

AA MEETING DIRECTORY JUL-AUG-SEPT 2017

**GREATER VICTORIA INTERGROUP
AA CENTRAL OFFICE
#8-2020 Douglas Street
VICTORIA, BC V8T 4L1**

24 Hr. HELP LINE: (250) 383-7744

**Business Line: (250) 383-0415
Monday – Friday: 9:30 am – 5:00 pm**

E-mail: vicintgpco@shaw.ca

On line meeting directory is updated monthly.

For any recent changes visit our website;

Website: www.aavictoria.ca

DISCLAIMER

A directory listing does not constitute or imply approval or endorsement of any group's or meeting's approach to or practice of the traditional AA Program.

ARE YOU AN ALCOHOLIC?

To answer this question, ask yourself the following questions and answer them as honestly as you can:

| | Yes | No |
|--|------------|-----------|
| 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 people? | ___ | ___ |
| 4. Is drinking affecting your reputation? | ___ | ___ |
| 5. Have you ever felt remorse after drinking? | ___ | ___ |
| 6. Have you gotten into financial difficulties as a result of your 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 daily? | ___ | ___ |
| 11. Do you want a drink the next morning? | ___ | ___ |
| 12. Does drinking cause difficulty in sleeping? | ___ | ___ |
| 13. Has your efficiency decreased since drinking? | ___ | ___ |
| 14. Is drinking jeopardizing 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 (known as a blackout) as a result of drinking? | ___ | ___ |
| 18. Has a 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 on account of drinking? | ___ | ___ |

If you answered "yes" to three or more questions, you may be an alcoholic. Reprinted from Pamphlet P9 with permission from AAWS.

BUS ROUTES TO MEETINGS

| | Meeting Location | Bus# | Stop | NB = Night bus |
|-------|-------------------------|------------------|---------------------------------|-----------------------|
| 500 | Admirals | 6,25,26 | Esquimalt & Admirals | |
| 626 | Blanshard | 7 | Fairfield @ Blanchard & Quadra | |
| 2110 | Church Rd; Sooke | 61 | Sooke & Church | |
| 1600 | Cook (corner of Mason) | 27,28,2,2A,25,24 | 27, 28 Cook & Pandora | |
| 680 | Courtney | 50,70,72,73 | Douglas passed Courtney | |
| 3020 | Douglas Street | All busses | Down Douglas | |
| 4030 | Douglas Street | 17,51 | Mc Kenzie @ Douglas | |
| 627E | Dunedin | 11 | Gorge & Dunedin | |
| 7176 | East Saanich | 72 | East Saanich & Mt. Newton X Rd. | |
| 1379 | Esquimalt Road | 15,25,26 | Esquimalt @ Foster/Grafton | |
| 1273 | Fort @ Moss | 11,14,22 | Fort & Moss | |
| 527 | Fraser Street | 15,26 | Esquimalt @ Park/Fraser | |
| 537 | Glencairn Lane | 52 | Between Goldstream & Kelly | |
| 798 | Goldstream | 50 | Goldstream @ Peat | |
| 935 | Goldstream | 50 | Goldstream @ Spencer | |
| 274 | Hampton Rd | 21,22,26 | Burnside & Orillia | |
| | Within walking distance | 8,11 | Tillicum & Burnside | |
| 2060 | Haultain | 11 | NB: # 11 @ Fort & Foul Bay | |
| 2410 | Malaview @ Fifth | 72,81,82 | Resthaven @ Malaview | |
| 10364 | McDonald Park | 72,81,82 | Resthaven & McDonald Park | |
| 511 | Michigan | 30,31 | Superior & Menzies | |
| 1355 | Mitchell @ Granite | 2,7,8 | Oak Bay & Foul Bay | |
| 2166 | Mt Newton X Road | 75,81,82 | East Saanich & Mt Newton | |
| 1962 | Murray Road | 61,64 | Sooke @ Shields | |
| 550 | Obed Avenue | 11 | Obed @ Dysart | |
| 1161 | Princess & Chambers | 24,25 | Cook & Princess | |
| 804 | Queens Ave & Dowler | 6 | Quadra @ Crystal Pool | |
| 1803 | Quadra Street | 6,17 | Quadra @ Caledonia/North Park | |
| 231 | Regina Ave | 8,11, 21,22 | Burnside & Tillicum | |
| | Within walking distance | 50,61 | Trans Can Hwy & Tillicum | |
| 2964 | Richmond Road | 27,28 | Shelbourne @ Haultain | |
| 600 | Richmond Road | 3,7 | Fairfield @ Richmond | |
| 2137 | Royal Jubilee Hospital | 8,11,14 | Fort @ Richmond | |
| 2612 | Sooke Road | 61 | Between Jacklin & Happy Valley | |
| 3703 | St Aiden's | 14 UVIC | Richmond & Cedar Hill X | |
| 294 | Stewart Ave | 14 Vic General | Old Island Hwy & Helmcken | |
| 94 | Talcott Road | 22 | Watkiss Way @ Talcott Rd | |
| 10030 | Third St; Sidney | 72 | Fifth & Henry | |
| 1210 | Totem Lane | 85 | West Saanich @ Totem | |
| 1095 | Tolmie Ave | 6,17 | Quadra @ Tolmie | |
| 2191 | Townsend | 61 | Sooke @ Townsend | |
| 4566 | West Saanich Road | 6,3,31,35 | Saanich @ Pipeline | |
| 9300 | Willingdon Rd | 72 | Mc Tavish Exchange | |

