

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
6:15 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
7:30 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 Community Hall, 3550 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
7:00 PM SISTERS OF SOBRIETY(SOS). Online Zoom I.D. 3352915483 P.W. 323488
7:00 PM QUAMICHAN STEP STUDY. Hybrid (O,S,WA,T) In Person: New Life Church, 1839 Tzouhalem Rd., Duncan. Big D's portable to the left of the church. Zoom I.D. 6938175463 P.W. Quamichan
7:30 PM WARMLAND'S HOUSE AND OUTREACH MEETING. (O,D) In Person: Warmland's Shelter, 2579 Lewis St., Duncan
7:30 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

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
2:00 PM BRIGHT ANGEL PARK. In Person Outdoors (O) Upper picnic shelter unless occupied. Look for us. 4528 Tigwell Rd, Duncan, Cowichan Station
7:00 PM THE SOLUTION. Hybrid (O,D) In person: Alano club, 450 Whistler St., Duncan Zoom I.D.:957 027 3473 P.W.: alanoclub
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
8:00 PM FREEDOM FRIDAY. In Person (O,D,WA) Duncan United Church, 246 Ingram St.

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

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

SATURDAY

9:30 SATURDAY AM MEN'S GROUP. Hybrid (C,D,O birthdays) In Person: 4Alano 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

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	
*Open Meetings are for those that wonder "What is Alcoholics Anonymous?" Everyone is welcome.	**Closed Meetings are only open to members who have a desire to stop drinking

