

PRINT RESULTS

Al-Anon

1. Area 81 - District 18 Okanagan Al-Anon

District 18 - Kelowna, Peachland, Westbank

Phone: [1.250.763.5555](tel:1.250.763.5555) (Kelowna Area Information Service)

Note: Offers Al-Anon meetings in Kelowna, Peachland, Westbank, and surrounding area.

2. Al-Anon Alberta - Calgary and Area

Al-Anon Alberta - Calgary and Area

Phone: [1.403.266.5850](tel:1.403.266.5850)

E-Mail: AlScalgaryInformation@gmail.com

Note: This website lists meeting information for Al-Anon meetings in Calgary and area.

3. Al-Anon Alberta - Central Alberta

Al-Anon Alberta - Central Alberta

Phone: [1.403.346.0320](tel:1.403.346.0320)

Phone: [1.780.275.0054](tel:1.780.275.0054) (For Vegreville meeting location)

E-Mail: AlScalgaryInformation@gmail.com

Note: This website lists meeting information for Al-Anon meetings in Central Alberta.

4. Al-Anon Alberta - Southern Alberta

Al-Anon Alberta - Southern Alberta

Note: This website lists meeting information for Al-Anon meetings in Southern Alberta.

5. Manitoba and Northwest Ontario Al-Anon and Alateen Family Groups - Manitoba Al-Anon/Alateen Central Services Office

Manitoba and Northwest Ontario Al-Anon and Alateen Family Groups

Al-Anon/Alateen Central Services Office - Area 82

107-2621 Portage Ave.

Winnipeg, MB R3J 0P7

Phone: [1.204.943.6051](tel:1.204.943.6051)

E-Mail: al-anon-enquiries@mymts.net (Al-Anon)

E-Mail: area82alateen@mymts.net (Alateen)

Note: This website hosts information for Al-Anon and Alateen meetings in Manitoba and Northwest Ontario (Area 82). Alateen meetings are held in Portage La Prairie, Morden, The Pas, and Winnipeg.

6. Area 86 - District 7 Sarnia Al-Anon Region Sarnia Al-Anon Information Service

District 7 - Area 86

Sarnia Al-Anon Region

Sarnia Al-Anon Information Service
PO Box 20077
Lambton Mall Postal Outlet
Sarnia, ON N7S 6J3
Phone: [1.519.337.5211](tel:1.519.337.5211)

Note: Offers meetings to the Sarnia region and includes Bright's Grove, Forest, Petrolia, and Sarnia.

7. Area 86 - District 1 Muskoka Al-Anon

District 1 - Area 86
Muskoka Al-Anon
Phone: [1.705.730.3307](tel:1.705.730.3307)

Note: Offers meetings in the Muskoka area, including Angus, Barrie, Bracebridge, Huntsville, Innisfil, Midland, Orillia, Parry Sound, Sprucedale, and Wasaga Beach.

8. Area 86 - District 2 Georgian Bay Al-Anon

District 2 - Area 86
Georgian Bay Al-Anon

Note: Offers meetings in the Georgian Bay area, including Collingwood, Dundalk, Meaford, Owen Sound, and Wiarton.

9. Area 86 - District 3 Bruce County Al-Anon

District 3 - Area 86
Bruce County Al-Anon

Note: Offers meetings in Bruce County and includes Hanover, Kincardine, Port Elgin, and Southampton.

10. Area 86 - District 4 Waterloo Al-Anon Region

District 4 - Area 86
Waterloo Al-Anon Region
Phone: [1.519.896.5678](tel:1.519.896.5678) (Kitchener/Waterloo)
Phone: [1.519.658.8222](tel:1.519.658.8222) (Cambridge)
Phone: [1.519.836.1522](tel:1.519.836.1522) (Guelph)

Note: Offers meetings to the Waterloo region and includes Cambridge, Elmira, Fergus, Guelph, Kitchener, New Hamburg, Rockwood, and Waterloo.

11. Area 86 - District 7 Sarnia Al-Anon Region Sarnia Al-Anon Information Service

District 7 - Area 86
Sarnia Al-Anon Region
Sarnia Al-Anon Information Service
PO Box 20077
Lambton Mall Postal Outlet
Sarnia, ON N7S 6J3

Phone: [1.519.337.5211](tel:1.519.337.5211)

Note: Offers meetings to the Sarnia region and includes Bright's Grove, Forest, Petrolia, and Sarnia.

12. Area 86 - District 8 Windsor Essex Al-Anon

District 8 - Area 86
Windsor Essex Al-Anon
Phone: [1.519.790.7739](tel:1.519.790.7739)

Note: Offers meetings to the Windsor Essex area, including Amherstburg, Belle River, Harrow, Kingsville, LaSalle, Leamington, Wheatley, and Windsor.

13. Area 86 - District 5 Huron Perth Al-Anon

District 5 - Area 86
Huron Perth Al-Anon

Note: Offers meetings to the Huron Perth area, including Clinton, Exeter, Listowel, St. Mary's, and Stratford.

14. Ontario North Al-Anon & Alateen - Area 84

Ontario North Al-Anon & Alateen - Area 84
E-Mail: postmaster@alanon-alateen.webcentre.ca

Note: Offers meetings for the following locations:

District 1: Mattawa, North Bay, Powassan, Sturgeon Falls, Sundridge

District 2: Azilda, Lively, Chelmsford, Sudbury, Val Caron

District 3: Cochrane, Engleheart, Hearst, Kapuskasing, Smooth Rock Falls, South Porcupine, Timmins

District 4: Sault Ste Marie Area

District 5: Atikokan, Geraldton, Hornepayne, Longlac, Marathon, Terrace Bay, Thunder Bay

District 6: Cutler, Elliot Lake, Espanola, M'Chigeeng, Mindemoya

15. Area 86 - District 9 Chatham Al-Anon Region

District 9 - Area 86
Chatham Al-Anon Region
Phone: [1.519.352.2006](tel:1.519.352.2006)

Note: Offers meetings to the Chatham region and includes Chatham, Ridgetown, Thamesville, and Tilbury.