FOR BUS INFORMATION CALL: 250- 382-6161

MONDAY

6:30 am **DAYBREAK**
C-WA-Last O 935 Goldstream Ave (Gordon United Church)

7:00 am **ATTITUDE ADJUSTMENT**
C-WA-Last Sat O 511 Michigan (James Bay United Church)

7:00 am **SIDNEY MORNING SERENITY**
C 10030 3rd St. (St. Elisabeth's Church)

9:30 am **DISCOVERY – STEP DISCUSSION**
C 627E Dunedin

12 Noon **DAILY REPRIEVE**
C 680 Courtney (St Andrew's Presb, Kirk Hall)

12 Noon **KEYSTONE – DISCUSSION**
C-WA Last Fri O 1161 Princess / Chambers off Cook St.

12 Noon **DISCOVERY - DISCUSSION**
C 627E Dunedin

12 Noon **AN OPEN MIND**
C-WA 1600 Cook/Mason (Open Door Church)

12 Noon **SIDNEY NOON SERENITY**
C 10030 3rd St. (St. Elisabeth's Church)

12 Noon **BASIC PRINCIPLES**
O-WA 798 Goldstream (Lady of the Rosary Church)

6:00 pm **SOBERETTES WOMEN**
C-WA 4030 Douglas Street
(Salvation Army Citadel)

7:00 pm **FAIRFIELD GROUP**
O-WA 1273 Fort St. (Grace Lutheran Church)

7:30 pm **OLD SCHOOL AA**
O-WA 1803 Quadra St, Sands Funeral Home
Use door to the left of main entrance

7:30 pm **SIXTY MINUTES**
O 550 Obed Ave (City Lights Church)

7:30 pm **GENERATION NEXT: YOUNG PEOPLE**
O 1095 Tolmie Ave (Parkdale Evangelical Church)

7:30 pm **DISCOVERY – BEGINNERS meeting**
O 627E Dunedin

7:30 pm **PEACE GROUP - DISCUSSION**
C/Last O 2060 Haultain Street (St Patrick's Church)

7:30 pm **OTTER POINT # 1 SOOKE**
C 1962 Murray Rd (Holy Trinity Church.)

