirits Group, Grace Place, 235 Simpson Street, Thunder Bay, ON, **(O,D,WC,TC)**

8:00PM Just for Today Group, Vale Community Centre, MAXIMUM 10 PEOPLE CAPACITY ALLOWED DUE TO COVID-19 RESTRICTIONS Follows COVID-19 social distancing protocols, masks are mandatory, must sign in due to bylaws, 420 Vale Av, Thunder Bay, ON, **(C,WC)**

10:30AM HOW Group, Crossroads Centre, 500 Oliver Road, Thunder Bay, ON, **(C,WC,TC)**

TILLSONBURG

11:00AM Walking the Walk, Tillsonburg hospital, 67 Rolph St, Tillsonburg, ON, **(TC)**

7:00PM Hope Hour, Public Library,, Call hotline: 1-888-811-3887 to be let into library. Meeting hosted on zoom as well., 2 Library Lane, Tillsonburg, ON, **(O)**
Zoom ID: 510 742 190 PW: hope

TIMMINS

7:30PM Why Are We Here Group, Saint Mathew's Cathedral, 331 Fifth Avenue, Timmins, ON, **(C,D,Tr,TC)**

7:30PM Why Are We Here Group, Saint Mathew's Cathedral, 331 Fifth Avenue, Timmins, ON, **(C,D,To,TC)**

VAL THERESE

7:30PM Pathway to Peace Group, St.James In The Valley United Church, Downstairs, 4510 Tate Blvd, Val Therese, ON, **(O,LC)**

WALLACEBURG

7:30PM Serenity Group, Saint James Church, 719 James Street, Wallaceburg, ON, **(C,D,TC)** *open speaker last week of month*

WARKWORTH

8:00PM Severn Ties, 251 Concession Rd. 6 E, Warkworth, ON, **(O,D,WC)**

GODERICH (CONT)

8:00PM Whatever Works, Knox Presbyterian Church, Open Speaker Meeting Last Thursday of the month, 9 Victoria Street North, Goderich, ON, **(C,O,BT,D,SD,TC)**

HAMILTON

10:00AM Sunday Morning Step Group, McMaster University, Room 1-J8, 1280 Main Street West, Hamilton, ON, **(O,D,IW,WC,TC)** *In front door & follow signs; free parking across the Street*

7:00PM Courage to Change Group, First Unitarian Church, 170 Dundurn Street South Hamilton, ON, **(O,D,JT,WC,BK)**

7:30PM Clean & Free Group, Anglican Church of the Nativity, At Barons, 1831 King Street East, Hamilton, ON, **(O,BT,So,WC,TC)**

NOON Never Alone Group, Main Floor Cafeteria, enter on Parkdale Ave N, 205 Melvin Street, Hamilton, ON, **(O,WC,TC)**

7:00PM Alive & Well Group, Christ Church Cathedral, 252 James Street North, Hamilton, ON, **(O,D,WC,TC)**

7:30PM H.O.W. Group, Saint Joseph's Healthcare, Enter off Fennell Ave, through lobby to Seminar Room A217, 100 West 5th Street, Hamilton, ON, **(C,D,WC,TC)** *Enter off Fennell outside the auditorium*

7:00PM Mountain Freedom Group, Elliott Heights Baptist Church, 1300 Fennell Avenue East, Hamilton, ON, **(O,WC,TC)**

7:00PM New Beginnings Group, Welcome Inn, one block east of James Street North, 40 Wood Street East, Hamilton, ON, **(O,D,So,WC,TC)**

NOON Awakening Spirits Group, Mission Services Building, North entrance, 196 Wentworth Street North, Hamilton, ON, **(O,D,WC,TC)**

6:00PM Friday Night Group, Saint Paul's Presbyterian Church, at Jackson St, 70 James Street South, Hamilton, ON, **(C,BT,TC)**

7:00PM Journey Begins Group, Unit 207-buzzer code 201, 181 Jackson Street West, Hamilton, ON, **(C,BT,D,TC)**