16. Area 86 - District 10 Elgin Al-Anon Region

District 10 - Area 86
Elgin Al-Anon Region

Note: Offers meetings to the Elgin region and includes Ingersoll, Port Stanley, St. Thomas, Tillsonburg, and Woodstock.

17. Area 86 - District 11 Brantford Al-Anon

District 11 - Area 86
Brantford Al-Anon

Note: Offers meetings to the Brantford area, including Brantford and Simcoe.

18. Area 86 - District 12 Niagara Al-Anon Region Al-Anon Information Service AIS Niagara

Districts 12 - Area 86
Niagara Al-Anon Region
Al-Anon Information Service
AIS Niagara
PO Box 30028
St. Catharines, ON L2S 4A1
Phone: [1.905.328.1677](tel:1.905.328.1677)

Note: Offers meetings to the Niagara region and includes Dunnville, Niagara Falls, Port Colborne, Ridgeway, and Welland.

19. Area 86 - District 13 St. Catharines Al-Anon

District 13 - Area 86
St. Catharines Al-Anon

Note: Offers meetings to St. Catharines area, including Grimsby and St. Catharines.

20. Area 86 - District 14 and 15 Hamilton West/Hamilton East Al-Anon

Districts 14 and 15 - Area 86
Hamilton West/Hamilton East Al-Anon
Phone: [1.905.522.1733](tel:1.905.522.1733)

Note: Districts 14 and 15 offer meetings to the East and West Hamilton areas, including Hamilton, Burlington, Stoney Creek, and Waterdown.

21. Greater Metropolitan Toronto Al-Anon Information Service (GTAIS)

Greater Metropolitan Toronto Al-Anon Information Service (GTAIS)
PO Box 1304
145 The West Mall
Toronto, ON M9C 1C0
Email: gtais.updates@gmail.com
Phone: [1.416.410.3809](tel:1.416.410.3809)
Toll-Free: [1.888.425.2666](tel:1.888.425.2666)

Note: Areas served by the greater metropolitan Al-Anon include Mississauga, Peel Halton, Simcoe, Toronto North, Toronto West, Toronto Central, Scarborough and Lakeshore areas.

22. Area 86 - District 16 Mississauga Al-Anon

District 16 - Area 86
Mississauga Al-Anon

Phone: [1.416.410.3809](tel:1.416.410.3809)

Note: District 16 offers meetings to the Mississauga area, including Mississauga, Oakville, and Port Credit.

23. Area 86 - District 17 Peel Halton Al-Anon

District 17 - Area 86
Peel Halton Al-Anon
Phone: [1.416.410.3809](tel:1.416.410.3809)

Note: Offers meetings to the Peel Halton area, including Acton, Bolton, Bramalea, Brampton, Erin, Milton, and Woodbridge.

24. Area 86 - District 18 Simcoe Al-Anon

District 18 - Area 86
Simcoe Al-Anon
Phone: [1.416.410.3809](tel:1.416.410.3809)

Note: Offers meetings to the Simcoe area, including Aurora, Beaverton, Bradford, Keswick, King City, Newmarket, Orangeville, Sutton West, and Tottenham.

25. Area 86 - District 19 Toronto North - Al-Anon

District 19 - Area 86
Toronto North - Al-Anon
Phone: [1.416.410.3809](tel:1.416.410.3809)

Note: Offers meetings to the Toronto North area, including Don Mills, Richmond Hill, Thornhill, Toronto, and Willowdale.

26. Area 86 - District 20 Toronto West Al-Anon

District 20 - Area 86
Toronto West Al-Anon
Phone: [1.416.410.3809](tel:1.416.410.3809)

Note: Offers meetings to the Toronto West area, including Etobicoke, Toronto, and Weston.

27. Area 86 - District 21 Toronto Central Al-Anon

District 21 - Area 86
Toronto Central Al-Anon
Phone: [1.416.410.3809](tel:1.416.410.3809)

Note: Offers meetings to the Toronto Central area, including Toronto.

28. Area 86 - District 22 Scarborough Al-Anon

District 22 - Area 86
Scarborough Al-Anon
Phone: [1.416.410.3809](tel:1.416.410.3809)

Note: Offers meetings to the Scarborough area, including Agincourt, Markham, Scarborough, Toronto, and Unionville.

29. Area 86 - District 23 Lakeshore Al-Anon

District 23 - Area 86
Lakeshore Al-Anon
Phone: [1.416.410.3809](tel:1.416.410.3809)

Note: Offers meetings to the Lakeshore area, including Ajax, Bowmanville, Orono, Oshawa, Pickering, and Port Perry.

30. Area 86 - District 24 Kawartha Al-Anon

District 24 - Area 86
Kawartha Al-Anon

Note: Offers meetings to the Kawartha area including Bancroft, Fenelon Falls, Haliburton, Lindsay, Maynooth, Minden, Oakwood, and Omemee.

31. Area 86 - District 25 Quinte Al-Anon

District 25 - Area 86
Quinte Al-Anon
Phone: [1.866.951.3711](tel:1.866.951.3711)

Note: Offers meetings to the Quinte area, including Belleville, Campbellford, Cobourg, Foxboro, Picton, Stirling, and Trenton.

32. Area 86 - District 26 St. Lawrence Al-Anon Region

District 26 - Area 86
St. Lawrence Al-Anon Region

Note: Offers meetings to the St. Lawrence region and includes Brockville, Carleton Place, Kemptville, Perth, Prescott, Smiths Falls, and Westport.

33. Area 86 - District 27 Seaway Valley Al-Anon

District 27 - Area 86
Seaway Valley Al-Anon
Phone: [1.613.937.4880](tel:1.613.937.4880)

Note: Offers meetings to the Seaway Valley and includes Cornwall, Lancaster, Morrisburg, and Winchester.

