

Meeting Types

12x12 12 Steps & 12 Traditions

A Secular

B Big Book

BE Newcomer

C Closed

D Discussion

EN English

FF Fragrance Free

FR French

M Men

MED Meditation

O Open

SEN Seniors

SP Speaker

ST Step Study

TR Tradition Study

W Women

X Wheelchair Access

XB Wheelchair-Accessible Bathroom

Sunday

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| 7:30 am | New Day Meeting St. Pauls Presbyterian Church, 971 Woodroffe Ave Ottawa: Woodroffe | C, D |
| 9 am | St. Andrews 12 x 12 Group St. Andrews Fire Hall, 5205 ON-138 St Andrews West | C, D, X |
| 10 am | Hope in Recovery Hometown Grill-private room at the back, 1525 Bank St Ottawa: Alta Vista | C, D, X |
| 10 am | Hand in Hand Overbrook Community Centre, 33 Quill St Ottawa: Overbrook | EN, O, SP, X |
| 10 am | Share and Care Royal Canadian Legion, 4026 Old Richmond Rd Ottawa: Bells Corners | O, SP, X |
| 10 am | Fraternité Sandy Hill Community Centre, 250 Rue Somerset St E Ottawa: Sandy Hill | FR, O, SP, X |
| 10 am | Sunday Morning Study Group The Salvation Army Community Services, 2 Oxford St W Kemptville | D, O |
| 11 am | Sunday Morning Group Cornwall Legion, 415 Second St W Cornwall | O, SP, X |
| Noon | Vanier Happy Nooners Richelieu-Vanier Community Centre, 300 Pères-Blancs Ave Ottawa | C, D |
| 7 pm | Spirit of Hope First Baptist Church, 140 Laurier Ave W Ottawa: Downtown | C, D |
| 7 pm | Big Book Study Group South Mountain United Church, 10535 Main St South Mountain | D, O |
| 7 pm | Serenity Big Book Study Group St. Johns Anglican Church, 20 High St Morrisburg | B, C, D |
| 7 pm | Merivale Group St. Marks Anglican Church, 1606 Fisher Ave Ottawa | C, D, X |
| 7 pm | Sunday Night Grapevine Trinity Church, 105 Second St W Cornwall | O, X |
| 7 pm | Living Sober with Serenity Vanier Community Church, 155 Carillon St Ottawa: Vanier | C, D |
| 7:15 pm | We Can Recover St. Pauls Anglican Church, 20 Young Rd Ottawa: Kanata | B, C, D, X |
| 7:30 pm | Kinburn Big Book Kinburn Community Centre, 3045 Kinburn Side Rd Ottawa: Kinburn | C, D, X |
| 7:30 pm | Serenity Group Trinity St. Andrews Church, 291 Plaunt St S Renfrew | C, D, X |
| 8 pm | Sunday Night 12 Step Meeting All Saints Church, 347 Richmond Rd Ottawa: Westboro | C, D, X |
| 8 pm | Sunday Night Big Book Study Group Bob MacQuarrie Recreation Complex, 1490 Youville Dr Ottawa: Orleans | C, D, X |

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| 8 pm | First Avenue to Recovery St. Giles Church, 181 First Ave Ottawa: Glebe | C, D |
| 8 pm | Richmond 11th Step St. John the Baptist Church, 67 Fowler St Ottawa: Richmond | B, D, O, X |