8:00 pm **DOMINION ROAD GROUP**
C 511 Michigan (James Bay United Church)
Upstairs meeting room)

8:00 pm **FRONTRUNNERS (LBGTQ)**
C 511 Michigan (James Bay United Church)
Downstairs meeting room)

8:00 pm **MT. NEWTON STEP**
c 7176 E Saanich Rd. (Shady Creek Church)

8:00 pm **HAPPY VALLEY DISC. GRP.**
C-WA-Last O 798 Goldstream (Lady of the Rosary Church)

8:00 pm **COBBLE HILL DISCUSSION**
C 3141 Cameron / Taggart

TUESDAY

6:30 am **DAYBREAK**
C-WA-Last O 935 Goldstream Ave (Gordon United Church)

7:00 am **ATTITUDE ADJUSTMENT**
C-WA Last Sat O 511 Michigan (James Bay United Church)

7:00 am **SIDNEY MORNING SERENITY**
C 10030 3rd St. (St. Elisabeth's Church)

9:30 am **DISCOVERY – STEP DISCUSSION**
C 627E Dunedin

12 Noon **DAILY REPRIEVE**
C 680 Courtney (St Andrew's Presb, Kirk Hall)

12 Noon **KEYSTONE – 12&12 STEP**
C-WA Last Fri O 1161 Princess off Cook / Chambers

12 Noon **DISCOVERY - DISCUSSION**
C 627E Dunedin

12 Noon **SIDNEY NOON SERENITY**
C-WA 10030-3rd St. (St. Elisabeth's Church)

6:00 pm **BEAR MOUNTAIN GROUP**
O-WA 798 Goldstream Ave (Lady of the Rosary Church)

7:00 pm **SAANICHTON BAY**
O-WA #6-2475 Mt Newton X Rd (behind MC Donalds)

7:15-8:15 pm **SIDNEY AIRPORT MEETING**
O-WA 9300 Willingdon Rd (Resthaven 7th Day Adventist Ch)

7:30 pm **PEACE OF MIND - BIG BOOK**
O 4566 W Saanich Rd (Saanich Community Church)
(entrance to meeting through double side doors)

7:30 pm **MORE UNFINISHED BUSINESS** BB study SOOKE
O-WA 2191 Townsend Rd (St Rose of Lima Church)

7:30 pm **DISCOVERY – DISCUSSION**
C 627E Dunedin

7:30 pm **C.L.U.E. GROUP WOMEN**
C/Last O 2060 Haultain (St Patrick's Church)

8:00 pm **PROCESS TO RECOVERY BIG BOOK**
O 804 Queens Ave. (Keystone Victoria)

8:00 pm **TUESDAY NIGHT ESQUIMALT** (scent free)
C 1379 Esquimalt Rd. (St Paul's Anglican Church)

8:00 pm **GLEN LAKE FAITH – 12 & 12**
C-WA 798 Goldstream (Lady of the Rosary Church)

8:00 pm **TUESDAY HAPPY HOUR**
C 2375 Koksilah Rd Cowichan Station
(The Hub)

8:00 pm **LIVING TODAY - DISCUSSION**
C-WA 3703 St. Aiden's (St. Aiden's Church)
North Richmond Road / Cedar Hill Cross Road

WEDNESDAY

6:30 am **DAYBREAK**
C-WA-Last O 935 Goldstream Ave (Gordon United Church)

7:00 am **ATTITUDE ADJUSTMENT**
C-WA –Last O 511 Michigan (James Bay Church)

7:00 am **SIDNEY MORNING SERENITY**
C 10030 3rd St. (St. Elisabeth’s Church)

9:30 am **DISCOVERY – STEP DISCUSSION**
C 627E Dunedin

12 Noon **THE LUNCH BUNCH WOMEN**
C-WA 511 Michigan (James Bay United Church)

12 Noon **DAILY REPRIEVE**
C 680 Courtney (St Andrew’s Presb, Kirk Hall)

12 Noon **H.I.T.L.I.S.T. –DISCUSSION (COLWOOD)**
C/Last O WA 537 Glencairn Lane (Emery Community Hall)

12 Noon **KEYSTONE – BIG BOOK STUDY**
C-WA Last Fri O 1161 Princess / Chambers

12 Noon **DISCOVERY - DISCUSSION**
C 627E Dunedin

12 Noon **SIDNEY NOON SERENITY**
C-WA 10030-3rd St. (St. Elisabeth’s Church)

7:30 pm **FRIENDSHIP GROUP NATIVE**
O 231 Regina Ave Victoria Native Friendship Centre

