




Monday


Cobourg Hospital Meeting 7:00pm
1000 Depalma Dr CD 
2nd floor, room near lab/admin area


Port Hope Monday Night Group 8:00pm
St. Mark's Church CD 
51 Kings Street, Port Hope

Tuesday


Cobourg Service Meeting 10:00am
St. Peter's Anglican Church CD 
240 College Street, Cobourg


Easy Does It Group 8:00pm
30 Butler Street E, Brighton OS


Trinity Group 8:00pm
St. Andrew's Church OS 
200 King Street W, Cobourg

Fresh Start Group 8:30pm
8:30pm-9:30pm CD OS* 
Rotary Club
179 Saskatoon Ave, Campbellford
**speaker meeting, 2nd Tuesday of the month*

Wednesday

The Acceptance Group 7:00pm
At The Crossroads Church OS 
24 Dundas Street W, Trenton


Cobourg Group Big Book Discussion 7:30pm
St. Peter's Anglican Church CD 
240 College Street, Cobourg

Alderville Pioneer Group 8:00pm
Fenella Community Ctr OS 
8071 Hwy 45, Fenella


Wednesday con't

Pine Street Men's Meeting 8:00pm
St. Paul's Presbyterian Church CD
131 Walton St, Port Hope

Thursday

Port Hope Open Topic 10:00am
St. Mark's Church CD 
51 Kings Street, Port Hope

Keep It Simple Group 8:00pm
Holy Trinity Anglican Church Hall CD
60 Trent St N, Frankford


Live & Let Live Group 8:00pm
Keeler Centre (upper level) CD 
80 Division St, Colborne


New Generation Group 8:00pm
St. Michael Church (side door) CD
18 Havelock St, Cobourg

Friday

The Acceptance Group 7:00pm
St James Fellowship CD 
15 South Street, Trenton

Easy Does It Group 8:00pm
30 Butler Street E, Brighton CD


Hope Group 8:00pm
St. John's Anglican Church Hall OS 
33 Pine Street N, Port Hope

Friendship Friday 12 Step Group 8:00pm
St. Paul's United Church CD 
60 Main Street, Warkworth


Saturday


Saturday Morning Big Book Serenity 9:00am
Our Lady of Mercy Church CD
155 Walton St, Port Hope


Saturday Morning Women's Discussion 10:00am
St. Andrew's Church CD Hybrid 
200 King Street W, Cobourg
Zoom ID 835-2769-1802
Password 002-400


Trinity Big Book Discussion Meeting 7:30pm
St. Andrew's Church CD 
200 King Street W, Cobourg

Sunday



Trenton Redwood Group Breakfast Meeting 10:00am
Officer's Mess, Lower Dining Room OD 
182 Yukon St, Trenton

Live & Let Live Group 10:00am
Keeler Centre (upper level) CD 
80 Division St, Colborne

The Acceptance Group 2:00pm
At The Crossroads Church CD 
24 Dundas Street W, Trenton

Cobourg Group 7:30pm
St. Peter's Anglican Church OS 
240 College Street, Cobourg

Legend

- OS open speaker, non-alcoholics welcome
- CD closed discussion; alcoholics only
- OD open discussion, non-alcoholics welcome
-  wheelchair accessible
-  not accessible

The Twelve Steps

1. We admitted we were powerless over alcohol — that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we understood Him.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these Steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.

Need help with a drinking problem?

A.A. has a solution. That isn't an empty promise. A.A. has been helping alcoholics recover for more than 80 years. A.A.'s program of recovery is built on the simple foundation of one alcoholic sharing with another. If your drinking is out of control, A.A. can help.

What is A.A.?

Alcoholics Anonymous is a fellowship of people who come together to solve their drinking problem. It doesn't cost anything to attend A.A. meetings. There are no age or education requirements to participate. Membership is open to anyone who wants to do something about their drinking problem.

A.A.'s primary purpose is to help alcoholics to achieve sobriety.

Responsibility Declaration

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

Quinte West AA Meeting Program



1-855-907-0007

*Meetings and resources can be
found at*

www.quintewestaa.org

Last revised December 15, 2023