Monday

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| 7:30 am | New Day Meeting St. Pauls Presbyterian Church, 971 Woodroffe Ave Ottawa: Woodroffe | C, D |
| 10 am | Morning Glory Woodroffe United Church, 207 Woodroffe Ave Ottawa: Woodroffe | B, C, D, X |
| Noon | Monday-Friday Lunch Bunch Bronson Centre, 211 Bronson Ave Ottawa: Downtown | B, C, D, X |
| Noon | Living Sober First Baptist Church, 279 Alicia St Arnprior | D, EN, O |
| Noon | Vanier Happy Nooners Richelieu-Vanier Community Centre, 300 Pères-Blancs Ave Ottawa | C, D |
| Noon | The Nooners Group Wesleyan Church, 780 Sydney St Cornwall | D, O, X |
| Noon | Lunch with Bill Westminster Presbyterian Church, 470 Roosevelt Ave Ottawa: Westboro | C, D, X |
| 12:30 pm | The H.O.P.E. Group Trinity United Church, 1099 Maitland Ave Ottawa | C, D |
| 1 pm | Womens Group East Gate Alliance Church, 550 Codd's Rd Ottawa | C, D, W, X |
| 6 pm | Carry the Message McNabb Community Centre, 180 Percy St Ottawa: Centretown | O, SP, X |
| 6 pm | AA on Campus Minto Building Room C211, 801 King Edward Ave Ottawa: Sandy Hill | C, D |
| 7 pm | Crossroads Bells Corners United Church, 3955 Old Richmond Rd Ottawa: Bells Corners | C, D, X |
| 7 pm | Long Sault Meeting Christ Church Seaway, 3 Mille Roches Rd Long Sault | C, D |
| 7 pm | Unity Group East Gate Alliance Church, 550 Codd's Rd Ottawa | C, D, X |
| 7 pm | East End Group Richelieu-Vanier Community Centre, 300 Pères-Blancs Ave Ottawa | C, D, X |
| 7 pm | Shawville Group St. Pauls Anglican Church, 530 Rue Main Shawville | O, SP |
| 7:30 pm | Pinecrest Our Lady of Fatima Church, 153 Woodroffe Ave Ottawa: Woodroffe | O, SP |
| 7:30 pm | Experience, Strength and Hope Parkway Church, 7275 Parkway Rd Greely | D, O, SP |

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| 7:30 pm | Orléans Paroisse Sainte-Marie d-Orléans, 4831 Innes Rd Ottawa: Orleans | C, FR, X |
| 7:30 pm | Williamstown Group SD&G Library, 19641 County Rd 19 Williamstown | D, EN, O, X, XB |
| 7:30 pm | Aylmer Triple A St. Andrews Presbyterian Church, 1 Chem. Eardley Gatineau: Aylmer | C, D |
| 7:30 pm | Russell Goodwill St. Marys Anglican Church, 139 Castor St Russell | B, C, D, ST |
| 7:30 pm | Keep it Simple Group Trinity St. Andrews Church, 291 Plaunt St S Renfrew | O, SP, X |
| 7:30 pm | Vankleek Hill 12 Steps Trinity United Church, 14 Mill St Ottawa | C |
| 8 pm | 5th Tradition of Cornwall Meeting Knights of Columbus, 205 Amelia St Cornwall | |
| 8 pm | Bancroft New Hope Group Our Lady of Mercy Catholic Church, 196 Bridge St W Bancroft | D, O, SP |
| 8 pm | Where it all Begins Redeemer Alliance Church, 4825 Innes Rd Ottawa: Orleans | C, D, SP |
| 8 pm | Oasis Rideau Park United Church, 2203 Alta Vista Dr Ottawa: Alta Vista | BE, EN, O, SP, X |
| 8 pm | Prescott-South Grenville St. Andrews Presbyterian Church, 425 Centre St Prescott | C, D, X |
| 8 pm | Gold Bond Group St. James the Less Catholic Church, 78 Wellington St Eganville | O, SP |
| 8 pm | Step By Step St. Stephens Church, 579 Parkdale Ave Ottawa | C, D, X |

Tuesday

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| 7:30 am | New Day Meeting St. Pauls Presbyterian Church, 971 Woodroffe Ave Ottawa: Woodroffe | C, D |
| Noon | Monday-Friday Lunch Bunch Bronson Centre, 211 Bronson Ave Ottawa: Downtown | C, D, X |
| Noon | 12 & 12 @ 12 Julian of Norwich Anglican Church, 7 Rossland Ave Ottawa: Nepean | C, D, X |
| Noon | Vanier Happy Nooners Richelieu-Vanier Community Centre, 300 Pères-Blancs Ave Ottawa | C, D |
| 12:15 pm | The Podium/Hill Group St. Andrews Church, 82 Kent St Ottawa: Downtown | C, D |
| 6 pm | Sisters of Sobriety St. Pauls Presbyterian Church, 971 Woodroffe Ave Ottawa: Woodroffe | C, D, FF, W |
| 7 pm | Unity Group East Gate Alliance Church, 550 Codd's Rd Ottawa | C, D, X |