7:30 pm **DISCOVERY – BEGINNERS MEETING**
O 627E Dunedin

7:30 pm **FREEDOM GROUP – BIG BOOK**
O-WA Royal Jubilee Hospital, Patient Care Centre
Main Floor- room 150

7:30 pm **THE GRAPEVINE GROUP**
C/Last O WA 2166 Mt. Newton Cross Road (Hospital)
Next to cafeteria

7:30 pm **PEACE GROUP OAK BAY**
C 2060 Haultain (St Patrick’s Church)

7.30 pm **AGE OF MIRACLES - BIG BOOK**
C/last O 2612 Sooke Road (The Forge Church)

7:30 pm **STEPPING STONES DISCUSSION**
C/First O 3565 Watson Ave/Fisher Rd (Youth Hall)
(Cobble Hill Village)

8:00 pm **WALK THE WALK**
C/Last O WA 1273 Fort St. / Moss (Grace Luth. Church)

8:00 pm **PROTON GROUP (Agnostic format)**
O-WA 511 Michigan (James Bay United)

8:00 pm **CORPUS VERITAS – BB/12&12/DISC**
C/Last O WA 1355 Mitchell / Granite (United Church)

THURSDAY

6:30 am **DAYBREAK**
C-WA-Last O 935 Goldstream Ave (Gordon United Church)

7:00 am **ATTITUDE ADJUSTMENT**
C-WA Last Sat O 511 Michigan (James Bay United Church.)

7:00 am **SIDNEY MORNING SERENITY**
C 10030 3rd St. (St. Elisabeth’s Church)

9:30 am **DISCOVERY – STEP DISCUSSION**
C 627E Dunedin

12 Noon **DAILY REPRIEVE**
C 680 Courtney (St Andrew’s Presb, Kirk Hall)

12 Noon **DISCOVERY – DISCUSSION**
C 627E Dunedin

12 Noon **IT WORKS – BIG BOOK/ 12&12**
C 600 Richmond Ave. / Richardson

12 Noon **SIDNEY NOON SERENITY**
C-WA 10030 3rd Street (St. Elisabeth Church)

12 Noon **EASY DOES IT – DISCUSSION SOOKE**
O 2191 Townsend Rd (St. Rose of Lima Church)

6:30 pm **ESQUIMALT REC. GROUP 12 & 12**
C 527 Fraser St. (Esquimalt Rec Centre)
Fernhill Room

7:30 pm **AKRON GROUP – BIG BOOK**
O-WA 1273 Fort Street/Moss (Grace Lutheran Church)

7:30 pm **GENERATION NEXT: YOUNG PEOPLE**
C/Last O 1095 Tolmie Ave (Parkdale Evangelical Church)

7:30 pm **PEACE GROUP - STEP & TRADITION**
C 2060 Haultain St (St Patrick’s Church)

7:30 pm **SOBER RIDERS GROUP**
O-WA 231 Regina Ave (Native Friendship Centre)

7:30 pm **DISCOVERY – TRADITION**
C 627E Dunedin

7:30 pm **ANY LENGTH – 12 &12**
C-WA 626 Blanshard (Church of our Lord)

7:30 pm **RICHMOND ROAD GROUP**
C/Last-O 2964 Richmond Road
(Knox Presbyterian Church)

8:00 pm **SIDNEY THURSDAY NIGHT**
C-WA 2410 Malaview / 5th St. (St. Paul’s Church)