1:30PM Learn to Live Group, Saint Joseph's Church, Enter door closest to parking lot, and down the stairs., 260 Herkimer Street, Hamilton, ON, **(O,BT,D,TC)** *At Locke*

7:00PM Keep Coming Back Group, Wentworth Baptist Church, at Cannon Street, 120 Wentworth Street North, Hamilton, ON, **(O,BT,D,WC,TC)**

HEARST

10:00PM Libre de Vivre Group, Maison Renaissance, 924 Beaver Rue Halle, Hearst, ON, **(C,D,TC)**

10:00PM Libre de Vivre Group, Maison Renaissance, 924 Beaver Rue Halle, Hearst, ON, **(O,D,TC)**

HEPWORTH

7:30PM Built Up From The Ashes, Baptist Church, 159 Queen St. West, Hepworth, ON, **(O)**

KANATA

7:30PM Primary Purpose Group, Bridlewood Community Church of Nazarene, 2 Stonehaven Drive, Kanata, ON, **(C,D,BK,TC)** *at Eagleson Rd*

KAPUSKASING

7:00PM Steps to Freedom Group, Abundant Life Christian Fellowship, 13 Ash Street, Kapuskasing, ON, **(O,St,Tr,CW,TC)**

KESWICK

7:30PM BYOB NORTH, Hope For Today Fellowship Church, basement meeting room, 267 Hollywood Drive, Keswick, ON, **(C,WC,BK)**

7:30PM 12 Step Group, Hope For Today Anglican Church, 267 Hollywood Drive, Keswick, ON, **(TC)**

KINGSTON

11:00AM HOW Group, Community House, Social Distancing (masks required), 99 York Street, Kingston, ON, **(O)**

9:30AM No Longer Alone Group, Rustle Church, Virtual meeting starts at 9:30 a.m., 65 Russell Street, Kingston, ON, **(O,B,BT,D,CW)**

<https://us02web.zoom.us/j/787567193?pwd=ZnhJUTYyYWl6THl1ckx1bjVCNmR1UT09>, 15 people maximum Social Distancing (masks required)

10:00AM Come As You Are Group, Community House, /Social Distancing (masks required), 99 York Street, Kingston, ON, **(O,D,St)**

<https://zoom.us/j/470390037>

8:00PM Rainbow Road to Recovery, Kingston, ON, **(C,BT,D,GL,St,TC)**
<https://us02web.zoom.us/j/83247176498?pwd=WGRWd21KOXk5c0wxZWZWRubjluU3pXdz09>

KITCHENER-WATERLOO

7:00PM Friendship Group, First Mennonite Church, 800 King St. E (at Stirling), Kitchener-Waterloo, ON, **(O,D,WC)** *Mask, Sign-in Required*

7:30PM Lust for Life, First United Church, Back Door Entrance, 16 William St. W., Kitchener-Waterloo, ON, **(O,BT,D,WC,HY)** *Mask, Sign-in Required; ALSO ONLINE*

<https://zoom.us/j/7275120201>, Zoom ID:7275120201

LEAMINGTON

8:00PM Kick Group, Saint John's Anglican Church, 60 Erie Street North, Leamington, ON, **(C,D,WC,TC)**

7:00PM Kick Group, Saint John's Anglican Church, 60 Erie Street North, Leamington, ON, **(O,D,WC,TC)**

LINDSAY

7:30PM We Do Recover, 40 William Street North, St Andrews Presbyterian church north side entrance., Lindsay, ON, **(C,LC)**

7:30PM We Do Recover, 40 William Street North, St Andrews Presbyterian church north side entrance., Lindsay, ON, **(C,SG)**

7:30PM River Of Freedom, Masks Required- capacity limit-, Entrance on Peel, 40 William St., Lindsay, ON, **(O,D)**

LISTOWEL

7:30PM Changing Lanes, St Paul's Lutheran Church, 505 Wallace Avenue North, Listowel, ON, **(O,D)** *Mask & Sign-in Required*

LONDON

10:00AM Time to Get Real, Salvation Army Centre of Hope, Chapel, 281 Wellington Street, London, ON, **(O,D,WC,TC)**