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| 7 pm | Wakefield AA Awakenings Eglise La Pêche, 889 Chem. Riverside Wakefield | C, D, X |
| 7 pm | Men's Group First Baptist Church, 310 York St Cornwall | O, SP, X |
| 7 pm | Secular Sobriety Group Sandy Hill Community Centre, 250 Rue Somerset St E Ottawa: Sandy Hill | A, C, D, X |
| 7 pm | Beacon Hill St. Gabriel Church, 55 Appleford St Ottawa: Beacon Hill | C, D, X |
| 7 pm | Paudash Serenity Group St. Marks United Church, 173 Paudash Lake Rd Bancroft: Paudash | C, D, X |
| 7:30 pm | Beachburg New Freedom Group Beachburg Lions Hall, 7 Hannah St | C, D |
| 7:30 pm | Hull Liberty Eglise Evangélique Source de Vie, 20 Rue Hanson Gatineau: Hull | 12x12, D, O |
| 7:30 pm | B-United Hintonburg Community Centre, 1064 Wellington St. W Ottawa: Hintonburg | C, D, X |
| 7:30 pm | Tuesday/Friday Jack Purcell Community Centre, 320 Jack Purcell Ln Ottawa: Centretown | O, SP, X |
| 7:30 pm | White Lake Group St. Andrews United Church, 3 Burnstown Rd White Lake | C, D |
| 7:30 pm | Attitude of Gratitude Womens Group St. Giles Church, 181 First Ave Ottawa: Glebe | C, D, W, X |
| 8 pm | Barrhaven Tuesday Night Group Barrhaven United Church, 3013 Jockvale Rd Ottawa: Barrhaven | C, D, X |
| 8 pm | Freedom Kitchissippi United Church, 630 Island Park Dr Ottawa | O, SP, X |
| 8 pm | Heritage St. Pauls Presbyterian Church, 971 Woodroffe Ave Ottawa: Woodroffe | C, D, X |
| 8 pm | Stittsville Second Chance St. Thomas Anglican Church, 1619 Stittsville Main St Ottawa: Stittsville | C, D |
| 8:10 pm | Stepping Ahead Roy G. Hobbs Community Centre, 109 Larch Crescent Ottawa: Orleans | C, D |
| 8:30 pm | Winchester Winchester United Church, 519 St Lawrence St Winchester | O, SP |

Wednesday

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| 7:30 am | New Day Meeting St. Pauls Presbyterian Church, 971 Woodroffe Ave Ottawa: Woodroffe | C, D |
| 10 am | Morning Glory Woodroffe United Church, 207 Woodroffe Ave Ottawa: Woodroffe | C, D, X |
| Noon | Monday-Friday Lunch Bunch Bronson Centre, 211 Bronson Ave Ottawa: Downtown | C, D, X |

