

Hamilton & Burlington Al-Anon/Alateen

In-Person Meeting List

Last Updated on August 2, 2026

Zoom login details for hybrid or temporary online meetings can be found at <http://www.alanonhamiltonburlington.ca/meetings/>

SUNDAY

Sun Al-Anon Family Group
St. Michael's Anglican Church 8:00 PM
[1188 Fennell Ave. East., Hamilton](#)

MONDAY

Waterdown Al-Anon Family Group
Grace Anglican Church 7:00 PM
[157 Mill St. N., Waterdown](#)
Parking Lot – Main St. N. beside school
Newcomer's Meeting Available
♿ Wheelchair Accessible

Source of Help Al-Anon Family Group
St. John's United Church 7:00 PM
[195 East 38th St., Hamilton](#)
♿ Wheelchair Accessible
Masks are optional

TUESDAY

Morning Hope Al-Anon Family Group
St. Christopher's Church 10:00 AM
[662 Guelph Line, Burlington](#)
Entrance at rear of building
Newcomers' Meeting available
Masks must be worn
♿ Wheelchair Accessible

WEDNESDAY

Brant Hills Al-Anon Family Group
Wellington Square United 7:30 PM
Church
[2121 Caroline St., Burlington](#)

Triangle Al-Anon Family Group
Mount Hamilton Baptist Church 8:00 PM
[626 Upper Wentworth St., Hamilton](#)
Newcomers' Meeting Available
♿ Wheelchair Accessible

THURSDAY

Breakfast Group Al-Anon Family Group
Laidlaw United Church 9:45 AM
[155 Ottawa St. N., Hamilton](#)
Masks are optional but not required.

Hamilton/Burlington Alateen Group
Temporarily Closed
First Unitarian Church
[170 Dundurn St S. Hamilton](#)
Enter using Main door off parking lot

THURSDAY (continued)

Aldershot Men's Al-Anon Family Group
West Plains United Church 7:30 PM
[549 Plains Rd. West, Burlington](#)
♿ Wheelchair Accessible

Missing Link Adult Children of Alcoholics
St. Christopher's Church 7:00 PM
[662 Guelph Line, Burlington](#)
Entrance at rear of building
♿ Wheelchair Accessible

Stoney Creek Al-Anon Family Group
Immaculate Heart of Mary Parish 8:00 PM
[934 Highway 8, Stoney Creek](#)

FRIDAY

New Hope Al-Anon Family Group
Church of the Resurrection 1:00 PM
[435 Mohawk Rd W., Hamilton](#)
♿ Wheelchair Accessible

SATURDAY

Delta Al-Anon Family Group
Delta United Church 8:00 PM
[47 Ottawa St. S., Hamilton](#)
♿ Wheelchair Accessible