SAULT SAINTE MARIE (CONT)

7:30PM Living Clean Group, Neighborhood Resource Center, 138 Gore Street, Sault Sainte Marie, ON, **(O,BT,WC,TC)**

8:30PM Reality Group, Saint Matthew's Anglican Church, 1643 Wellington Street East, Sault Sainte Marie, ON, **(C,JT,WC,TC)** *Last Thursday of month is an open meeting*

8:00PM New Beginnings Group, Canadian Mental Health Association, Basement, 386 Queen Street East, Sault Sainte Marie, ON, **(C,BT,CL,WC,TC)**

8:00PM Saturday Night Live Group, Canadian Mental Health Association, Basement, 386 Queen Street East, Sault Sainte Marie, ON, **(C,BT,WC,TC)**

SHELBURNE

7:30PM Spiritual Path, St Paul's Anglican Church, Side Door, 10-person maximum, 312 Owens Street, Shelburne, ON, **(O)**

SIMCOE

8:00PM Just For Today, First Baptist Church, Due to covid restrictions, this group will be holding two meetings (6.30 - 7.30/ 8 - 9) with a limit of 10 people per meeting, 129 Young Street, Simcoe, ON,

ST. CATHARINES

8:00PM Men's Open Discussion Meeting, Niagara Health, 264 Welland Ave., St. Catharines, ON, **(O,M,WC,TC)**

7:00PM No Matter What Club, Silver Spire Church, Downstairs; Mandatory masks and physical distancing, 366 St. Paul Street, St. Catharines, ON, **(O,D,JT,SG,To,WC)**

STRATFORD

7:00PM Stopping The Damage, Knox Presbyterian Church, 142 Ontario Street, Stratford, ON, **(C,D)**

7:30PM Recovery Happens, St. Pauls Anglican Church, 9 Douro Street, Stratford, ON, **(C,BT,WC,TC)**

7:00PM Stopping The Damage, Knox Presbyterian Church, 142 Ontario Street, Stratford, ON, **(C,D)**

STURGEON FALLS

7:00PM Be Brave, St. Mary Magdalene Anglican Church, Closed during Christmas Holidays, 253 King Street, Sturgeon Falls, ON, **(CH,TC)**

SUDBURY

7:00PM Just For Tonight Group, Ukrainian National Federation, Downstairs, 130 Frood Road, Sudbury, ON, **(O,D,JT,NS,TC)**

7:45PM Guiding Principles of NA Group, Tree Of Life North, Unit B Downstairs, 1375 Regent Street South, Sudbury, ON, **(O,D,TW,NS)**

7:30PM Step Ahead Group, Tree Of Life North, 1375 Regent Street South, Sudbury, ON, **(C,SG,NS)**

7:30PM Thursday Night Message Of Recovery Group, Ukrainian National Federation, Upstairs, 130 Frood Road, Sudbury, ON, **(O,D,NS,TC)**

7:30PM Friday Freedom Group, Ukranian National Federation, Downstairs, 130 Frood Road, Sudbury, ON, **(O,D,NS,LC,TC)**

7:30PM Saturday Night Alive Group, Ukranian National Federation, Downstairs, 130 Frood Road, Sudbury, ON, **(O,D,To,NS,TC)**

PORTAGE LA PRAIRIE (CONT)

9:30PM Recovery First, Canadian Mental Health Center, basement,locked entry,doorbell, 102 First St. NW, Portage la Prairie, MB, **(C,CL)**

9:30PM Recovery First, Canadian Mental Health Center, basement,locked entry,doorbell, 102 First St. NW, Portage la Prairie, MB, **(C,CL)**

PORT COLBORNE

NOON Sharing and Caring, First Lutheran Church, 688 Elm St., Port Colborne, ON, **(O,D,IW,TC)**

7:30PM Attitudes of Gratitude, Port of Grace Community Church, Mandatory masks and physical distancing, 26 Charlotte St., Port Colborne, ON, **(O,BT,D,JT,TC)**

