



**Looking for help?** our national helpline can put you in touch with a local volunteer who can. Call **083 900 69 62**

| Monday                                |   |
|---------------------------------------|---|
| City Centre<br>13:00 - 13:45          | cnr Burg and Longmarket Streets, Cape Town <i>Methodist Church, Greenmarket Square, Up the stairs at the back of the church</i><br>Just for Today   |
| Green Point<br>18:00 - 19:00          | 2 Somerset Rd, Green Point, Cape Town, 8001 <i>Salesians Institute . Entrance in Chiappini Street . 2 Somerset Rd, Green Point, Cape Town, 8001 Green Point, Cape Town.</i>   |
| Constantia<br>19:00 - 20:30           | Spaanschemat River Road, Contantia, Cape Town <i>Sports Hall, Constantia Waldorf School, next to Peddlars on the Bend</i>   |
| Stellenbosch<br>19:00 - 20:30         | 16 Paul Kruger Street, Stellenbosch <i>St Nicholas Church Hall</i><br>[Open first Monday of the month]  |
| Wellington Hillcrest<br>19:00 - 20:30 | 11 Klaasen , Wellington 7654 <i>C/O Klaasen &amp; Blossom Street Breakthrough Restoration Community Church.</i><br>Wellington Hillcrest   |
| Delft<br>19:00 - 20:30                | Delft Public Library, Delft Main Road ,Cape Town <i>Civic Center next to Library, c/o Delft and Voorbrug Main Road</i><br>[First meeting of the month is open meeting]  |
| Hout Bay<br>19:00 - 20:00             | Bayview Rd, Hout Bay Harbour, Cape Town, 7806, South Africa <i>Hangberg Community Hall (entrance on Bayview Road)</i>   |
| Bonteheuwel<br>19:30 - 21:00          | cnr Jakkalsvlei and Elder Street, Bonteheuwel, Cape Town <i>Multi-purpose Centre</i>  |
| Fish Hoek<br>19:30 - 20:45            | St Kiarans Church, 27 Upper Recreation Road, Fish Hoek <i>St Kiarans Church, Off Kommetjie Road</i><br>[Fellowshipping after the meeting] [Fellowshipping before]   |
| Kenilworth<br>19:30 - 21:00           | 3A Richmond Road, Kenilworth, Cape Town, Western Cape <i>Callow House, 3A Richmond Road, opposite Christ Church Kenilworth</i><br>[closed] [English] [wheelchair friendly]  |
| Hermanus<br>19:30 - 20:30             | United Church, 15 Royal Street, Hermanus<br>express   |
| Observatory<br>19:30 - 21:00          | Cnr Collingwood and Rawson Roads, Observatory, Cape Town <i>Observatory Community Centre, Entrance in Collingwood Street</i>  |
| Durbanville<br>20:00 - 21:30          | Durbanville Presbyterian Church, Louw Street, Durbanville <i>Durbanville Presbyterian Church, Cnr Louw St &amp; Hafele St. Durbanville. (Entrance off Hafele St.)</i><br>Together We Can  |
| Southfield<br>20:00 - 21:00           | Victoria & Cassino Rd Southfield <i>Southfield Library, cnr. Victoria &amp; Cassino Rd., Southfield, Cape Town . (fellowshipping after meeting)</i><br>Carrying the Message" Steps & Traditions [Express Meeting]               |
| City Centre<br>20:00 - 21:30          | 82 Canterbury Street, Cape Town <i>The Service Dining Rooms, just off Roeland Street, Opposite Fruit &amp; Veg City City Bowl</i>   |
| Strandfontein<br>20:00 - 21:30        | Frigate Road, Strandfontein, Cape Town <i>Strandfontein High School, off Dennegeur Road</i><br>The Ties That Bind Us Together   |
| Lansdowne<br>20:00 - 21:30            | 58 Church St, Southern Suburbs, Cape Town, Western Cape 7779 <i>Spangenberg Moravian School, Church Street (Between Rompe and Laidon Roads), Lansdowne. Meeting is in the hall on the ground floor.</i><br>Searching & Fearless |
| Tuesday                               |   |
| City Centre<br>13:05 - 13:45          | cnr Burg and Longmarket Streets, Cape Town <i>Methodist Church, Greenmarket Square, Up the stairs at the back of the church</i><br>Just for Today   |
| Arniston<br>18:00 - 19:00             | 41 Kamp St, Arniston<br>Arniston Contact: Contact Gladwin 076 722 7476  |
