

Sunday

9:00 am **Winchester Sunday Morning Group** OD
Winchester Lions Hall, upstairs
515 Albert Street, Winchester

10:00 am **Sunday Morning Study Group** ODOS
OS Last Sunday of Month
2 Oxford Street West, Kemptville
Zoom meeting ID: 443 660 9851
Password: 475962

7:00 pm **B.Y.O.B.B. South Mountain Group** OD
10535 Main Street,
South Mountain

Monday

7:00 pm **Long Sault Group** CD
3 Mile Roches Rd. Long Sault

7:30 pm **Experience Strength and Hope Group** OSD WC
7275 Parkway Rd. Greely

7:30 pm **Russell Goodwill Group** CD
139 Castor, Russell

8:00 pm **Prescott Grenville Group** OS WC
Dibble and Centre St., Prescott

Tuesday

7:00 pm **Elephant Room Group** OBBD
Virtual Zoom video meeting
Meeting ID: 443 660 9851
Password: 475962

8:30 pm **Winchester Group** OS
Winchester United Church
519 St. Lawrence St. Winchester

Wednesday

8:00 pm **Morrisburg 12 and 12 Home Group** CD
31 Meikle St. Morrisburg

8:00 pm **Osgoode Step Group** CD
2015 River Road, Osgoode

8:00 pm **Kemptville Gratitude Group** CD WC
319 Prescott St, Kemptville
Gratitude and Big Book

Thursday

1:00 pm **Freedom & Growth Group(women)**
Virtual Zoom video meeting
Meeting ID: 443 660 9851
Password: 475962

7:00 pm **A Better Place to Be** CD/BB WC
Paul-Emile Levesque
Community Centre, Casselman

7:00 pm **Morrisburg Gratitude Group** OS/@
19 Lakeshore Drive, Morrisburg

7:30 pm **Prescott Grenville Group** CDST WC
Dibble & Center

8:00 pm **Last Chance Group** OS WC
8140 Victoria St., Metcalfe

Friday

8:00 pm **Kemptville Friday Group** CD WC
319 Prescott St, Kemptville
Step meeting

8:00 pm **Riverview Group** CD
22 Church ave. Iroquois
OS last Friday

Saturday

11:00 am **Morrisburg BB Study Group** ODBB WC
10 First Street, Morrisburg

7:00 pm **Fourth Dimension Group** ODBB WC
6556 Prince of Wales Dr,
North Gower
Hybrid Meeting:
In-person & Online
Zoom Meeting ID: 905 447 824

8:00 pm **Russell Saturday Night Group** ODBB
38 Mill St, Russell

MEETING TYPES

OD = Open Discussion
CD = Closed Discussion Alcoholics only
OS = Open Speaker
BB = Big Book
ST = Step, 12 x 12
WC = Wheelchair Accessible
@ – Alanon meeting same time and location

For more information or assistance
call Ottawa A.A. intergroup at
613-237-6000
or visit our website at
www.seawayvalleynorthdistrict48aa.org



Twenty Questions

These questions were developed by the Johns Hopkins University Hospital, to assess whether a person may be an alcoholic.

1. Do you lose time from work due to drinking?
2. Is drinking making your home life unhappy?
3. Do you drink because you are shy with other people?
4. Is your drinking affecting your reputation?
5. Have you ever felt guilt or remorse after drinking?
6. Have you ever got into financial difficulties as a result of drinking?
7. Do you turn to lower companions and an inferior environment when drinking?
8. Does your drinking make you careless of your family's welfare?
9. Has your ambition decreased since drinking?
10. Do you crave a drink at a definite time?
11. Do you want a drink the next morning?
12. Does drinking cause you to have difficulty in sleeping?
13. Has your efficiency decreased since drinking?
14. Is drinking jeopardising your job or business?
15. Do you drink to escape from worries or trouble?
16. Do you drink alone?
17. Have you ever had a complete loss of memory as a result of drinking?
18. Has your physician ever treated you for drinking?
19. Do you drink to build up your self-confidence?
20. Have you ever been to a hospital or institution because of drinking?

If you answered YES to any one of the questions, there is a definite warning that you may be an alcoholic.
 If you have answered YES to any two, the chances are that you are an alcoholic.
 If you answered YES to three or more, you are definitely an alcoholic.

I AM RESPONSIBLE
When anyone, anywhere Reaches out for help
I want the hand of A.A. always to be there
And for that
I AM RESPONSIBLE

Meetings in surrounding areas

Ottawa area meetings
 Manotick, Richmond, Barrhaven, Orleans
 and others
ottawaaa.org/meetings/



Cornwall area meetings
cornwallaa.ca/meetings



Brockville, Lanark area meetings
 Almonte, Athens, Brockville, Carleton
 Place, Elgin, Merrickville, Perth, Sharbot
 Lake, Smiths Falls.
lanarkleedsaa.org/meetings/



District 48
Seaway Valley North
Alcoholics Anonymous Meetings

Friends and numbers



Alcoholics Anonymous
613-237-6000