RENFREW

7:00PM Back to Basics Group, Trinity Saint Andrew's Church, 291 Plaunt Street South, Renfrew, ON, **(C,BT,D,TC)**

7:00PM Back to Basics Group, Trinity Saint Andrew's Church, 291 Plaunt Street South, Renfrew, ON, **(C,D,Tr,LC,TC)**

7:00PM Back to Basics Group, Trinity Saint Andrew's Church, 291 Plaunt Street South, Renfrew, ON, **(O,D,TC)**

RICHMOND HILL

8:00PM You Are No Longer Alone, M.L. McConaghy Seniors Centre, 10100 Yonge Street, Richmond Hill, ON, **(C,CL,D,WC,TC)**

SARNIA

NOON Living, Laughing, Learning, River City Centre, 260 Mitton Street North, Sarnia, ON, **(C,D,TC)**

7:00PM Basic Text Study, River City Center, Childhood Education Building, 260 Mitton Street North, Sarnia, ON, **(C,BT,TC)** *Open meeting 2nd Monday of month*

6:30PM New Beginings, 89 Norman St, Sarnia, ON, **(TC)**

10:00AM Freedom is a Choice, Central United Church, Corner of Brock & George Street, 220 George Street, Sarnia, ON, **(O,D,TC)**

10:00AM Women Embracing Recovery Together, Central United Church (upstairs library), corner of Brock, 220 George St, Sarnia, ON, **(C,D,W,TC)**

7:30PM Survivors Group, French Cultural Center, 901 The Rapids Parkway, Sarnia, ON, **(C,D,TC)**

7:00PM Together We Can, River City Centre,, 260 Mitton St, North, Sarnia, ON, **(C,D,TC)**

10:45PM Recovery At Night, 260 Mitton St, North, Sarnia, ON, **(TC)**

SARNIA,

7:00PM We Surrender, 89 Norman St., Sarnia,, ON, **(TC)**

SAULT SAINTE MARIE

7:30PM New Freedom Group, Holy Trinity Church, Back door, 352 Northern Avenue East, Sault Sainte Marie, ON, **(C,TC)**

6:30PM Golden Eagle Group, Neighborhood Resource Center, 138 Gore Street, Sault Sainte Marie, ON, **(C,BT,WC,TC)**

6:00PM Top of the Hill Group, buzz 100, 345 Saint George's Avenue East, Sault Sainte Marie, ON, **(O,TC)**

LONDON (CONT)

10:00AM Time to Get Real, Salvation Army Centre of Hope, Chapel, 281 Wellington Street, London, ON, **(O,D,WC,TC)**

7:30PM I Can't We Can, First Baptist Church, enter off Clarence Street, 568 Richmond Street, London, ON, **(O,D,RF,TC)**

7:30PM Back to Basics, Wesley-Knox United Church, at Theresa St, 91 Askin Street, London, ON, **(O,D,JT,WC,LC,TC)**

7:00PM Living Clean, Salvation Army Centre of Hope, 281 Wellington Street, London, ON, **(O,D,LC,TC)**

1:30PM Time to Get Real, Salvation Army Centre of Hope, Chapel, 281 Wellington Street, London, ON, **(D,WC,TC)**

7:00PM Steps to Freedom, All Saint's Anglican Church, Inkerman, 249 Hamilton Road, London, ON, **(C,D,WC,TC)**

MANIWAKI

7:30PM Pagosendam Group (Hope), Maniwaki Friendship Centre, 19A, rue Principale North, Maniwaki, QC, **(O,D,So,TC)**

MILTON

7:00PM The Valiant Group - IS CURRENTLY OPEN with 10 ppl max. cap/ Split meetings to accommodate, Redhill Church, 6150 Trafalgar Rd., Milton, ON, **(O,D,WC)**

MISSISSAUGA

8:00PM Primary Purpose, All COVID-19 Regulations Apply, 2630 Inlake Crt, Mississauga, ON, **(C,D,WC)**

7:00PM Infinity Recovery, 2630 Inlake Crt, Mississauga, ON, **(C,D,WC)**

6:30PM NA Foundation Group - MEETING IN PERSON NOW, Clarkson Community Church, 1880 Lakeshore West, Mississauga, ON, **(C,JT,WC,CP)**

