

MONDAY

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

TUESDAY

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

WEDNESDAY

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

THURSDAY

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

FRIDAY

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

SATURDAY

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

SUNDAY

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

MEETING CODES

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

THIS DIRECTORY CHANGES FREQUENTLY
VISIT cowichanaa.ca FOR UPDATES
And LINKS to Zoom meetings



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

[illegible]

- [illegible]

[illegible][illegible][illegible][illegible]

Alcoholics
Anonymous
Cowichan Valley District 8
Meeting Directory

UPDATED July 7 , 2025

24 hour helpline:
250-597-3282



 

Scan for the Meeting Guide App!

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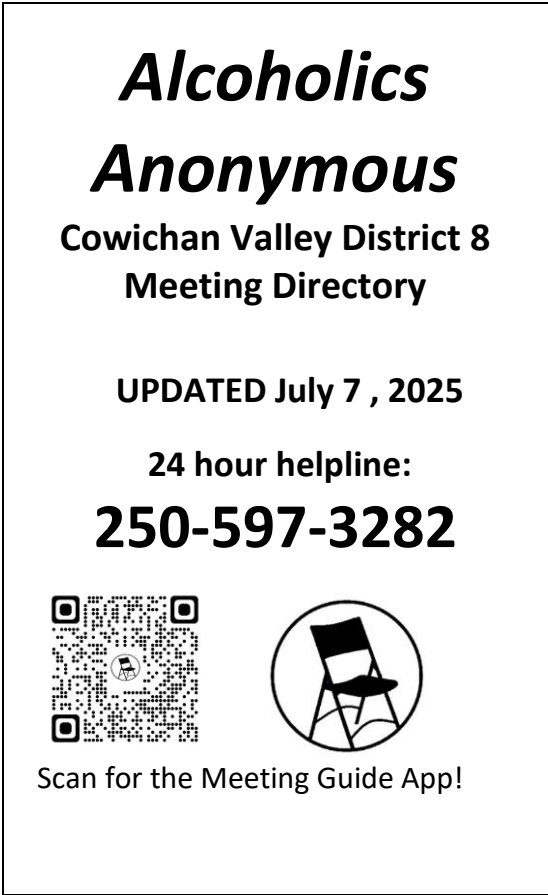
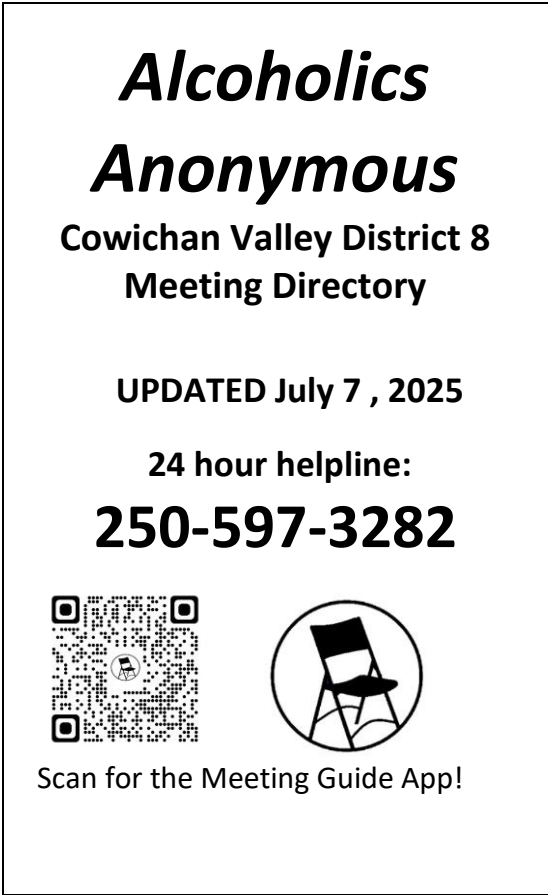
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