

# Alcoholics Anonymous

**In-Person and Hybrid Meeting List** for the Nanaimo, Ladysmith, Parksville, Qualicum Beach, Port Alberni, Tofino & surrounding areas

Phone: 250-753-7513 or  
Toll free: 1-833-753-7513

For the most up to date listings please visit: [nanaimoaa.org](http://nanaimoaa.org)

## Monday

- 7:00 am **Pass It On (Hybrid / in-person)**, Nanaimo Alano Club, 2371 Arbot Rd, **Nanaimo**, (D,O,X,ONL)
- Noon **Brown Baggers Monday (in-person)**, Fraternal Order of the Eagles Hall (F.O.E), 281 Island Hwy E, **Parksville**, *Below and at the rear of the Pharmasave mall* (D,O)
- Noon Group (in-person)**, Port Alberni Alano Club, 3028 2nd Ave, **Port Alberni**, (D,O,X)
- Broads Trudging The Broad Hwy (in-person) Women's Meeting**, St. Andrews Presbyterian, 4235 Departure Bay Rd, **Nanaimo**, *In the Building on the right of the Church* (D,O,X,W)
- Let it Begin With Me (in-person)**, St. Peter's Church, 301 Machleary St, **Nanaimo**, *Entrance at rear parking lot. Smoking is NOT allowed on the property.* (D,O,X)
- 7:00 pm **Ucluelet West Coast Group (in-person)**, Holy Family Church, 1663 Peninsula Rd, **Ucluelet**, (12x12,C)
- Big Book Group (in-person)**, Nanaimo Alano Club, 2371 Arbot Rd, **Nanaimo**, (B,C)
- 7:30 pm **Ladysmith Reflections (in-person)**, Bethel Church, 1149 4th Ave, **Ladysmith**, (O,X)
- Emotional Sobriety (Hybrid / in-person)**, Shelly Road Centre, 186 Shelly Rd, **Parksville**, (D,O,ONL)
- Monday Night Qualicum Beach Group (in-person)**, St. Stephen's United Church, 150 Village Way, **Qualicum Beach**, (12x12,C)

## Tuesday (cont)

- 10:00 am **Tuesday Morning Women's Group (in-person)**, First United Church, 232 High St, **Ladysmith**, (C,W)
- Noon **Noon Group (in-person)**, Port Alberni Alano Club, 3028 2nd Ave, **Port Alberni**, (D,O,X)
- Let it Begin With Me (in-person)**, St. Peter's Church, 301 Machleary St, **Nanaimo**, *Entrance at rear parking lot. Smoking is NOT allowed on the property.* (D,O,X)
- 7:00 pm **Alberni Valley Women's Group (in-person)**, Bread Of Life Centre, 3130 3rd Ave, **Port Alberni**, (D,O,X,W)
- Women's Grace Group (in-person)**, Errington Hall, 1390 Errington Rd, **Errington**, (C,D,W)
- Live & Let Live LGBTQ+ & Allies (in-person)**, Nanaimo Foodshare, 271 Pine St, **Nanaimo**, *Garden gazebo behind the Foodshare house* (LGBTQ,O,X)
- 7:30 pm **Brechin Group (in-person)**, German Cultural Centre, 71 Caledonia Ave, **Nanaimo**, (D,O,OUT)
- Keep It Simple**, Knox United Church, 345 Pym St, **Parksville**, (C,D,M)
- Primary Purpose Big Book Study (in-person)**, Our Saviour Lutheran Church, 795 Island Hwy W, **Parksville**, (B,C,X)
- Tofino Forever - Step Meeting (in-person)**, St. Francis of Assisi, 441 Main St, **Tofino**, (O,ST)
- Solace by the Sea (in-person)**, Unity Church of Nanaimo, 2331 E Wellington Rd, **Nanaimo**, (D,O,OUT,X)

## Wednesday

- 7:00 am **Pass It On (Hybrid / in-person)**, Nanaimo Alano Club, 2371 Arbot Rd, **Nanaimo**, (D,O,X,ONL)
- Noon **Brown Baggers Wednesday (in-person)**, Fraternal Order of the Eagles Hall (F.O.E), 281 Island Hwy E, **Parksville**, *Below and at the rear of the Pharmasave mall* (D,O,X)
- Noon Group (in-person)**, Port Alberni Alano Club, 3028 2nd Ave, **Port Alberni**, (D,O,X)
- Let it Begin With Me (in-person)**, St. Peter's Church, 301 Machleary St, **Nanaimo**, *Entrance at rear parking lot. Smoking is NOT allowed on the property.* (D,O,X)
- 1:30 pm **Women's Meeting (in-person)**, Unity Church of Nanaimo, 2331 E Wellington Rd, **Nanaimo**, (C,D,X,W)

