

MONDAY

7:00 am Pass It On O, W/A
100 Chapel Street, St. Paul's

Noon New Beginnings for Women C
St. Andrew's, 4235 Departure Bay Rd

Noon Let It Begin With Me O, W/A
St. Peter's Catholic, 301 Machleary St

6:00 pm The Way Out O, W/A
Serenity Lodge, 940 Hecate St, recreation room

7:00 pm Downtown Core Meeting O, W/A
New Hope Center, 19 Nicol Street

7:30 pm Ladysmith Reflections O, W/A
Resource Centre, 630—2nd Ave, **Ladysmith**

7:30 pm Nanaimo Young Peeps Mtg. O, W/A
Youth Services Bldg., 290 Bastion St, back door

7:30 pm Out From Under O, W/A
Unitarian Hall, 595 Townsite Rd, speaker mtg.

8:00 pm Nanaimo Step Group *ASL, C, W/A
Hope Lutheran, 2174 Departure Bay Rd

8:00 pm Tsow-Tun Le Lum Group O, W/A
Treatment Centre, 699 Capilano Rd. Lantzville

TUESDAY

7:00 am Pass It On O, W/A
100 Chapel Street, St. Paul's

8:00 am Serenity by the Sea O, W/A
Surf Lodge, 885 Berry Point Rd, Gabriola Is.

10:00 am Tuesday Morning Women's Grp C
First United Church 232 High St. **Ladysmith**

11:00 am Serenity in Sobriety C, W/A, *SF
Christ Community Ch., Rm 2, 2221 Bowen Rd

Noon Staying Sober Women's Grp. C, W/A
1597 Boundary Crescent

Noon Let It Begin With Me O, W/A
St. Peter's Catholic, 301 Machleary St

5:00 pm Early Evening Candlelight Grp O, WA
Youth Services Bldg., 290 Bastion St, front right

6:00 pm Ladysmith Men's O, W/A
Resource Centre 630 Second Ave, **Ladysmith**

7:00 pm Live & Let Live LGBTQ & Allies O, W/A
285 Prideaux St. Auditorium, Enter off Parking Lot

7:30 pm Brechin Group (Podium Optional) O
Brechin United, 1998 Estevan Rd, basement

7:30 pm Solace by the Sea Group O, W/A
Costin Hall 7232 Lantzville Rd, up ramp and in back of building, **Lantzville**

10:00 pm Early Evening Candlelight Grp O, WA
Youth Services Bldg., 290 Bastion St, front right

WEDNESDAY

7:00 am Pass It On O, W/A
100 Chapel Street, St. Paul's

Noon Women's Noon Meeting C, W/A
2360 Rosstown Rd., off Bowen Rd, around back

Noon Let It Begin With Me O, W/A
St. Peter's Catholic, 301 Machleary St

5:00 pm Early Evening Candlelight Grp O, WA
Youth Services Bldg., 290 Bastion St, front right

7:00 pm We Agnostics O, W/A
285 Prideaux St. Auditorium, Enter off parking lot

7:00 pm The Hermits O, W/A
PHC Lunchroom, 675 North Road, **Gabriola**

7:30 pm The Grapevine Trails C, W/A
3137 Barons Road, Nanaimo, (open last Wednesday of the month)

7:30 pm One Step At a Time O, W/A
Resource Centre, 630—2nd Ave, **Ladysmith**

7:30 pm Big Book Group C, W/A
Heritage Church 7244 Lantzville Rd. **Lantzville**

7:30 pm Men's Closed Discussion Grp C, W/A
Hope Lutheran, 2174 Departure Bay Rd

10:00 pm Early Evening Candlelight Grp O, WA
Youth Services Bldg., 290 Bastion St, front right

THURSDAY

***8:am Step Readings C**
560 North Rd, upstairs in back, of Roberts Restaurant

7:00 am Pass It On O, W/A
100 Chapel Street, St. Paul's

Noon Let It Begin With Me O, W/A
St. Peter's Catholic, 301 Machleary St

Noon Noon Meeting O, W/A
Christ Community Church rm 2, 2221 Bowen Rd

5:00 pm Early Evening Candlelight Grp O, WA
Youth Services Bldg, 290 Bastion St, front right

***5:30pm A Vision for You C**
154 Westwood Rd. (SPCA building, via patio door)

7:00 pm Cedar Discussion Group C, W/A
Cedar Heritage Centre, 1644 MacMillan Rd, Cedar

7:30 pm Thursday Night Discussion C, W/A
2150 Departure Bay Rd, in portable

7:30 pm Thursday Women's Circle O
100 Chapel Street, St. Paul's, kids welcome

7:30 pm Ladysmith Steps & Traditions O
First United Church 232 High St. **Ladysmith**

10:00 pm Evening Candlelight Grp O, W/A
Youth Services Bldg, 290 Bastion St front right

FRIDAY

7:00 am Pass It On O, W/A
100 Chapel Street, St. Paul's

8:00 am Step Reading's O, W/A
Roberts Place Restaurant 560 North Rd, **in back Gabriola**

Noon Let It Begin With Me O, W/A
St. Peter's Catholic, 301 Machleary St

Noon Step Sisters 123 (Women) O, W/A
2360 Rosstown Rd., off Bowen Rd, in back

Noon Casual Fridays O, W/A
Roberts Place Restaurant 560 North Rd, **Gabriola**

5:00 pm Early Evening Candlelight Grp O, W/A
Youth Services Bldg., 290 Bastion St, front right

5:30 pm Keep It Simple C, W/A
4951 Rutherford Rd, Largest portable behind church

6:30 pm Read the Book O, W/A
Resource Centre, 630—2nd Ave, **Ladysmith**

7:00 pm ABC's Meeting O, W/A
NRGH, 1200 Dufferin Cres. ***Rm G092 but may be held in the Hospital Chapel on occasion**

7:00 pm Stepway to Serenity C, W/A
PHC Lunchroom, 675 North Rd. **Gabriola**

7:30 pm Friday Freedom Found O
First United Church, 232 High St. **Ladysmith**

7:30 pm Friday Night Library Group O, W/A
285 Prideaux St, Auditorium, Parking in back of Bldg.

8:30 Departure Bay Step Group O, W/A
Kin Hut, 2730 Departure Bay Rd, near beach

10:00 pm Evening Candlelight Grp O, W/A
Youth Services Bldg., 290 Bastion St. front right

SATURDAY

7:00 am Pass It On O, W/A
100 Chapel Street, St. Paul's

***10:30am Women's Steps on Saturday/SOS C, W/A**
3151 Barons Road, , LGBTQ & SF

Noon Let It Begin With Me O, W/A
St. Peter's Catholic, 301 Machleary St

5:00 pm Early Evening Candlelight Grp O, WA
Youth Services Bldg., 290 Bastion St, front right

7:00 pm Saturday Night Discussion O, W/A
Resource Centre, 630 2nd Ave, Ladysmith

7:30 pm Back to Basics O
Nan. District Teachers Bldg., 3137 Barons Rd

8:30 pm Saturday Night Cedar Group O
Cedar United Church, 1644 Cedar Rd, **Cedar**

10:00 pm Evening Candlelight Group O, WA
Youth Services Bldg., 290 Bastion St. front right

Sunday & Institution Meetings over >

