

ONLINE RESOURCES BY LOCAL GROUPS

For Zoom meetings, it is recommended to connect to the meeting 15 minutes prior to the time of the meeting. **All can be accessed by phone 438-809-7799 + enter meeting ID when prompted.**

If you wish to listen to recordings from the Area 87 Archives Committee: [A Day in The Past](#)

Grapevine free access during the Coronavirus crisis: <https://www.aagrapevine.org/we-are-here-to-help>

French magazine La Vigne AA has granted free access to their online material of 2015 to 2019 at <https://lavigneaa.org/la-vigne/grand-debrouillage/>

Questions about this list, write: area@aa87.org English Helpline phone numbers: local 514-350-3444; long distance 1-888-424-2975

Get all local information at <https://aa87.org/en/covid-19-information-coronavirus/> Other information can be found at <https://aa.org/>



NEW: Help available by email at ndgshadows5@gmail.com

NEW: SPANISH MEETING – HIGHLIGHTED IN GREEN

Important information about this list :

Please note that Region 87 does not endorse any of the meetings listed below.








This information is provided to you for information purposes only.

Zoom users: note that some meetings are no longer accessible due to new security rule. This is a temporary situation.

Zoom Administrators: Please send your meeting single click password embedded link to the Area. See tutorial at the end of this document.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	7:30 a.m. Monday to Saturday 7:30 a.m. If by phone, ID 829055601 PW: 730	7:30 a.m. Monday to Saturday 7:30 a.m. If by phone, ID 829055601 PW: 730	7:30 a.m. Monday to Saturday 7:30 a.m. If by phone, ID 829055601 PW: 730	7:30 a.m. Monday to Saturday 7:30 a.m. If by phone, ID 829055601 PW: 730	7:30 a.m. Monday to Saturday 7:30 a.m. If by phone, ID 829055601 PW: 730	7:30 a.m. Monday to Saturday 7:30 a.m. If by phone, ID 829055601 PW: 730
BREWERY MISSION WAKE UP 9:30 a.m. If by phone, ID 2295891691				Early Birds 9:30 a.m. If by phone, ID 844409787786		WESTMOUNT SATURDAY MORNING 9 a.m. If by phone : 223938971
WI SUNDAY BREAKFAST 10 a.m. If by phone, ID 803765934	WI Nooners 12 p.m. (Noon) If by phone, ID: 4564818330	WI Nooners 12 p.m. (Noon) If by phone, ID: 4564818330	WI Nooners 12 p.m. (Noon) If by phone, ID: 4564818330	WI Nooners 12 p.m. (Noon) If by phone, ID: 4564818330	WI Nooners 12 p.m. (Noon) If by phone, ID: 4564818330	The First 24 9 a.m. Open Discussion If by phone, ID 751699463
Knowlton Serenity 10 a.m. If by phone, ID 89844595652 PW: 783459	PRINCE EDWARD ISLAND INTERGROUP 12 p.m. (Noon)		Mongypaa Wednesday 1:30 p.m. Disc. BB Study If by phone, ID 97385529875 PWD: MONQYPAA			Women in Recovery 10:30 a.m. If by pone, ID 85300297569

Join the Tribe 10:00 a.m. If by phone: ID: 765983999	5 O'Clock Shadows 5 p.m. If by phone, ID 81384729634	5 O'Clock Shadows 5 p.m. If by phone, ID 81384729634	5 O'Clock Shadows 5 p.m. If by phone, ID 81384729634	5 O'Clock Shadows 5 p.m. If by phone, ID 81384729634	5 O'Clock Shadows 5 p.m. If by phone, ID 81384729634	WI WEEKENDERS 10:30 a.m. If by phone, ID 340619332
Young & Restless 4:30 p.m. (Open Meeting) If by phone: ID: 616 387 505	12 PROMISES 12 p.m. (Noon) If by phone: ID 501830467	SAINT-LAURENT 12 STEP GROUP 7 p.m. If by phone, ID 85049651596	5-6 p.m Meeting 5-6 p.m. If by phone, ID 389328514	5-6 p.m Meeting 5-6 p.m. Topic Discussion If by phone, ID 876865590		A ROOM OF OUR OWN (women and non-binary) 11 a.m. If by phone, ID 168666593 PW: ROOMTL
Sunday Niters 6 p.m. If by phone, ID 89020173527 PW: 379580	MONQYPAA MONDAY 1:30 p.m. Spkr/Disc. If by phone, ID 89302083145 Pw.: MONQYPAA	TUESDAY BEGINNERS 7 p.m. If by phone, ID 656697506	Hip, Slick, Young & Sick 7 p.m. If by phone, ID 78377078319	Thursday Rush Hour 5:30 p.m. If by phone, ID 413280549 Email for password and/or info: mtl.rush.hour@gmail.com	Friday Night Week-Enders 7:30 p.m. If by phone, ID 405479855	5 O'Clock Shadows 5 p.m. If by phone, ID 81384729634
GOLDEN SLIPPERS 7 p.m. If by phone, ID 628788807	SUNLIGHT OF THE SPIRIT 6:30 p.m. If by phone, ID 448438324		Cowansville Harmony 7 p.m. (opens at 6:45) If by phone, ID 552814308		WEST-EAST LACHINE 7:30 p.m. spkr If by phone, ID 873176257	
12 STEPS TO LIFE (Closed discussion 12/12) 7:30 p.m. If by phone, ID: 88068959863 PW : 412728	Brothers in Recovery (Mens closed Meeting) (Discussion) 7:00 p.m. If by phone, ID 8214086662 PW: 641470		Brothers in Recovery (Mens closed Meeting) Discussion 12/12 7:00 p.m. If by phone, ID 8214086662 PW: 641470	BIPOC Mtl (Black, Indigenous and People Of Color) 6:00 p.m. If by phone, ID 95907233264 PW: 034328		Brothers in Recovery (Mens closed Meeting) (Speaker with Questions) 7:00 p.m. If by phone, ID 8214086662
			SunRays 7:30 p.m. If by phone, ID 207334338		Friday Night Sober 8 p.m. If by phone, ID 834467387	
MUSIC IN RECOVERY 7:30 p.m. If by phone, ID 4484383247	Vankleek Hill 12 Step 7:30 p.m. If by phone, ID 818576032	WOMEN OF WISDOM (WOMEN) 7:30 p.m. If by phone, ID 6805308607	Kahnawake Free Spirit 7:30 p.m. If by phone, ID 87293350440	FREEDOM ROAD 7 p.m. If by phone, ID 713378229	NORTH END ENGLISH 8 p.m. If by phone, ID 6786881607	A QUEER IDEA OF FUN (LGBTQIA2S+) 6 p.m. If by phone, ID 184269258
The Hourglass 7:30 p.m. If by phone, ID 5186597675	Love & Tolerance 8 p.m.(Big Book Meeting) If by phone, ID 565060045		SAFE HAVEN 7:30 p.m. If by phone, ID 83816685871 PW: 154217	Ladies Unite 7:30 p.m. If by phone, ID 5473595611	FRIDAY FINCHLEY 8:30 p.m. 15 m spkr & 30 m spkr If by phone, ID 2227771212	Saturday Nite South 7 :30 p.m. If by phone: 344165413