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| Noon | As Bill Sees It Meeting First Baptist Church, 279 Alicia St Arnprior | C, D |
| Noon | Vanier Happy Nooners Richelieu-Vanier Community Centre, 300 Pères-Blancs Ave Ottawa | C, D |
| Noon | Lunch Bunch Trinity St. Andrews Church, 291 Plaunt St S Renfrew | D, O, X |
| Noon | Lunch with Bill Westminster Presbyterian Church, 470 Roosevelt Ave Ottawa: Westboro | C, D, X |
| 12:30 pm | The H.O.P.E. Group Trinity United Church, 1099 Maitland Ave Ottawa | C, D |
| 7 pm | Search for Serenity Orleans Grace Presbyterian Church, 1220 Old 10 Line Rd Ottawa: Orleans | C, D, X |
| 7 pm | Co-founders Newcomer Meeting Kanata Community Christian Reformed Church, 46 Castlefrank Rd Ottawa: Kanata | BE, C, D, X |
| 7 pm | Big Book Study Killaloe Seniors Friendship Club, 12 Lake St Eganville | B, D, SEN, X |
| 7 pm | East End Richelieu-Vanier Community Centre, 300 Pères-Blancs Ave Ottawa | C, D |
| 7:15 pm | Namaste Meditation Meeting St. Pauls Presbyterian Church, 971 Woodroffe Ave Ottawa: Woodroffe | MED, O, X |
| 7:30 pm | Beginners Jack Purcell Community Centre, 320 Jack Purcell Ln Ottawa: Centretown | C, D, X |
| 7:30 pm | Sunray's St. Paul's Presbyterian Church, 166 John St | SP |
| 8 pm | Harbour Group Bethel St. Andrews United Church, 184 Jack Lougheed Wy Ottawa: Fitzroy Harbour | C, D, X |
| 8 pm | Joy of Living Christ Church Aylmer, 101 Rue Symmes Gatineau: Aylmer | O, SP |
| 8 pm | Hintonburg Group Hintonburg Community Centre, 1064 Wellington St. W Ottawa: Hintonburg | D, O, SP, X |
| 8 pm | Renaissance Overbrook Community Centre, 33 Quill St Ottawa: Overbrook | FR, O, SP, X |
| 8 pm | Whitney East Gate Group Seniors Centre, 9 Third Ave Whitney | D, O, X |
| 8 pm | Ottawa South Southminster United Church, 15 Aylmer Ave Ottawa: Old Ottawa South | C, D |
| 8 pm | Osgoode Step St. Brigid Church, 2015 River Rd Ottawa: Osgoode | C, D, ST, X |
| 8 pm | Steps & Traditions Group St. John Chrysostom Church, 295 Albert St Arnprior | C, D, X |
| 8 pm | 12 and 12 St. Marys Church, 31 Meikle St Morrisburg | C, D |

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| 8 pm | Kemptville Gratitude Group St. Paul's Presbyterian Church, 319 Prescott St Kemptville | C, D, ST, X |
| 8 pm | Ottawa Mens Group St. Pauls Presbyterian Church, 971 Woodroffe Ave Ottawa: Woodroffe | C, D, M |
| 8 pm | Rockland Hometown Group St. Trinity Catholic Church, 2178 Laurier St Rockland | C, D, ST, X |
| 8 pm | Renfrew Group Trinity St. Andrews Church, 291 Plaunt St S Renfrew | C, D, X |
| 8:30 pm | Trinity Group Trinity United Church, 1099 Maitland Ave Ottawa | C, D |

Thursday

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| 7:30 am | New Day Meeting St. Pauls Presbyterian Church, 971 Woodroffe Ave Ottawa: Woodroffe | C, D |
| Noon | Monday-Friday Lunch Bunch Bronson Centre, 211 Bronson Ave Ottawa: Downtown | C, D, X |
| Noon | Vanier Happy Nooners Richelieu-Vanier Community Centre, 300 Pères-Blancs Ave Ottawa | C, D |
| 7 pm | Easy Does It Group East Gate Alliance Church, 550 Codd's Rd Ottawa | C, D, X |
| 7 pm | Beyond Belief Secular Group Hintonburg Community Centre, 1064 Wellington St. W Ottawa: Hintonburg | A, C, D |
| 7 pm | Hilltop Slippers Knox Church, 29 High St | BE, O, X, XB |
| 7 pm | Morrisburg Gratitude Lakeshore United Church, 19 Lakeshore Dr Morrisburg | O, SP |
| 7 pm | A Better Place To Be Paul-Émile Lévesque Centre, 756 Brebeuf St Casselman | C, D, X, XB |
| 7:30 pm | West End Britannia United Church, 985 Pinecrest Rd Ottawa: Nepean | D, FF, O, SP, X, XB |
| 7:30 pm | Gleaning the Big Book City View United Church, 6 Epworth Ave Ottawa: Nepean | B, C, D |
| 7:30 pm | Turning Point Group First Baptist Church, 279 Alicia St Arnprior | O, SP |
| 7:30 pm | 12 Steps to Serenity Rideau Park United Church, 2203 Alta Vista Dr Ottawa: Alta Vista | D, O, ST, X |
| 7:30 pm | The Steps on Bank St Giles Church, 729 Bank St Ottawa | 12x12, B, C, X |
| 7:30 pm | The Prescott Grenville Group St. Andrews Presbyterian Church, 425 Centre St Prescott | C, D, ST |
| 7:30 pm | Women in Step St. Pauls Presbyterian Church, 971 Woodroffe Ave Ottawa: Woodroffe | C, D, FF, TR, W |