8:00PM Primary Purpose, 2630 Inlake Crt, Mississauga, ON, **(C,D,WC,TC)**
zoom.us/j/836575153

NEW LISKEARD

7:00PM Just For Today, St. Paul's United Church, 70 Wellington St. N., New Liskeard, ON, **(O,D,TC)**

7:00PM Just For Today, St Paul's United Church, 70 Wellington St N, New Liskeard, ON, **(O,D,TC)**

NEWMARKET

8:00PM Squeaky Clean, New Hope Methodist Church, 337 Queen St., Newmarket, ON, **(O,BT,TC)**

8:00PM Unity Self-Help, Trinity United Church, 461 Park Ave., Newmarket, ON, **(C,B,D,St,TC)**

7:00PM Serenity On Saturday, 570 Steven Court, Newmarket, ON, **(TC)**

NIAGARA FALLS

7:30PM Steps 4 Miles, St. John's Anglican Church, 3428 Portage Rd., Niagara Falls, ON, **(O,D,St,Tr,WC,TC)**

8:00PM Freedom Road, Christ Church, Mandatory masks and physical distancing, 4750 Zimmerman Ave., Niagara Falls, ON, **(O,D,JT,WC,TC)**

8:00PM Saturday Night Live, St. Andrew's United Church, Mandatory masks and physical distancing, 5645 Morrison St., Niagara Falls, ON, **(O,D,WC,LC,TC)**

NORTH BAY

7:00PM Miracles Happen, Calvin Church, Basement, 401 First Ave. W., North Bay, ON, (C,D,WC,TC)

7:30PM Unity Group, Saint Andrew's United Church, Room 6, 399 Cassells St., North Bay, ON, (C,D,TC)

7:00PM Together We Can, Calvin Church, Basement, 401 First Ave. W., North Bay, ON, (C,D,St,W,WC,TC)

7:00PM We Do Recover, Nipissing Mental Health Housing and Support Services, 2nd Floor, 176A Main St. E., North Bay, ON, (C,D,JT,WC,TC)

7:30PM Recovery Way, Trinity United Church, side entrance on Ferguson, 111 McIntyre St. E., North Bay, ON, (C,CL,D,RF,Ti,TC)

7:30PM Unity Group, Saint Andrew's United Church, Room 6, 399 Cassells St., North Bay, ON, (C,D,To,TC)

7:00PM Steps to Recovery, Calvin Presbyterian Church, Basement, 401 First Ave. W., North Bay, ON, (C,BT,D,St,To,WC,TC)

1:00PM Recovery Way, Trinity United Church, side entrance on Ferguson, 111 McIntyre St. E., North Bay, ON, (C,D,JT,TC)

NORVAL

7:30PM Recovery By The River - CLOSED TILL FURTHER NOTICE, Norval Untied Church, All COVID-19 Regulations Apply, 14015 Danby Rd., Norval, ON, (C,D,WC)

OAKVILLE

12:30PM Learning The Steps, Oakville Room S-305, 1430 Trafalgar Road, Oakville, ON, (BT,D,JT,WC,TC)

7:30PM Never Stand Alone, All COVID-19 Regulations Apply, 89 Dunn st, Oakville, ON, (O,D)

7:30PM Serenity in Recovery - two 30 minute meetings back to back: the first 10 people to arrive between 7:30-8:00 p.m. and the second set of 10 people to arrive between 8:00-8:30 p.m. We will be running two 30 minute meetings - OPEN CHRISTMAS 6PM-8PM, St. Simon Anglican Church, All COVID-19 Regulations Apply, 1450 Litchfield Rd, Oakville, ON, (C,D,WC,TC)

9:15AM Freedom and Fellowship, 89 Dunn St, Oakville, ON, (C,D,WC)
HAS MOVED & REOPENS JAN 9TH

7:00PM Keep It Simple, 89 Dunn St, Oakville, ON, (C,D,JT,WC)