34. Area 86 - District 28 and 29 Ottawa Al-Anon Region

District 28 and 29 - Area 86
Ottawa Al-Anon Region
Phone: [1.613.860.3431](tel:1.613.860.3431) (English)
Phone: [1.819.669.0543](tel:1.819.669.0543) (French)
E-Mail: groups@al-anon-ottawa.ca

Note: Offer meetings to the Ottawa region and include Arnprior, West Ottawa, Gatineau, Quebec, Metcalfe, East Ottawa, and Winchester.

35. Area 86 - District 30 Ottawa Valley Al-Anon

District 30 - Area 86
Ottawa Valley Al-Anon

Note: Offers meetings to the Ottawa Valley area, including Barry's Bay, Cobden, Pembroke, Renfrew, St. Joseph, and Quebec.

36. Area 86 - District 31 Loyalist Al-Anon

District 31 - Area 86
Loyalist Al-Anon
Phone: [1.613.384.2134](tel:1.613.384.2134)

Note: Offers meetings to the Loyalist area, including Cloyne, Collins Bay, Enterprise, Kingston, and Napanee.

37. Area 86 - District 32 Kawartha South Al-Anon

District 32 - Area 86
Kawartha South Al-Anon

Note: Offers meetings to the Kawartha South area, including Ennismore, Norwood, and Peterborough.

38. Al-Anon/Alateen Québec East and New Brunswick - Francophone Family groups Al-Anon / Alateen

Al-Anon/Alateen Québec East and New Brunswick - Francophone
Family groups Al-Anon / Alateen
PO Box 33, Stn B
Québec City, QC G1K 4B6
E-Mail: renseignement@al-anon-alateen-quebec-est.ca

Note: The Quebec-East District covers a vast territory that extends north of Chibougamau to St-Georges-de-Beauce south, and from the North Coast to the South Shore. Francophone New Brunswick and Îles-de-la-Madeleine are part of the Québec East Al-Anon District.

39. Al-Anon/Alateen Québec East - Québec

National Capital Region - Québec
Al-Anon/Alateen Québec East

Note: Offers meetings for Ancienne-Lorette, Beauport, Charlesbourg, Courville, Les Saules, Limoilou, Loretteville, Notre-Dame-des-Laurentides, Orsainville, Québec, St-Augustin-de-Desmaures, St-Raymond, Ste-Foy, and Vanier.

40. Al-Anon/Alateen Québec East - Chaudière-Appalaches

Chaudière-Appalaches Region
Al-Anon/Alateen Québec East

Phone: [1.418.386.0155](tel:1.418.386.0155) (Beauce / Ste-Marie)
Phone: [1.819.583.0469](tel:1.819.583.0469) (Lac Mégantic)
Phone: [1.418.333.3097](tel:1.418.333.3097) (Thetford Mines)
Phone: [1.418.990.2666](tel:1.418.990.2666) (Quebec - South Shore)

Note: Offers meetings for Beauceville, Cap St-Ignace, Charny, Lac Mégantic, Lévis, St-Georges-de-Beauce, St-Joseph-de-Beauce, St-Michel-de Bellechasse, St-Romuald, Ste-Marie de Beauce, Thetford Mines, and Tring-Jonction.

41. Al-Anon/Alateen Québec East - Côte-Nord

North Coast Region (Côte-Nord)
Al-Anon/Alateen Québec East
Phone: [1.418.589.3801](tel:1.418.589.3801) (Baie-Comeau / Chute-aux-Outardes)
Phone: [1.418.589.8652](tel:1.418.589.8652) (Baie-Comeau / Chute-aux-Outardes)
Phone: [1.418.589.8237](tel:1.418.589.8237) (Baie-Comeau / Chute-aux-Outardes)
Phone: [1.418.567.4362](tel:1.418.567.4362) (Betsiamites)

Note: Offers meetings for Baie-Comeau, Betsiamites, Havre St-Pierre, Pont-Rouge, and Sept-Îles.

42. Al-Anon/Alateen Québec East - Gaspésie / Îles de la Madeleine

Gaspésie / Îles de la Madeleine Region
Phone: [1.418.986.3016](tel:1.418.986.3016) (Îles de la Madeleine)
Phone: [1.418.990.2666](tel:1.418.990.2666) (Quebec - South Shore)

Note: Offers meetings for Cap-aux-meules, Chandler, Gaspé, Îles de la Madeleine, Paspébiac, and St-François d'Assise.

43. Al-Anon/Alateen Québec East - Lac St-Jean

Lac St-Jean Region
Al-Anon/Alateen Québec East
Phone: [1.418.668.9905](tel:1.418.668.9905) (Alma / Hébertville)
Phone: [1.418.276.2059](tel:1.418.276.2059) (Dolbeau)
Phone: [1.418.275.8061](tel:1.418.275.8061) (Roberval / St-Félicien / Chibougamau)

Note: Offers meetings for Alma, Dolbeau, Hébertville-Station, Lac Bouchette, Métabetchouan, Roberval, St-Félicien, and St-François-de-Sales.

44. Al-Anon/Alateen Québec East - Saguenay

Saguenay Region
Al-Anon/Alateen Québec East
Phone: [1.418.696.2303](tel:1.418.696.2303) (Chicoutimi / Falardeau / Jonquière / La Baie)

Note: Offers meetings for Chicoutimi, Jonquière, La Baie, and Saguenay.