8:00 pm **COBBLE HILL DISCUSSION**
C 3140 Cameron / Taggart

8:00 pm **WESTSHORE BASICS - 12 & 12**
O-WA-CL 798 Goldstream (Lady of the Rosary Church)

MEETING TYPE CODE

- O** Open Meeting: Everyone is welcome
- C/last O** Usually Closed: Open for Birthdays
- C** Closed Meeting: For AA members only or anyone with a drinking problem.
- CL** Candle light meeting
- WA** Wheelchair Accessible

FRIDAY

6:30 am **DAYBREAK**
C-WA-Last O 935 Goldstream Ave (Gordon United Church)

7:00 am **ATTITUDE ADJUSTMENT**
C-WA Last Sat O 511 Michigan (James Bay Church)

7:00 am **SIDNEY MORNING SERENITY**
C 10030 3rd St. (St. Elisabeth's Church)

9:30 am **DISCOVERY – STEP DISCUSSION**
C 627E Dunedin

12 Noon **DAILY REPRIEVE**
C 680 Courtney (St Andrew's Presb, Kirk Hall)

12 Noon **KEYSTONE - TRADITION**
C-WA Last Fri O 1161 Princess / Chambers

12 Noon **WOMEN'S FRIDAY NOON**
C/Last O WA 511 Michigan (James Bay Church)

12 Noon **DISCOVERY - DISCUSSION**
C 627E Dunedin

12 Noon **OAK BAY RECOVERY**
C/Last O WA 1355 Mitchell / Granite (United Church)

12 Noon **WALK THE WALK FRIDAY NOONER**
C/Last O WA 1273 Fort St / Moss (Grace Lutheran Church)

12 Noon **SIDNEY NOON SERENITY**
C-WA 10030 - 3rd St. (St. Elisabeth's Church)

12 Noon **LIVE & LET LIVE – BIG BOOK DISC**
O-WA 798 Goldstream (Lady of the Rosary Church))

5:15 p **DISCOVERY – P.O.E.T.S. DISC**
C 627E Dunedin

7:30 pm **FRIDAY NIGHT DISCUSSION**
O 525 Johnson St. (Corner Johnson/Wharf)
Salvation Army community dining room

7:30 pm **DISCOVERY – BEGINNERS meeting**
O 627E Dunedin

7:30 pm **AKRON PAMPHLET DISCUSSION**
O-WA 1273 Fort Street / Moss (Grace Lutheran)

7:30-9 pm **SOOKE BIG BOOK STUDY**
C-WA 2191 Townsend Rd (St Rose of Lima Church)

8:00 p **TRADITIONALLY SPEAKING**
C 935 Goldstream Ave (Gordon United Church)
Guest Speaker: Last Fri of the month

8:00 pm **METROPOLITAN GROUP**
O 231 Regina Ave
Victoria Native Friendship Centre

8:00 pm **FREE AND EASY GROUP**
C-WA 511 Michigan (James Bay Church)

8:00-9.30 pm **VIEW ROYAL GROUP**
C 294 Stewart Ave (All Saints Church)

8:00 pm **COBBLE HILL DISCUSSION**
O 3140 Cameron / Taggart

8:30 pm **BRENTWOOD FRIDAY NIGHT**
C-WA 7176 E. Saanich Road (Shady Creek Church)

10:00 pm **DISCOVERY – NIGHT OWL DISCUSSION**
C-CL 627 E Dunedin

SATURDAY

6:30 am **DAYBREAK**
C-WA-Last O 935 Goldstream Ave (Gordon United Church)

7:00 am **ATTITUDE ADJUSTMENT**
C-WA Last Sat. O 511 Michigan (James Bay United Church)

8:00 am **SIDNEY NOON SERENITY**
O-WA 10030 - 3rd St. (St. Elisabeth's Church)