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| 8 pm | Way of Life Group Grace United Church, 27 Main St Cobden | O, SP |
| 8 pm | Metcalfe Last Chance Holy Trinity Anglican Church, 8140 Victoria St Ottawa: Metcalfe | O, SP, X |
| 8 pm | Maynooth Group Maynooth United Church, 105 Church St Maynooth | O, SP, ST |
| 8 pm | From the Heart McNabb Community Centre, 180 Percy St Ottawa: Centretown | 12x12, B, D, X |
| 8 pm | Carp Fellowship Group Old Carp Memorial Hall, 434 Donald B. Munro Dr Ottawa: Carp | O, SP, X |
| 8 pm | Recovery on the Hill Parkwood Presbyterian Church, 10 Chesterton Dr Ottawa | O, SP |
| 8 pm | Orleans Hub Roy G. Hobbs Community Centre, 109 Larch Crescent Ottawa: Orleans | O, SP |
| 8 pm | Laurier-Sandy Hill St. Josephs Parish, 151 Laurier Ave. E Ottawa: Sandy Hill | D, O |
| 8 pm | Seaway International Trinity Church, 105 Second St W Cornwall | C, X |

Friday

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| 7:30 am | New Day Meeting St. Pauls Presbyterian Church, 971 Woodroffe Ave Ottawa: Woodroffe | C, D |
| 8 am | Unity Group East Gate Alliance Church, 550 Codd's Rd Ottawa | C, D, X |
| 10 am | Morning Glory Woodroffe United Church, 207 Woodroffe Ave Ottawa: Woodroffe | B, C, D, X |
| Noon | Monday-Friday Lunch Bunch Bronson Centre, 211 Bronson Ave Ottawa: Downtown | C, D, X |
| Noon | Orleans Noon Orleans United Church, 1111 Orléans Blvd Ottawa: Orleans | C, D, X |
| Noon | Vanier Happy Nooners Richelieu-Vanier Community Centre, 300 Pères-Blancs Ave Ottawa | C, D |
| Noon | The Nooners Group Wesleyan Church, 780 Sydney St Cornwall | D, O, X |
| Noon | Lunch with Bill Westminster Presbyterian Church, 470 Roosevelt Ave Ottawa: Westboro | C, D, X |
| 12:30 pm | The H.O.P.E. Group Trinity United Church, 1099 Maitland Ave Ottawa | C, D |
| 4 pm | Rockland Hometown Group St. Trinity Catholic Church, 2178 Laurier St Rockland | C, D, X |
| 7 pm | Step Sisters All Saints Church, 347 Richmond Rd Ottawa: Westboro | C, D, W, X |