| Rondebosch<br>19:00 - 20:00           | 23 Rouwkoop Road, Rondebosch <i>St Michael's Church 23 Rouwkoop Road Rondebosch</i><br>Rondebosch Evening Express [wheelchair friendly] [open] [English]  |
| Ottery<br>19:30 - 20:30               | Aylesbury Crescent, Ottery, Cape Town <i>South Riding community Church Hall - behind the Spar</i><br>KEEP IT REAL   |
| Belhar<br>19:30 - 20:30               | 1 Denneboom Road, Belhar, Cape Town <i>All Saints Anglican Church</i>   |
| Table View<br>19:30 - 21:00           | 85 Janssens Avenue, Cape Town <i>Table View Methodist Church</i><br>Keep it Simple  |
| Kalk Bay<br>20:00 - 21:30             | Holy Trinity Church, Main Road, St James, Cape Town, Western Cape <i>Church of The Holy Trinity, across from Kalk Bay Station</i><br>Changing Tides [closed]  |
| Mowbray<br>20:00 - 21:00              | St Peters Church, 1-3 Church Street, Mowbray, Cape Town, Western Cape 7700 <i>Fellowshipping and coffee 21h00 to 21h30</i><br>The Black Keys [closed] [Fellowshipping after the meeting]  |

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| Lentegeur<br>20:00 - 21:30                | Nerine St, Mitchells Plain, Cape Town <i>Meadowridge Primary School, off A Z Berman Drive</i><br>Mitchell's Plain Basic   |
| Retreat<br>20:00 - 21:00                  | Haven Night Shelter, Corner 10th Avenue and Metal Road, Retreat<br>Coming Home meeting in Retreat <a href="#">[Fellow-shipping afterwards]</a>  |
| Southfield<br>20:00 - 21:30               | cnr Victoria and Cassino Road, Southfield, Cape Town <i>Southfield Public Library, across from Shoprite</i><br>Southfield Tuesday   |
| <b>Wednesday</b>                          |   |
| City Centre<br>13:05 - 13:45              | cnr Burg and Longmarket Streets <i>Methodist Church, Greenmarket Square, Up the stairs at the back of the church</i><br>Just for Today  |
| Green Point<br>18:00 - 19:00              | 2 Somerset Rd, Green Point, Cape Town, 8001 Green Point, Cape Town <i>Salesians Institute . Entrance in Chiappini Street. 2</i><br><i>Somerset Rd, Green Point, Cape Town, 8001 Green Point, Cape Town.</i><br>Basic Text Study   |
| Atlantis<br>19:00 - 20:30                 | Alberto street, Atlantis, Western Cape <i>Atlantis United Church</i>  |
| Wellington,<br>Winelands<br>19:00 - 20:30 | Jan van Riebeeck Street, Wellington <i>St George's Presbyterian Church Hall</i>   |
| Malmesbury<br>19:15 - 20:30               | 44 Voortrekker Road, Malmesbury Western Cape <i>Malmesbury Library Voortrekker road Malmesbury 7300</i><br>Malmesbury Just for Today <a href="#">[New meeting]</a>  |
| Bellville South<br>19:30 - 20:30          | Fabriek Street, Bellville <i>Tyger Flights Dart Club, Bellville South SportsComplex, Fabriek street, Bellville South</i><br>For Addicts By Addicts <a href="#">[express]</a> <a href="#">[closed]</a> <a href="#">[open 3rd meeting of month]</a> <a href="#">[wheelchair friendly]</a>   |
| Somerset<br>West<br>19:30 - 21:00         | NG Helderberg Gemeente ,82 Firmount Street, Somerset West 7130 <i>NG Helderberg , Firmount Road, Somerset</i><br><i>West.Entrance at the back of the Church through the steel gate by the vibracrete wall</i><br>Helderberg Contact: Junior 082 4955 098  |
| Woodstock<br>20:00 - 21:30                | 13 Dublin Street, Cape Town <i>St Agnes Church Hall</i><br>Woodstock meeting  |
| Claremont<br>20:00 - 21:30                | 8 Franklin Road, Cape Town <i>East Claremont Congressional Church hall. Entrance in Franklin Road Claremont.</i><br>Miracles & Milestones <a href="#">[Open last Wednesday of the month]</a>  |
| Grassy Park<br>20:00 - 21:30              | St Clements Primary School, St Clements Way, Grassy Park<br>Courage to Change   |