45. Al-Anon/Alateen Montréal

Al-Anon/Alateen Montréal
PO Box 37322 Stn. Marquette
Montréal QC, H2E 3B5

E-Mail: information@al-anon-montreal.org

Note: Offers meetings in English, French and Spanish. English Meetings are available in Châteauguay, Côte-des-neiges, Cowansville, Dollard-des-Ormeaux, Dorion, Dorval, Franklin Centre, Greenfield Park, Huntington, Lachine, Lachute, Montreal, Notre-Dame-de-Grace, Pierrefonds, Pointe-Claire, Saint-Bruno, Saint-Laurent, Saint-Lazare, Sutton, Vaudreuil, and Verdun. French meetings are available in Beloeil, Boucherville, Brossard, Chambly, Châteauguay, China, Chomedey, Deux-Montagnes, Dorion, Henryville, Iberville, Laval, Lavaltrie, Le Gardeur, Longueuil, Montreal, Napierville, Outremont, Olds, Pierrefonds, Pointe-aux-Trembles, Pont-Viau, Repentigny, Rivière-des-Prairies, Rosemont, Saint-Bruno, Saint-Constant, Saint-Eustache, Saint-Hilaire, Saint-Hubert, Saint-Jean-sur-Richelieu, Saint-Léonard, Saint-Vincent-de-Paul, Sainte-Julie, Sainte-Rose, Sainte-Thérèse, Terrebonne, and Vaudreuil. Spanish meetings are available in Montréal.

46. Al-Anon/Alateen Québec East and New Brunswick - Francophone

Al-Anon/Alateen Québec East and New Brunswick - Francophone

Family groups Al-Anon / Alateen

Phone: [1.506.545.6444](tel:1.506.545.6444) (Bathurst)

Phone: [1.506.344.5831](tel:1.506.344.5831) (Lamèque)

Phone: [1.506.776.8108](tel:1.506.776.8108) (Neguac)

Phone: [1.506.358.6920](tel:1.506.358.6920) (St-Irenee)

Phone: [1.506.358.2831](tel:1.506.358.2831) (St-Isidore)

E-Mail: renseignement@al-anon-alateen-quebec-est.ca

Note: The Quebec-East District includes Francophone New Brunswick. There are meetings available for New Brunswick in Bathurst, Grand Falls, Neguac, St-Irenee, St-Isidore, St-Quentin, and Tracadie-Sheila.

47. Al-Anon Maritimes - Area 91

Al-Anon Maritimes - Area 91

Phone: [1.506.634.8779](tel:1.506.634.8779)

Note: Offers meetings for the Al-Anon Maritimes District, including Miramichi-Bathurst region, Fredericton-Oromocto region, Moncton-Riverview region, Saint John-Sussex region, and Bouctouche area.

48. Area 91 - District 2 Fredericton-Oromocto Al-Anon

District 2 - Area 91

Fredericton-Oromocto Al-Anon

Phone: [1.506.455.3094](tel:1.506.455.3094)

Note: Offers meetings to the Fredericton-Oromocto area including Fredericton, Oromocto, and Woodstock.

49. Area 91 - District 5 Moncton-Riverview Al-Anon

District 5 - Area 91

Moncton-Riverview Al-Anon

Phone: [1.506.388.7010](tel:1.506.388.7010)

Note: Offers meetings to the Moncton-Riverview area including Memramcook, Moncton, and Riverview.

50. Area 91 - District 15 Saint John-Sussex Al-Anon

District 15 - Area 91
Saint John-Sussex Al-Anon
Phone: [1.506.634.8779](tel:1.506.634.8779)

Note: Offers meetings to the Saint John-Sussex area including Rothesay, St. George, Saint John, and Sussex.

51. Area 91 - District 19 Bouctouche Al-Anon

District 19 - Area 91
Bouctouche Al-Anon

Note: Offers meetings to the Bouctouche area. This group is bilingual.

52. Al-Anon Maritimes - Area 91

Al-Anon Maritimes - Area 91
Phone: [1.506.634.8779](tel:1.506.634.8779)

Note: Offers meetings for the Al-Anon Maritimes District, including Miramichi-Bathurst region, Fredericton-Oromocto region, Moncton-Riverview region, Saint John-Sussex region, and Bouctouche area.

53. Area 91 - District 4 Port Hawkesbury-Antigonish Al-Anon

District 4 - Area 91
Port Hawkesbury-Antigonish Al-Anon

Note: Offers meetings to the Port Hawkesbury-Antigonish area including Antigonish, Glendale, Havre Boucher, and Port Hawkesbury.

54. Area 91 - District 6 Truro-New Glasgow Al-Anon

District 6 - Area 91
Truro-New Glasgow Al-Anon
Phone: [1.902.897.8604](tel:1.902.897.8604)

Note: Offers meetings to the Truro-New Glasgow area including New Glasgow, Pictou, Stellarton, Tatamagouche, and Truro.

55. Area 91 - District 8 Annapolis Valley-Windsor Al-Anon

District 8 - Area 91
Annapolis Valley-Windsor Al-Anon

Note: Offers meetings to the Annapolis Valley-Windsor area including Canning, Centreville, Ellershouse, Kingston, New Minas, Windsor, and Wolfville.

56. Area 91 - District 9 Sydney-Baddeck Al-Anon

District 9 - Area 91
Sydney-Baddeck Al-Anon
Phone: [1.902.564.5188](tel:1.902.564.5188)

Note: Offers meetings to the Sydney-Baddeck area including Baddeck, Bras d'Or, Glace Bay, New Waterford, Reserve Mines, Sydney, Sydney Mines, and Sydney River.

57. Area 91 - District 11 Halifax-Bridgewater Al-Anon AFG Information Service

District 11 - Area 91
Halifax-Bridgewater Al-Anon
AFG Information Service
PO Box 153
Dartmouth, NS B2Y 3Y3
Phone: [1.902.466.7077](tel:1.902.466.7077)
E-Mail: IS.HFX.NS.AREA91@gmail.com

Note: Offers meetings to the Halifax-Bridgewater area including Bedford, Bridgewater, Halifax, Lunenburg, Sackville, Sambro, Tantallon, and Windsor Park.