## Wednesday (cont)

- 7:00 pm **The Hermits (in-person)**, Gabriola Fellowship Church, 775 Church St, **Gabriola**, (O,X)
- 7:30 pm **Next Guy on the List (Hybrid / in-person)**, Kin Hut, 2730 Departure Bay Rd, **Nanaimo**, (C,D,M,X,ONL)
- Step 11 Meditation (Hybrid / in-person)**, Shelly Road Centre, 186 Shelly Rd, **Parksville**, (B,C,X,ONL)
- 8:00 pm **Open Doors (in-person)**, Bread Of Life Centre, 3130 3rd Ave, **Port Alberni**, (B,C)

## Thursday

- Noon **Noon Meeting (in-person)**, Christ Community Church, 2221 Bowen Rd, **Nanaimo**, *Room 2* (O,X)
- Noon Group (in-person)**, Port Alberni Alano Club, 3028 2nd Ave, **Port Alberni**, (D,O,X)
- Let it Begin With Me (in-person)**, St. Peter's Church, 301 Machleary St, **Nanaimo**, *Entrance at rear parking lot. Smoking is NOT allowed on the property.* (D,O,X)
- 7:00 pm **Cedar Discussion Group (in-person)**, Cedar Heritage Centre, 1644 MacMillan Rd, **Nanaimo**, (C,D,X)
- Ucluelet West Coast Group (in-person)**, Holy Family Church, 1663 Peninsula Rd, **Ucluelet**, (D,O)
- We Do Recover (In-person)**, Nanaimo Alano Club, 2371 Arbot Rd, **Nanaimo**, (D,O,SP)
- 7:30 pm **Thursday Night Discussion Group (in-person)**, Church Of The Nazarene, 2150 Departure Bay Rd, **Nanaimo**, (D,O,X)
- Ladysmith Steps & Traditions**, First United Church, 232 High St, **Ladysmith**, (12x12,O)
- Thursday Night Women's Circle (in-person)**, Neighbourhood Church, 4951 Rutherford Rd, **Nanaimo**, *In the separate blue portable off the gravel parking lot* (O,W)
- 8:00 pm **Open Doors (in-person)**, Bread Of Life Centre, 3130 3rd Ave, **Port Alberni**, (D,O,X)

## Friday

- 10:00 am **BYOC (in-person)**, Shelly Road Centre, 186 Shelly Rd, **Parksville**, (C,X)
- Noon **Brown Baggers Friday (in-person)**, Fraternal Order of the Eagles Hall (F.O.E), 281 Island Hwy E, **Parksville**, *Below and at the rear of the Pharmasave mall* (D,O,X)

**Friday (cont)**

- Noon **Casual Friday (in-person)**, Gabriola Fellowship Church, 775 Church St, **Gabriola**, (12x12,O,X)  
**Noon Group (in-person)**, Port Alberni Alano Club, 3028 2nd Ave, **Port Alberni**, (D,O,X)  
**Let it Begin With Me (in-person)**, St. Peter's Church, 301 Machleary St, **Nanaimo**, *Entrance at rear parking lot. Smoking is NOT allowed on the property.* (D,O,X)
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- 1:30 pm **Step Sisters (in-person)**, Unity Church of Nanaimo, 2331 E Wellington Rd, **Nanaimo**, (C,D,X,W)
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- 5:30 pm **Keep It Simple (hybrid / in-person)**, Neighbourhood Church, 4951 Rutherford Rd, **Nanaimo**, *In the separate blue portable off the gravel parking lot* (B,C,D,ONL)
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- 7:00 pm **Lightkeepers Group (in-person)**, Lighthouse Community Centre, 240 Lions Way, **Qualicum Beach**, (D,O,X)  
**Came to Believe**, St. Stephen's United Church, 150 Village Way, **Qualicum Beach**, (C,X)  
**TGIF (in-person)**, Westwood Lake Park, Westwood Lake Park, **381 Westwood Rd**, *Meet at Westwood Lake 2nd beach for an outdoor campfire meeting* (D,O,OUT)
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- 7:30 pm **Friday Freedom Found (in-person)**, First United Church, 232 High St, **Ladysmith**, (O)  
**Men's Closed Discussion Group (in-person)**, St. Andrews Presbyterian, 4235 Departure Bay Rd, **Nanaimo**, *In the Building on the right of the Church* (C,M,X)  
**Tofino Forever - Discussion Meeting (in-person)**, St. Francis of Assisi, 441 Main St, **Tofino**, (D,O)
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- 8:30 pm **Departure Bay Step Group (in-person)**, Kin Hut, 2730 Departure Bay Rd, **Nanaimo**, (O,ST,X)
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- 9:00 pm **9pm Candlelight Meeting (in-person)**, Community Services Building Auditorium, 285 Prideaux St, **Nanaimo**, *Entrance at rear of building* (D,O,X)