12 Noon **DISCOVERY – DISCUSSION**
O 627E Dunedin

12 Noon **DAILY REPRIEVE**
C 680 Courtney (St Andrew's Presb Church)
Entrance to Kirk Hall behind Church

12 Noon **ESQUIMALT REC. GROUP**
C 527 Fraser St. Esquimalt Rec Centre
Kanaka Room

12 Noon **SIDNEY NOON SERENITY**
O-WA 10030 - 3rd Street (St. Elisabeth's Church)

3:00 pm **SERENITY BY THE SEA PORT RENFREW**
O #150 Pachidah Rd on Native Reserve

7:30 pm **DOWNTOWN MEETING**
O 525 Johnson St. (Corner Johnson/Wharf)
Salvation Army community dining room

7:30 pm **DISCOVERY – BIG BOOK DISCUSSION**
C 627E Dunedin

7:30 pm **MOUNT VIEW – BIG BOOK**
O-WA 2166 Mt. Newton Cross Road
Saanich Hospital next to cafeteria

8:00 pm **SATURDAY NIGHT LIVE LANGFORD**
O-WA-CL 798 Goldstream (Lady of the Rosary Church)

10:00 pm **DISCOVERY – AFTER HOURS DISC**
C-CL 627E Dunedin

HOME GROUPS

ALL MEETINGS CLOSED

MONDAY

8:00 pm **KHARMA** (Men's) 250-658-6598

WEDNESDAY

8.00 pm **CENTENNIAL # 7** (mixed) 250-478-7664
8:00 pm **ACCEPTANCE 1** (Men's) 250-592-2551

STEERING COMMITTEE MEETING: 1st Thursday of month, 6 pm
8-20202 Douglas Street

INTERGROUP MEETING: 1st Thursday of the month, 7:30pm
901 Kings Street (Quadra Village Community Center)

5 DISTRICTS MEETING: 4th Sunday of the month, 2pm
1611 Quadra @ Mason (St. John de Divine Church)

INSTITUTION MEETINGS: CLEARANCE REQUIRED

William Head (Beachcombers) Tuesday 8:00 pm Sharp

Wilkinson Road Wednesday 6:30 pm

Please call or email your Central Office for contact information

SUNDAY

6:30 am **DAYBREAK**
C-WA-Last O 935 Goldstream Ave (Gordon United Church)

7:00 am **ATTITUDE ADJUSTMENT**
C/Last Sat O WA 511 Michigan (James Bay United Church)

8:00 am **SIDNEY NOON SERENITY**
O-WA 10030 - 3rd St. (St. Elisabeth's Church)

10-12 Noon **SUNDAY BREAKFAST MEETING**
O-WA 3277 Douglas St. Ukrainian Cultural Centre)
Breakfast 10-11am-meeting 11am-12 noon

12:30 pm **JOE & CHARLIE - BIG BOOK STUDY, CD**
O 627 E Dunedin

2:30 pm **DISCOVERY - DISCUSSION**
O 627E Dunedin

6:00 pm **CHOICES AA**
O-WA 94 Talcott Rd (Old Juvenile Centre)
Park in back parking lot, ring doorbell @ back gate

7:30-8:30pm **WESTSHORE WOMAN'S SOLUTIONS**
O-WA 935 Goldstream Ave (Gordon United Church)
Big Book Stories Discussion

7:30 pm **DISCOVERY - DISCUSSION**
C 627E Dunedin

7:30 pm **12 X 12 STEPS TO SOBRIETY**
C 10364 Mc Donald Park Rd
(Highway Fellowship Church) SIDNEY

7:30 pm **FEARLESS & THOROUGH BB STUDY**
O 511 Michigan James Bay (United Church)

7:30 pm **WOMEN IN RECOVERY SOOKE**
C/Last O WA 1962 Murray Rd (Holy Trinity Church)

8:00 pm **LAST CHANCE BIG BOOK STUDY**
C-WA 500 Admirals/Lyall St. Lyall St Entrance
(Esquimalt United Church)

8:00 pm **LOST & FOUND St Matthias Church**
C-Last O 600 Richmond Ave. / Richardson