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| 7 pm | Bells Corners Big Book Discussion Christ Church Bells Corners, 3861 Old Richmond Rd Ottawa: Bells Corners | B, C, D |
| 7 pm | Friday Night Chelsea Big Book Meeting Mary Magdalene Church, 537 Rte 105 Chelsea | C, D |
| 7 pm | East End Richelieu-Vanier Community Centre, 300 Pères-Blancs Ave Ottawa | C, D |
| 7 pm | Conscious Contact - 11th Step Meditation Southminster United Church, 15 Aylmer Ave Ottawa: Old Ottawa South | MED, O, X |
| 7:30 pm | Tuesday/Friday Jack Purcell Community Centre, 320 Jack Purcell Ln Ottawa: Centretown | C, D, X |
| 7:30 pm | By the Book St. Basils Church, 940 Rex Ave Ottawa: Nepean | B, O, SP |
| 7:30 pm | Woodlawn St. Thomas Anglican Church, 3794 Woodkilton Rd Ottawa: Woodlawn | C, D |
| 7:30 pm | Barrys Bay Group The Church of the Epiphany, 32 Inglis St Barrys Bay | O, SP |
| 8 pm | Douglas Group Barr Line Community Centre, 1766 Barr Line Douglas | O, SP, X |
| 8 pm | Alta Vista Open Door Immaculate Heart of Mary Church, 1758 Alta Vista Dr Ottawa: Alta Vista | EN, O, SP, X, XB |
| 8 pm | 5th Tradition of Cornwall Meeting Knights of Columbus, 205 Amelia St Cornwall | |
| 8 pm | Manotick Gratitude Knox Presbyterian Church, 5533 Dickinson St Ottawa: Manotick | O, SP |
| 8 pm | Riverview Group Riverview Presbyterian Church, 22 Church Ave Iroquois | C, D, X |
| 8 pm | Kemptville Friday St. Paul's Presbyterian Church, 319 Prescott St Kemptville | 12x12, C, D, ST, X |

Saturday

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| 7:30 am | New Day Meeting St. Pauls Presbyterian Church, 971 Woodroffe Ave Ottawa: Woodroffe | C, D |
| 8 am | Unity Group East Gate Alliance Church, 550 Codd's Rd Ottawa | C, D, X |
| 8 am | Freebirds Queenswood Heights Community Centre, 1485 Duford Dr Ottawa: Orleans | C, D, X |
| 8 am | Vanier Early Birds Richelieu-Vanier Community Centre, 300 Pères-Blancs Ave Ottawa | C, D, EN, X |
| 9 am | Westboro Big Book Study - Joe and Charlie All Saints Church, 347 Richmond Rd Ottawa: Westboro | C, D, X |
| 9 am | Serenity at Sunrise Fringewood Community Centre, Fringewood Park and Community Centre Ottawa: Stittsville | B, C, D |

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| 9:30 am | Saturday Morning Big Book St. Stephens Church, 579 Parkdale Ave Ottawa | C, D, X |
| 10:30 am | Seaway International Trinity Church, 105 Second St W Cornwall | O, X |
| 11 am | Saturday Westboro Speaker Meeting All Saints Church, 347 Richmond Rd Ottawa: Westboro | SP |
| 11 am | The Morrisburg Big Book Study Group Morrisburg Presbyterian Church, 10 First St Morrisburg | B, C, D, X |
| 11 am | Friendly St. Giles Church, 181 First Ave Ottawa: Glebe | O, SP |
| Noon | Vanier Happy Nooners Richelieu-Vanier Community Centre, 300 Pères-Blancs Ave Ottawa | C, D |
| 3 pm | Men's AA Newcomers Group St. Giles Church, 181 First Ave Ottawa: Glebe | BE, C, D, M, ST |
| 7 pm | Fourth Dimension Cornerstone Wesleyan Church, 6556 Prince of Wales Dr Ottawa: North Gower | B, D, O |
| 7 pm | Easy Does It Group East Gate Alliance Church, 550 Codd's Rd Ottawa | C, D, X |
| 7 pm | Serenity Group First Baptist Church, 310 York St Cornwall | O, SP, X |
| 7 pm | Saturday Night Group St. John Chrysostom Church, 295 Albert St Arnprior | D, O, X |
| 7 pm | Jamais Seul Trinity Church, 105 Second St W Cornwall | EN, FR, O, SP, XB |
| 8 pm | Fellowship Parkdale United Church, 429 Parkdale Ave Ottawa: Hintonburg | O, SP |
| 8 pm | Russell Saturday Night Russell United Church, 38 Mill St Russell | B, C, D |
| 8 pm | Je suis responsable Sandy Hill Community Centre, 250 Rue Somerset St E Ottawa: Sandy Hill | FR, O, SP, X |
| 10 pm | The Labyrinth Young Peoples Group McPhail Memorial Baptist Church, 249 Bronson Ave Ottawa: Centretown West | C, D |