

## MONDAY

<b>12:00 PM BROWN BAGGERS. Hybrid (O,D)</b> In person: Alano club, 450 Whistler St., Duncan Zoom I.D.:957 027 3473 P.W.: alanoclub
<b>6:15 PM THETIS ISLAND SERENITY. In Person (O,D,WA)</b> Library at community centre. For pick up off ferry call 250-246-5269 or 250-510-8647
<b>7:00PM CHEMAINUS MONDAY NIGHT ZOOM (O,D)</b> Online Only Zoom ID: 833 013 0687 P.W.: 746796
<b>7:30 PM LIFELINE GROUP. Lake Cowichan. In Person. (O,D,WA)</b> Cowichan Lake. Community Services 121 Point Ideal Rd.
<b>7:30 PM COBBLE HILL DISCUSSION GROUP. Hybrid. (C,D,WA, Last Mon, O)</b> In Person: The Shack, 3141 Cameron Taggart Rd., Zoom I.D. 8978 733 6888 P.W. 419436

## TUESDAY

<b>12:00 PM BROWN BAGGERS. Hybrid (O,D)</b> In person: Alano club, 450 Whistler St., Duncan Zoom I.D.:957 027 3473 P.W.: alanoclub
<b>5:00 PM COBBLE HILL DISCUSSION GROUP. In Person:</b> The Shack, 3141 Cameron Taggart Rd. (O,D,WA)
<b>7:00 PM CROFTON WATERFRONT. In Person (O,D,WA)</b> Seniors Centre: 1507 Joan Ave., Crofton Speaker meeting, last Tuesday of month.
<b>7:30 PM COURAGE TO CHANGE. In Person (O,D,WA)</b> Sylvan United Church, 985 Shawnigan-Mill Bay Rd., Mill Bay

## WEDNESDAY

<b>12:00 PM BROWN BAGGERS. Hybrid (O,D)</b> In person: Alano club, 450 Whistler St., Duncan Zoom I.D.:957 027 3473 P.W.: alanoclub
<b>1:30 PM Heart to Heart. In Person (O,D,W,WA)</b> St. John's Anglican Church, 486 Jubilee St. Duncan.
<b>7:00 PM CHEMAINUS GROUP. In Person (O,D,WA)</b> United Church, 9814 Willow St. (at Alder), Chemainus. No food.
<b>6:30 PM HUMP DAY UNITED. Hybrid (O,D)</b> In Person: Alano club, 450 Whistler St., Duncan Zoom I.D.:957 027 3473 P.W.: alanoclub
<b>7:30 PM Stepping Stones. In Person (C)</b> Cobble Hill Youth Hall ,3565 Watson Ave, Cobble Hill

## THURSDAY

<b>12:00 PM BROWN BAGGERS. Hybrid (O,D)</b> In person: Alano club, 450 Whistler St., Duncan Zoom I.D.:957 027 3473 P.W.: alanoclub
<b>6:30 PM QUAMICHAN STEP STUDY (O,S,WA,T)</b> In Person: New Life Church, 1839 Tzouhalem Rd., Duncan. Big D's portable to the left of the church.
<b>7:00 PM SISTERS OF SOBRIETY(SOS). Online (O,D,W)</b> Zoom I.D. 3352915483 P.W. 323488
<b>7:00 PM WARMLAND'S HOUSE AND OUTREACH MEETING. (O,D)</b> In Person: Warmland's Shelter, 2579 Lewis St., Duncan
<b>7:00 PM COWICHAN STATION DISCUSSION GROUP. Hybrid (C,D, 1<sup>st</sup> Thurs O and birthdays)</b> In Person: The Hub (upstairs) 2375 Koksilah Rd., Zoom I.D. 157308586 P.W. hubaa
<b>7:30 PM LIFELINE GROUP. Lake Cowichan. In Person. (O,D,WA)</b> Cowichan Lake. Community Services 121 Point Ideal Rd.
<b>7:30 - COBBLE HILL DISCUSSION GROUP. Hybrid. (C,D, WA)</b> In Person: The Shack 3141 Cameron Taggart Rd. Zoom I.D. 8978 733 6888 P.W. 419436

## FRIDAY

<b>12:00 PM BROWN BAGGERS. Hybrid (O,D)</b> In person: Alano club, 450 Whistler St., Duncan Zoom I.D.:957 027 3473 P.W.: alanoclub
<b>7:00 PM THE SOLUTION. Hybrid (O,D)</b> In person: Alano club, 450 Whistler St., Duncan Zoom I.D.:957 027 3473 P.W.: alanoclub
<b>7:00 PM FREEDOM FRIDAY. In Person (O,D,WA)</b> Duncan United Church, 246 Ingram St.
<b>7:30 PM COBBLE HILL DISCUSSION GROUP. Hybrid. (O,D,WA)</b> In Person: The Shack 3141 Cameron Taggart Rd. Zoom I.D. 8978 733 6888 P.W. 419436

*"When anyone, anywhere reaches out for help  
I want the hand of AA always to be there. And for  
that: I am responsible."*

## SATURDAY

<b>9:30 SATURDAY AM MEN'S GROUP. Hybrid (C,D,M,Open on birthdays)</b> In Person: Alano club, 450 Whistler St., Duncan Zoom I.D.:957 027 3473 P.W.: alanoclub
<b>10:30 AM SAT AM WOMEN'S GROUP. In Person (O,D,WA,W),</b> Duncan United Church, 246 Ingram St. Access meeting from Driveway off Jubilee St.
<b>12:00 PM BROWN BAGGERS. Hybrid (O,D)</b> In person: Alano club, 450 Whistler St., Duncan Zoom I.D.:957 027 3473 P.W.: alanoclub

## SUNDAY

<b>12:00 PM BROWN BAGGERS. Hybrid (O,D)</b> In person: Alano club, 450 Whistler St., Duncan Zoom I.D.:957 027 3473 P.W.: alanoclub
<b>7:00 PM CHEMAINUS Big Book study. In Person (O,BB,WA)</b> United Church, 9814 Willow St. (at Alder), Chemainus, No food

## MEETING CODES

<b>O = Open Meeting*</b>	<b>C = Closed Meeting**</b>
<b>D = Discussion Meeting</b>	<b>BB = Big Book Meeting</b>
<b>SP = Speaker Meeting</b>	<b>S = Step Meeting</b>
<b>W = Women's Meeting</b>	<b>WA = Wheelchair Access.</b>
<b>T = Traditions Meeting</b>	<b>M = Men's Meeting</b>
<b>O = Open Meetings</b> Everyone is welcome & anyone interested in learning about A.A.	<b>C = Closed Meetings</b> only those who have a desire to stop drinking may attend.

**THIS DIRECTORY CHANGES FREQUENTLY  
VISIT [cowichanaa.ca](http://cowichanaa.ca) FOR UPDATES  
And [LINKS](#) to Zoom meetings**