8:00 pm **SUNDAY NIGHT ACTION GRP.**
274 Hampton Rd. Burnside Lawn Bowling Club
(Entrance next to Hampton Park sign)

8:00 pm **WESTSHORE BASICS - BIG BOOK**
C-WA 798 Goldstream LANGFORD

GULF ISLAND MEETINGS

GALIANO ISLAND 1-250-539-3090
MON C/Last O 7-8pm **TRAILBLAZERS GRP** Disc
300 Burrill Rd, Anglican Church, Around back porch/room in back

PENDER ISLAND 1-250-526-0550
Women 1-250-629-3205

FIFTH TRADITION GROUP Plum Tree Court (Lounge),
TUE O,THU C-Last O SUN C 7:30
5719 Canal Rd. (#7 Bldg, beside parking lot)

MAYNE ISLAND 24/7; George B1- 604-418-3846
SUN O-WA 9:00am **HEARTS OF MAYNE GROUP**
Mayne Island Health Centre, lower level 526 Felix Jack Rd

HORNBY ISLAND 1-250-335-2243 or 1-250-335-1887
WED & SAT O 7:30 p **RECYCLED GROUP**
Hornby Island Community Health Care Center
1965 Sollan Road

SATURNA ISLAND Straits & Narrows meeting
Thu 7:30pm, St Christopher Church, (basement)
140 East Point Road. Contacts; Robert: 250-539-2000 Keith 250-812-2323

CONTACTS FOR UP-ISLAND MEETINGS

Campbell River>>Campbell River Alano Club
301-10th Ave: 250-287-2911

Port Alice >>District Answering Service
Port McNeil /Port Hardy 250-287-4313
Sayward, Tahasis, Quadra Island

Courtenay >>Courtenay Alano Club
Comox 543 - 6th St. 250-338-0041
Denman Island Answering Service 250-338-8042

Duncan >>Duncan Alano Club
Chemainus 210-107 Evans 250-748-0724
Lk. Cowichan >>Answering Service
District #8 1-866-233-5255

Nanaimo >>Nanaimo C.O. Unit 212
Ladysmith 285 Prideaux 1-250-753-7513

Parksville >>Answering Service
Qualicum 1-800-883-3968

Port Alberni >>Alano Club 250-724-3911
Answering Serv 1-800-883-3968

SALT SPRING ISLAND MEETINGS

MON O-WA 12 Noon **WELCOME GROUP** Big Book Disc.
901 North End Road, Central Hall (Fritz theatre downstairs)
C 12 Noon **WOMAN'S MEETING**
135 Drake Road, behind Catholic Church
C 8:00 p **UNITY GROUP** Big Book Study
134 McPhillips Ave, The Core Inn - 3rd Floor

TUE O-WA 12 Noon **WELCOME GROUP** As Bill Sees It
901 North End Road, Central Hall (Fritz theatre downstairs)

WED O-WA 12 Noon **WELCOME GROUP** Open Discussion
901 North End Road, Central Hall (Fritz theatre downstairs)
C-WA 8:00 p **UNITY GRP.** Step & Tradition Study
135 Crofton Rd, Lionel Beech Annex (behind Lady Minto Hosp)

THU O-WA 12 Noon **WELCOME GROUP** Open Discussion
901 North End Road, Central Hall (Fritz theatre downstairs)

FRI O-WA 12 Noon **WELCOME GROUP** Step & Trad Disc
901 North End Road, Central Hall (Fritz theatre downstairs)
O-WA 8:00 p **PHOENIX** Big Book Discussion Group
379 Lower Ganges Road, Senior Centre

SAT O-WA 12 Noon **WELCOME GROUP** 11th Step Meeting
901 North End Road, Central Hall (Fritz theatre downstairs)

SUN O-WA 12 Noon **WELCOME GROUP** Open Discussion
901 North End Road, Central Hall (Fritz theatre downstairs)

AA CONTACT 250-221-1559