**Saturday**

- 7:00 am **Pass It On (Hybrid / in-person)**, Nanaimo Alano Club, 2371 Arbot Rd, **Nanaimo**, (D,O,X,ONL)
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- 10:00 am **Women's Steps on Saturday / SOS (Hybrid / in-person)**, Nanaimo Alano Club, 2371 Arbot Rd, **Nanaimo**, (C,D,W,ONL)
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- Noon **Noon Group (in-person)**, Port Alberni Alano Club, 3028 2nd Ave, **Port Alberni**, (D,O,X)

**Saturday (cont)**

- Noon **Let it Begin With Me (in-person)**, St. Peter's Church, 301 Machleary St, **Nanaimo**, *Entrance at rear parking lot. Smoking is NOT allowed on the property.* (D,O,X)
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- 8:30 pm **Saturday Night Cedar Group (in-person)**, Cedar United Church, 1644 Cedar Rd, **Nanaimo**, (D,O)
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- 9:00 pm **9pm Candlelight Meeting (in-person)**, Community Services Building Auditorium, 285 Prideaux St, **Nanaimo**, *Entrance at rear of building* (D,O,X)

**Sunday**

- 10:00 am **Sunday Serenity (in-person)**, Nanaimo Alano Club, 2371 Arbot Rd, **Nanaimo**, (O,ASL,X)
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- 10:30 am **Sunday Morning Gratitude (in-person)**, Shelly Road Centre, 186 Shelly Rd, **Parksville**, (D,O,X)
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- 11:00 am **I am Responsible (in-person)**, Cedar Heritage Centre, 1644 MacMillan Rd, **Nanaimo**, (D,O,X)
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- Noon **Noon Group (in-person)**, Port Alberni Alano Club, 3028 2nd Ave, **Port Alberni**, (D,O,X)
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- 6:30 pm **Sunday Night Ladies Meeting (in-person)**, Kin Hut, 2730 Departure Bay Rd, **Nanaimo**, (LIT,O,X,W)
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- 7:00 pm **One Day at a Time (in-person)**, Gabriola Fellowship Church, 775 Church St, **Gabriola**, (B,O,ST,X)  
**Mustard Seed Step & Tradition (in-person outdoor)**, Oceanside Church, 2304 Jingle Pot Rd, **Nanaimo**, *Located inside the "Junction" at Oceanside Church* (12x12,D,O,OUT)  
**The Grapevine Trails (in-person)**, St. Andrews Presbyterian, 4235 Departure Bay Rd, **Nanaimo**, *In the Building on the right of the Church* (C,D,GR,X)
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- 7:30 pm **Sunday 12 & 12 Group**, SOS Hall (Society of Organized Services), 245 Hirst Ave W, **Parksville**, (12x12,C)

**Meeting Symbols – What do they Mean?**

The codes are as follows: (O) Open, (C) Closed, (SP) Speaker, (D) Discussion, (ST) 12 Step Study, (LIT) Literature Study, (ALS) Sign Language, (X) Wheelchair Access

**Service Meetings**

**Mid-Island Intergroup Society meeting** is generally the second Wednesday of the month at 6PM on Zoom. ID 821 6666 5997 Password: Intergroup. Please confirm meeting dates with the office. No meetings in July & August.

**Mid-Island Intergroup Society Operating Committee meeting:** the 3rd Wednesday of the month at 6PM on Zoom. ID 821 6666 5997 Password: Intergroup