	MONDAY CENTRAL 8 p.m. If by phone, ID 886446134	LAKESHORE 8 p.m. If by phone, ID 764987878	Out of the Dark on Parc 7:30 p.m. If by phone, ID 874453025	Greenfield Park (Beginners Meeting) 7:30 p.m. If by phone, ID 83036942881	Search for Serenity 8:30 p.m. If by phone, ID 511924072	
	NEW LIFE MONDAY 8 p.m. If by phone, ID 5336295245	PROJECT 7 8 p.m. If by phone, ID 778096891	STEPS TO SOBRIETY Steps to Sobriety (Speaker) 8 p.m. If by phone, ID 9665830889	ST. MATTHIAS 8 p.m. If by phone, ID 964194298	GATES OF HELL (Bilingual) 9 p.m. If by phone, ID 283687738	Sharenity 8 p.m. If by phone, ID 83812247265
	STEPS TO SOBRIETY (BB Study) 8 p.m. If by phone, ID 9665830889		Sunlight of the Spirit (bilingual) 8 p.m. If by phone, ID 822675423	Greenfield Park (Speaker Meeting) 9:00 p.m. If by phone, ID 83036942881		Only Now Exists 8 p.m. If by phone, ID 764472094
	Hudson 8 p.m. If by phone, ID 265876879		Only Now Exists 8 p.m. If by phone, ID 764472094			Lighting the Way 8 p.m. If by phone, ID: 4564818330
	SEAWAY 8:30 p.m. If by phone, ID 84286512219		WEDNESDAY NIGHT BIG BOOK STUDY 8 p.m. If by phone, ID 3231537477			New Laval Saturday Night 8:00 p.m. If by phone, ID: 864519856 PW : 009224
SPANISH MEETING 7 p.m. – 9 p.m.  If by phone, ID 3388944337	SPANISH MEETING 7 p.m. – 9 p.m.  If by phone, ID 3388944337	SPANISH MEETING 7 p.m. – 9 p.m.  If by phone, ID 3388944337	SPANISH MEETING 7 p.m. – 9 p.m.  If by phone, ID 3388944337	SPANISH MEETING 7 p.m. – 9 p.m.  If by phone, ID 3388944337	SPANISH MEETING 7 p.m. – 9 p.m.  If by phone, ID 3388944337	SPANISH MEETING 6 p.m. – 8 p.m.  If by phone, ID 3388944337

*** ALL SPANISH FACE TO FACE MEETINGS ARE OPENED**

To administrators Zoom

[One-click password link tutorial](#)

In order to protect yourself from unwanted entry, it is strongly recommended that you activate a password to enter your meeting. To facilitate access, activate the one-click single-click link that contains your meeting number and password. It's easy!

In your web account settings, search for "password" to find these two options that need to be enabled.

1. Activate the obligation of a password for scheduled meetings:

Require a password when scheduling new meetings

A password will be generated when scheduling a meeting and participants require the password to join the meeting. The Personal Meeting ID (PMI) meetings are not included.



2. Generate a link including the password. This link will be added to the invitation text.

Embed password in meeting link for one-click join

Meeting password will be encrypted and included in the join meeting link to allow participants to join with just one click without having to enter the password.



This makes it easier for members to click a "one click" link. Thus we are protected from malicious visitors