ORANGEVILLE

6:00PM Hope Is Here Group, Saint Mark's Anglican Church, Rear Door, 10 Person Maximum, 5 First Ave, Orangeville, ON, (C,So,St,TC)

ORILLIA

7:30PM Just For Today Group, Saint Paul's United Church, Rear Entrance off Coldwater, 10 Person Maximum, 62 Peter Street North, Orillia, ON, (C,D)

7:30PM Just For Today Group, Saint Paul's United Church, Rear entrance from Coldwater Road, 10 Person Maximum, 62 Peter Street North, Orillia, ON, (C,D)

OSHAWA

NOON Relapse Prevention, Girl Guides Building, back entrance), 121 Simcoe St. S. (, Oshawa, ON, (C,D,TC)

OTTAWA

7:30PM New Awareness Group, Routhier Community Centre, 172 Guigues Avenue, Ottawa, ON, (C,D,So,WC,TC)

8:00PM New Beginnings Group, Royal Ottawa Mental Health Centre, 1st Floor Auditorium, 1145 Carling Avenue, Ottawa, ON, (O,D,So,W,WC,YP,TC)

6:30PM It Is Possible Group, Carlington Community, Suite 102, 1465 Caldwell Avenue, Ste 102, Ottawa, ON, (O,TC)

OWEN SOUND

7:00PM Open Doors Group, Central West Side Church, 310 10th Street West, Owen Sound, ON, (O,WC,TC)

PARIS

8:00PM Paris Group, St. Paul's Church, 48 Broadway St. West, Paris, ON, (C,D,WC)

PEMBROKE

7:30PM New Life Group, Holy Name Church Annex, 284 Trafalgar Road, Pembroke, ON, (C,D,TC) *entrance at Annex on 1st Ave*

7:30PM New Life Group, Holy Name Church Annex, 284 Trafalgar Road, Pembroke, ON, (C,D,So) *entrance at Annex on 1st Ave*

PERTH

8:00PM 12 Steps to Recovery Group, Elliot Street Clinic, 12 Elliot Street, Perth, ON, (C,D,WC,TC)

PETERBOROUGH

10:00AM Grateful Were Not Dead, Peterborough, ON, (C,D,TC)

<https://us02web.zoom.us/j/86172393697?pwd=MjU1RlZFK3ByZlV6VWx3UDdZb1JuQT09>

NOON Stepping Into Action, CMHA Building, 466 George St. N., Peterborough, ON, (TC)

7:30PM Proud To Recover, Buzz #6, 159 King St Room 302-2, Peterborough, ON, (C,D,GL,TC)

7:30PM Stepping Into Action, Murray St. Baptist Church, 175 Murray St., Peterborough, ON, (C,D,SD)

<https://www.google.com/url?q=http://zoom.us/j/2664975542&sa=D&source=calendar&usd=2&usg=AOvVaw0Rlmvj2a3uKrPPEuW16KKR>

NOON Stepping Into Action, 466 George Street, Peterborough, ON, (O,D,TC)

7:30PM Grateful We're Not Dead, Grace United Church, 581 Howden St., Peterborough, ON, (O,BT,D,WEB,TC)

<https://us02web.zoom.us/j/86172393697?pwd=MjU1RlZFK3ByZlV6VWx3UDdZb1JuQT09>

PORTAGE LA PRAIRIE

8:00PM Recovery First, Canadian Mental Health Center, basement,locked entry,doorbell, 102 First St. NW, Portage la Prairie, MB, (C)

7:30PM Clean And Free, Salvation Army Building, 220 Duke Ave., Portage la Prairie, MB, (C,D,St,Tr,TC)

5:00PM Recovery First, Canadian Mental Health Center, basement,locked entry,doorbell, 102 First St. NW, Portage la Prairie, MB, (C)

7:30PM Clean And Free, Salvation Army Building, 220 Duke Ave., Portage la Prairie, MB, (C,D,St,Tr,BK,TC)

7:30PM Recovery First, Canadian Mental Health Center, basement,locked entry,doorbell, 102 First St. NW, Portage la Prairie, MB, (C,W) *women only*