

## MONDAY

**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

**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

**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

**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, 1<sup>st</sup> 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

**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

**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

**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

<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**



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