58. Area 91 - District 12 Yarmouth-Shelburne Al-Anon

District 12 - Area 91
Yarmouth-Shelburne Al-Anon

Note: Offers meetings to the Yarmouth-Shelburne area including Annapolis Royal, Church Point, Little Brook, Shelburne County, and Yarmouth.

59. Area 91 - District 16 Shediac-Amherst Al-Anon Shediac Alateen

District 16 - Area 91
Shediac-Amherst Al-Anon
Shediac Alateen

Note: Offers Al-Anon meetings to the Shediac-Amherst area including Amherst, Shediac, Cap Pele, River Hebert, and Wentworth. Alateen meetings are offered in Shediac.

60. Area 91 - District 17 Cheticamp-Ingonish Al-Anon

District 17 - Area 91
Cheticamp-Ingonish Al-Anon

Note: Offers meetings to the Cheticamp-Ingonish area including Cheticamp, Ingonish Beach.

61. Al-Anon Maritimes - Area 91

Al-Anon Maritimes - Area 91
Phone: [1.506.634.8779](tel:1.506.634.8779)

Note: Offers meetings for the Al-Anon Maritimes District, including Miramichi-Bathurst region, Fredericton-Oromocto region, Moncton-Riverview region, Saint John-Sussex region, and

Bouctouche area.

62. Area 91 - District 3 Summerside Al-Anon

District 3 - Area 91
Summerside Al-Anon

Note: Offers meetings to the Summerside area including St. Louis, Summerside, Tignish, and Wellington.

63. Area 91 - District 10 Charlottetown Al-Anon

District 10 - Area 91
Charlottetown Al-Anon
Phone: [1.902.894.3503](tel:1.902.894.3503)

Note: Offers meetings to the Charlottetown area including Charlottetown, Montague, Rustico, and Souris.

64. Al-Anon Family Groups Area 83 - Newfoundland and Labrador

Al-Anon Family Groups Area 83 - Newfoundland and Labrador
Phone: [1.709.722.2666](tel:1.709.722.2666)
Toll-Free: [1.888.455.2666](tel:1.888.455.2666)
E-Mail: info.al-anon.nl@nf.aibn.com

Note: This Area offers Al-Anon meetings to Newfoundland and Labrador including Brigus, Carbonear, Cartwright, Corner Brook, Foxtrap, Gander, Goulds, Happy Valley/Goose Bay, Holyrood, Labrador City, Mount Pearl, Stephenville, St. John's, Torbay, and Trepassey. St. John's offers an Alanteen meeting.

65. Al-Anon Northwest Territories Al-Anon Information Service (AIS)

Al-Anon for Alberta, NWT, SE British Columbia & Canada
Al-Anon Information Service (AIS)
PO Box 1375
Edmonton, AB T5J 2N2
Phone: [1.888.322.6902](tel:1.888.322.6902)
E-Mail: edmontonalanon@gmail.com

Note: This website hosts information for meetings in the Northwest Territories including Cambridge Bay, Fort Good Hope, Iqaluit, and Yellowknife.

66. Al-Anon BC Interior Office Kelowna AIS/LDC

Al-Anon BC Interior Office
Kelowna AIS/LDC
PO Box 24088
Kelowna, BC V1Y 8H2
Phone: [1.250.763.5555](tel:1.250.763.5555)
E-Mail: ldcokanagan@yahoo.ca

Note: This is the contact information for the Al-Anon Vancouver Island office.

67. Area 81 - District 1 Al-Anon and Alateen North Vancouver - West Vancouver - Squamish - Whistler

District 1 - North Vancouver - West Vancouver - Squamish - Whistler

Note: Offers Al-Anon meetings in the Vancouver Area including North Vancouver, West Vancouver, Garibaldi Highlands, Squamish, and Whistler. This district also offers Alateen meetings for the North Shore.

68. Area 81 - District 2 Al-Anon and Alateen Vancouver (West of Granville St.)

District 2 - Vancouver (West of Granville St.)

Offers Al-Anon meetings in the Vancouver Area, including Downtown Vancouver, Granville, Kitsilano, and Kerrisdale. This district also offers Alateen meetings in Vancouver.

69. Area 81 - District 3 Al-Anon Vancouver District

District 3 - Vancouver District

Note: Offers Al-Anon meetings in the Vancouver area, including Vancouver East Side, South Slope, Killarney, Wilson Heights

70. Area 81 - District 4 Al-Anon Burnaby and New Westminister

District 4 - Burnaby and New Westminister

Note: Offers Al-Anon meetings in Burnaby, New Westminister, and surrounding area.

71. Area 81 - District 5 Al-Anon Richmond, South Delta, Ladner,

District 5 - Richmond, South Delta, Ladner

Note: Offers Al-Anon meetings in Richmond, South Delta, Ladner, and surrounding area.

72. Area 81 - District 6 Al-Anon Coquitlam, Port Moody Alateen Port Moody

District 6 - Coquitlam, Port Moody

Note: Offers Al-Anon meetings in Coquitlam, Port Moody, and surrounding area. This district also offers Alateen meetings in Port Moody.

73. Area 81 - District 8 Al-Anon Maple Ridge, Port Coquitlam

District 8 - Maple Ridge, Port Coquitlam

Note: Offers Al-Anon meetings in Maple Ridge, Port Coquitlam, and surrounding area.

74. Area 81 - District 9 Al-Anon and Alateen White Rock, North Delta, Surrey

District 9 - White Rock, North Delta, Surrey

Note: Offers Al-Anon meetings in White Rock, North Delta, Surrey, and surrounding area. This district also offers Alateen meetings.

75. Area 81 - District 10 Al-Anon Aldergrove, Cloverdale, Langley

District 10 - Aldergrove, Cloverdale, Langley

Note: Offers Al-Anon meetings in Aldergrove, Cloverdale, Langley, and surrounding area.

