

Due to the Covid19 virus, all meeting facilities are currently closed, therefore all GA meetings are suspended indefinitely including Kingston and Smiths Falls. We will update our web page when things change.

If you are struggling call your sponsor or another member from your home room. If you have questions or need to share, call our GA helpline at (613) 567-3271). If there is no answer or the line is busy, leave a message and someone will get back to you ASAP.

Stay safe and stay in touch with others in recovery.

The most important thing in GA is **MEETINGS MAKE IT**. Page 17 tells us to **USE THE TELEPHONE LIST**. Using both of these ideas we can bring you telephone meetings.

Here are the things you need to know:

- 1. There are no fees for phone meetings.
- 2. No registration is required.

Toronto Phone in meetings

Meeting Details:

Phone number for all **Toronto** meetings **647-360-4694**

MONDAY	7 PM	Access Code:	586-499-494
WEDNESDAY	7 PM	Access Code:	876-571-286
SUNDAY	7 PM	Access Code:	825-116-477

Please note: Every meeting has its own access code.

Just dial the telephone number, enter the access code and you are in the meeting.
If you have reading materials (i.e. Yellow or Blue Book), please have it with you.

Montreal Phone in meetings

There are **2 daily** telephone meetings available in the Montreal Area.

AFTERNOONS (12:00PM – try to call in at 11:45)

(438) 794-7820 ID# 496 949 6949#

Ignore the prompt for another ID number, just wait to be connected.
You will be able to talk to everyone on the line

EVENING (7:30PM – try to call in at 7:15)

(438) 794-7820 ID # 514 484 6666#

Ignore the prompt for another ID number, just wait to be connected.
You will be able to talk to everyone on the line

If you have a smart phone or working computer, you can use the “RingCentral Meetings” app (free download from the Apple App Store or Google Play Store). Once installed put in either the Afternoon meeting ID or the Evening Meeting ID.

Afternoon ID# 496 949 6949 or click on: <https://meetings.ringcentral.com/j/4969496949>

Evening ID# 514 484 6666 or click on: <https://meetings.ringcentral.com/j/5144846666>