76. Area 81 - District 11 Al-Anon Abbotsford, Mission Alateen Abbotsford

District 11 - Abbotsford, Mission

Note: Offers Al-Anon meetings in Abbotsford, Mission and surrounding area. This district also offers Alateen meetings in Abbotsford.

77. Area 81 - District 12 Al-Anon Chilliwack and Hope

District 12 - Chilliwack and Hope

Note: Offers Al-Anon meetings in Chilliwack, Hope, Agassiz, and surrounding area.

78. Area 81 - District 13 Al-Anon Powell River

District 13 - Powell River

Note: Offers Al-Anon meetings in the Powell River area.

79. Area 81 - District 14 Al-Anon Vancouver Island

District 14 - Vancouver Island

Note: Offers Al-Anon meetings for Vancouver Island, including Parksville, Port Alberni, Qualicum, and surrounding area.

80. Area 81 - District 15 Al-Anon Mid-Vancouver Island

District 15 - Mid-Vancouver Island

Note: Offers Al-Anon meetings for Mid-Vancouver Island, including Nanaimo, Duncan, Ladysmith, Mill Bay, and surrounding area.

81. Area 81 - District 16 Al-Anon Victoria East

District 16 - Victoria East

Note: Offers Al-Anon meetings for East Victoria.

82. Area 81 - District 17 Al-Anon Victoria West

District 17 - Victoria West

Note: Offers Al-Anon meetings for Victoria West, including Esquimalt, Sooke, and surrounding area.

83. Area 81 - District 19 Al-Anon Vancouver Island (North)

District 19 - Vancouver Island (North)

Note: Offers Al-Anon meetings for Vancouver Island (North), including Port Hardy, Port Alice, Campbell River, Port McNeill Sointula, Quadra Island, and surrounding area.

84. Area 81 - District 20 Al-Anon Vernon, Revelstoke, Salmon Arm

District 20 - Vernon, Revelstoke, Salmon Arm

Note: Offers Al-Anon meetings in Vernon, Revelstoke, Salmon Arm and surrounding area.

85. Area 81 - District 21 Al-Anon South Okanagan

District 21 - South Okanagan

Note: Offers Al-Anon meetings in Summerland, Princeton, Penticton, Greenwood, Oliver, Keremeos, Osoyoos, and surrounding area.

86. Area 81 - District 22 Al-Anon West Kootenay

District 22 - West Kootenay

Note: Offers Al-Anon meetings for the West Kootenays, including Kaslo, Castlegar, Salmo, Grand Forks, Nelson, Trail, New Denver, and surrounding area.

87. Area 81 - District 23 Al-Anon East Kootenay

District 23 - East Kootenay

Note: Offers Al-Anon meetings for the East Kootenays, including Golden, Invermere, Cranbrook, Creston,

88. Area 81 - District 25 Al-Anon Thompson Nicola / South Cariboo

District 25 - Thompson Nicola / South Cariboo

Note: Offers Al-Anon meetings for the Thompson Nicola and South Cariboo areas, including Ashcroft, Barriere, Cache Creek, Chase, Kamloops, Little Fort, Merritt, Savona, and surrounding area.

89. Area 81 - District 26 Al-Anon North Cariboo

District 26 - North Cariboo

Note: Offers Al-Anon meetings for the North Cariboo area, including 100 Mile House, Williams Lake, Quesnel, Hagensborg, Baker Creek, and surrounding area.

90. Area 81 - District 27 Al-Anon Prince George and Northern BC

District 27 - Prince George and Northern BC

Note: Offers Al-Anon meetings for Northern BC, including Prince George, MacKenzie, Houston, Fraser Lake, Burns Lake, Vanderhoof, and surrounding area.

91. Area 81 - District 28 Al-Anon Prince Rupert & North Coast

District 28 - Prince Rupert & North Coast

Note: Offers Al-Anon meetings the North Coast, including Prince Rupert, Terrace, Kitimat, Smithers, and surrounding area.

92. Area 81 - District 29 Al-Anon Northern BC

District 29 - Northern BC

Note: Offers Al-Anon meetings for Northern BC, including Fort St John, Fort Nelson, Dawson Creek, Tumbler Ridge, Chetwynd, and surrounding area.

93. Area 81 - District 32 Al-Anon Courtenay, Comox, Lazo, Hornby Island

Comox, Courtenay, Denman Island, Hornby Island, Lazo"District 32 - Courtenay, Comox, Lazo, Hornby Island

Note: Offers Al-Anon meetings in Courtenay, Comox, Lazo, Denman and Hornby Island, and surrounding area. This district also offers Alateen meetings in Courtenay (may be temporarily suspended).

94. Al-Anon Alberta - Edmonton Area

Al-Anon Alberta - Edmonton Area

Phone: [1.888.322.6902](tel:1.888.322.6902)

E-Mail: edmontonalanon@gmail.com

Note: This website lists meeting information for Al-Anon meetings in the Edmonton area.

95. Al-Anon Alberta - Northern Alberta

Al-Anon Alberta - Northern Alberta

Phone: [1.888.322.6902](tel:1.888.322.6902)

Note: This website lists meeting information for Al-Anon meetings in Northern Alberta.

96. Manitoba and Northwest Ontario Al-Anon and Alateen Family Groups - Northwest Ontario - Area 82

Manitoba and Northwest Ontario Al-Anon and Alateen Family Groups - Area 82

Phone: [1.204.943.6051](tel:1.204.943.6051)

E-Mail: al-anon-enquiries@mymts.net (Al-Anon)

E-Mail: area82alateen@mymts.net (Alateen)

Note: This website hosts information for Al-Anon and Alateen meetings in Manitoba and Northwest Ontario.

97. Ontario South Al-Anon & Alateen - Area 86

Ontario South Al-Anon & Alateen - Area 86
PO Box 272
Keswick, ON L4P 3E2
Phone: [1.289.296.3740](tel:1.289.296.3740)

Note: Offers meetings to Ontario South and the following areas: Muskoka, Georgian Bay, Bruce County Waterloo region, Huron Perth, London region, Sarnia region, Windsor, Essex, Chatham region, Elgin region, Brantford, Niagara Region, St. Catharines, Hamilton West, Hamilton East, Mississauga, Peel Halton, Simcoe, Toronto North, Toronto West, Toronto Central, Scarborough, Lakeshore, Kawartha, Quinte, St. Lawrence, Seaway Valley, Ottawa area, Ottawa Valley, Loyalist, and Kawartha South.

98. Area 86 - District 6 London Al-Anon Region

District 6 - Area 86
London Al-Anon Region
PO Box 944, Stn B
London, ON N6A 5K1
Phone: [1.519.457.9393](tel:1.519.457.9393)
E-Mail: podistrict6afg@hotmail.com

Note: Offers meetings to the London region and includes Alvinston, London, and Strathroy.

99. Al-Anon/Alateen Québec East - Malbaie

National Capital Region - Malbaie
Al-Anon/Alateen Québec East
Phone: [1.581.641.8400](tel:1.581.641.8400) (La Malbaie / Baie St-Paul)

Note: Offers meetings to Baie St-Paul, Clermont, and La Malbaie.

100. Al-Anon/Alateen Québec West

Al-Anon/Alateen Quebec West
Phone: [1.450.777.1221](tel:1.450.777.1221) (Bromont, Cowansville, Granby)
Phone: [1.819.478.3545](tel:1.819.478.3545) (Drummondville)
Phone: [1.819.669.0543](tel:1.819.669.0543) (Gatineau, Hull)
Phone: [1.450.759.7823](tel:1.450.759.7823) (Joliette, Notre-Dame-de-la-Merci, Rawdon, St-Julienne)
Phone: [1.819.373.1206](tel:1.819.373.1206) (La Tuque, Shawinigan, Trois-Rivières)
Phone: [1.450.562.7594](tel:1.450.562.7594) (Lachute)
Phone: [1.450.562.7648](tel:1.450.562.7648) (Lachute)
Phone: [1.514.866.9803](tel:1.514.866.9803) (Montreal Area)
Phone: [1.450.436.1880](tel:1.450.436.1880) (Saint-Jérôme)
Phone: [1.450.371.2519](tel:1.450.371.2519) (Salaberry-de-Valleyfield)
Phone: [1.819.820.5085](tel:1.819.820.5085) (Sherbrooke)
Phone: [1.450.773.3244](tel:1.450.773.3244) (St-Hyacinthe)
Phone: [1.450.796.3796](tel:1.450.796.3796) (St-Hyacinthe)
Phone: [1.819.752.5715](tel:1.819.752.5715) (Victoriaville)
Phone: [1.819.752.7610](tel:1.819.752.7610) (Victoriaville)
E-Mail: public_info@al-anon-alateen-qc.ca

Note: Offers meetings for Bromont, Cowansville, Drummondville, Gatineau, Granby, Hull, Joliette, Lachute, La Tuque, Montreal, Notre-Dame-de-la-Merci, Rawdon, St-Julien, St-Hyacinthe,

Saint-Jérôme, Salaberry-de-Valleyfield, Shawinigan, Sherbrooke, Trois-Rivières, and Victoriaville. All Alateen meetings are temporally closed, but all Al-Anon meetings welcome teens.

101. Area 91 - District 7 Dartmouth-Eastern Shore Al-Anon AFG Information Service

District 7 - Area 91
Dartmouth-Eastern Shore Al-Anon
AFG Information Service
PO Box 153
Dartmouth, NS B2Y 3Y3
Phone: [1.902.466.7077](tel:1.902.466.7077)
E-Mail: AIS.HFX.NS.AREA91@gmail.com
E-Mail: easternpassageafg@gmail.com (for Eastern Passage Al-Anon)

Note: Offers meetings to the Dartmouth-Eastern Shore area including Dartmouth, Elmsdale, Middle Musquodoboit, Musquodoboit Harbour, and Eastern Passage.

102. Al-Anon/Alateen - Vancouver Central Services Office BC/Yukon Area 81

Al-Anon/Alateen - Vancouver Central Services Office
BC/Yukon Area 81
101 - 3680 East Hastings St.
Vancouver, BC V5K 2A9
Phone: [1.604.688.1716](tel:1.604.688.1716)
E-mail: afgcentraloffice@shaw.ca

Note: This website hosts information for the Al-Anon and Alateen meetings in the BC/Yukon (Area 81).

103. Area 81 - District 30 Al-Anon Yukon

District 30 - Yukon

Note: Offers Al-Anon meetings for the Yukon, including Whitehorse, Faro, and surrounding area.

104. Al-Anon Vancouver Island Office Victoria AIS Office

Al-Anon Vancouver Island Office
Victoria AIS Office
2 - 2020 Douglas St.
Victoria, BC V8T 4L1
Phone: [1.250.383.4020](tel:1.250.383.4020)
E-Mail: alanonvictoria@gmail.com

Note: This is the contact information for the Al-Anon Vancouver Island office.

105. Al-Anon for Alberta, NWT, SE British Columbia & Canada Al-Anon Information Service (AIS)

Al-Anon for Alberta, NWT, SE British Columbia & Canada
Al-Anon Information Service (AIS)
PO Box 1375
Edmonton, AB T5J 2N2
Phone: [1.888.322.6902](tel:1.888.322.6902)

E-Mail: edmontonalanon@gmail.com

Note: This website hosts information for meetings in Southeastern BC.

106. Al-Anon Alberta Al-Anon Information Service (AIS)

Al-Anon for Alberta, NWT, SE British Columbia & Canada
Al-Anon Information Service (AIS)

PO Box 1375

Edmonton, AB T5J 2N2

Phone: [1.888.322.6902](tel:1.888.322.6902)

E-Mail: edmontonalanon@gmail.com

Note: This website hosts information for meetings in Alberta.

107. Al-Anon/Alateen - Vancouver Central Services Office BC/Yukon Area 81

Al-Anon/Alateen - Vancouver Central Services Office
BC/Yukon Area 81

101 - 3680 East Hastings St.

Vancouver, BC V5K 2A9

Phone: [1.604.688.1716](tel:1.604.688.1716)

E-mail: afgcentraloffice@shaw.ca

Note: This website hosts information for the Al-Anon and Alateen meetings in the BC/Yukon (Area 81).

108. Area 81 - District 31 Al-Anon Victoria and Gulf Islands

District 31 - Victoria and Gulf Islands

Phone: [1.250.539.5152](tel:1.250.539.5152) (For meetings times in Galiano)

Note: Offers Al-Anon meetings for Gulf Islands, Elk Lake, Sidney and surrounding area.

109. Area 81 - District 33 Al-Anon Sunshine Coast Alateen Gibsons

District 33 - Sunshine Coast

Note: Offers Al-Anon meetings for the Sunshine Coast, including Pender Harbour, Davis Bay, Sechelt, and Gibsons. This district also offers Alateen meetings in Gibsons.

110. Manitoba and Northwest Ontario Al-Anon and Alateen Family Groups - Manitoba Al-Anon/Alateen Central Services Office

Manitoba and Northwest Ontario Al-Anon and Alateen Family Groups

Al-Anon/Alateen Central Services Office - Area 82

107-2621 Portage Ave.

Winnipeg, MB R3J 0P7

Phone: [1.204.943.6051](tel:1.204.943.6051)

E-Mail: al-anon-enquiries@mymts.net (Al-Anon)

E-Mail: area82alateen@mymts.net (Alateen)

Note: This website hosts information for Al-Anon and Alateen meetings in Manitoba and Northwest Ontario (Area 82). Alateen meetings are held in Portage La Prairie, Morden, The Pas, and Winnipeg.

111. Al-Anon/Alateen Québec East and New Brunswick - Francophone

Al-Anon/Alateen Québec East and New Brunswick - Francophone Family groups Al-Anon / Alateen

Phone: [1.506.545.6444](tel:1.506.545.6444) (Bathurst)

Phone: [1.506.344.5831](tel:1.506.344.5831) (Lamèque)

Phone: [1.506.776.8108](tel:1.506.776.8108) (Neguac)

Phone: [1.506.358.6920](tel:1.506.358.6920) (St-Irenee)

Phone: [1.506.358.2831](tel:1.506.358.2831) (St-Isidore)

E-Mail: renseignement@al-anon-alateen-quebec-est.ca

Note: The Quebec-East District includes Francophone New Brunswick. There are meetings available for New Brunswick in Bathurst, Grand Falls, Neguac, St-Irenee, St-Isidore, St-Quentin, and Tracadie-Sheila.

112. Al-Anon Northwest Territories Al-Anon Information Service (AIS)

Al-Anon for Alberta, NWT, SE British Columbia & Canada

Al-Anon Information Service (AIS)

PO Box 1375

Edmonton, AB T5J 2N2

Phone: [1.888.322.6902](tel:1.888.322.6902)

E-Mail: edmontonalanon@gmail.com

Note: This website hosts information for meetings in the Northwest Territories including Cambridge Bay, Fort Good Hope, Iqaluit, and Yellowknife.

113. Al-Anon/Alateen Québec East - Bas St-Laurent

Lower St. Lawrence Region (Bas St-Laurent)

Al-Anon/Alateen Québec East

Phone: [1.418.743.5630](tel:1.418.743.5630) (Amqui)

Phone: [1.418.727.6857](tel:1.418.727.6857) (Rimouski)

Phone: [1.418.816.0908](tel:1.418.816.0908) (Rivière-du-Loup / St-Pascal)

Note: Offers meetings for Amqui, Rimouski, Rivière-du-Loup, St-Pascal, Kamouraska, and Trois-Pistoles.

114. Saskatchewan Al-Anon - Area 89

Saskatchewan Al-Anon - Area 89

Phone: [1.306.522.7500](tel:1.306.522.7500) (Al-Anon and Alateen Information Services - Regina)

Phone: [1.306.665.3838](tel:1.306.665.3838) (Al-Anon Information Services - Saskatoon)

E-Mail: saskatoonAIS@sk-alanon.ca

Note: Saskatchewan Al-Anon is separated into Districts that serve the province of Saskatchewan. They are:

District 1 - (district1rep@sk-alanon.ca) Watrous

District 2 - Blaine Lake, Christopher Lake, Debden, La Ronge, Prince Albert, Sandy Bay

District 3 - (district3rep@sk-alanon.ca) Leader, Maple Creek, Swift Current

District 4 - Humboldt, Naicam, Wynyard

District 5 - Central Butte, Elbow, Gravelbourg, Moose Jaw
District 6 - (district6rep@sk-alanon.ca) Fort Qu'Appelle, Indian Head, Regina, Strasbourg,
Vibank
District 7 - Carlyle, Estevan, Oxbow, Weyburn
District 8 - Canora, Churchbridge, Kamsack, Kuroki, Preeceville, Yorkton
District 9 - Biggar, Eston, Kindersley, Kyle, Milden
District 10 - (district10rep@sk-alanon.ca) Carrot River, Melfort, Nipawin
District 11 - Lloydminster, North Battleford, Unity
District 12 - Saskatoon
District 14 - Assiniboia
District 15 - Esterhazy, Kipling, Moosomin, Redvers, Wawota
District 16 - (district16rep@sk-alanon.ca) Glaslyn, Makwa, Meadow Lake, St. Walburg, Turtleford
Alateen meetings are offered in Blaine Lake, Carlyle, Estevan, Moose Jaw, Prince Albert, Regina,
Weyburn, Wynyard, and Yorkton.