| Athlone<br>20:00 - 21:30                  | Corner of Lanaria Crescent and Olympic Crescent Silvertown, Cape Town 7769 <i>Corner of Lanaria Crescent and Olympic</i><br><i>Crescent Silvertown, Cape Town 7769 There is a play room for kids. 1st meeting of every month is open.</i><br>Silvertown meeting <a href="#">[play room for kids]</a> <a href="#">[1st meeting of every month is open]</a>     |
| <b>Thursday</b>                           |   |
| Observatory<br>13:00 - 14:00              | 1 Roman Road Observatory <i>Cape Town Drug Counselling Centre 1 Roman Road Observatory</i><br>Observatory Express <a href="#">[Express Meeting]</a>   |
| City Centre<br>13:05 - 13:45              | cnr Burg and Longmarket Streets <i>Methodist Church, Greenmarket Square, Up the stairs at the back of the church</i><br>Just for Today  |
| Greenpoint<br>18:00 - 19:00               | 2 Somerset Rd, Green Point, Cape Town, 8001 <i>Salesians Institute . Entrance in Chiappini Street</i><br>Greenpoint Thursday  |
| Ocean view<br>19:00 - 20:00               | 1 Zodiac Rd, Ocean View, Cape Town, 7975 <i>Methodist Church Hall . Directions : Drive down kommetjie rd and turn left at</i><br><i>the ocean view police station. Take the first left with the church on the right hand side . Coffee after meeting .</i><br>Skrik vir Niks Ocean view group <a href="#">[wheelchair friendly]</a> <a href="#">[express]</a> |
| Kenilworth<br>19:00 - 20:00               | 1 Wilderness road Claremont, Cape Town 7708 <i>Claremont library, Library square, Wilderness road, Claremont</i><br>Big Tree meeting <a href="#">[wheelchair friendly]</a>  |
| Langebaan<br>19:30 - 21:00                | 7 Antonio Sieni Street, Langebaan <i>NA Langebaan, Thusong Service Centre, 7 Antonio Sieni Street, Langebaan 7357</i><br>Langebaan <a href="#">[Closed meeting]</a>   |
| Edgemead<br>19:30 - 20:30                 | cnr Letchworth and Louis Thibault Road, Edgemead <i>St Michael and All Angels Anglican Church</i>   |
| Observatory<br>20:00 - 21:30              | Cnr Collingwood and Rawson Roads, Observatory, Cape Town <i>Observatory Community Centre, Entrance in Collingwood</i><br><i>Street</i><br>Beginners Group   |
| Bellville<br>20:00 - 21:30                | c/o Davies Avenue and Lingen Road, Boston/ Bellville <i>c/o Davies Avenue and Lingen Road, Bellville</i><br>Bellville <a href="#">[wheelchair friendly]</a> <a href="#">[English]</a>   |
| Heathfield<br>20:00 - 21:00               | corner of Gordon Rd & 2nd Ave., Heathfield<br>Welcome Home  |
| Campsbay<br>20:00 - 21:30                 | cnr The Fairway and Park Avenues, Camps Bay <i>St Peter's Methodist Church Hall</i><br>New Life   |
| <b>Friday</b>                             |   |
| Kenilworth<br>13:00 - 13:45               | 294 Main Road, Kenilworth, Cape Town <i>Kenilworth Community Presbyterian Church C/o Baker Street</i>   |
| Observatory<br>18:00 - 19:00              | Cnr Collingwood and Rawson Roads, Observatory, Cape Town <i>Observatory Community Centre, entrance on Collingwood</i><br><i>street.</i><br>Binn's Group   |

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| Green Point<br>18:00 - 19:00              | 2 Somerset Rd, Green Point, Cape Town, 8001 Green Point, Cape Town <i>Salesians Institute . Entrance in Chiappini Street. 2 Somerset Rd, Green Point, Cape Town, 8001 Green Point, Cape Town.</i>  |
| Ocean View<br>18:00 - 19:30               | cnr Capella Ave and Zodiac Road, Ocean View <i>Methodist Church</i>  |
| Blouberg<br>18:00 - 19:00                 | Corner Willow and Viola Roads, Blouberg Rise, Cape Town <i>Blaauwberg Sea Scout Hall</i>   |
| Somerset West<br>18:30 - 19:30            | NG Helderberg Gemeente ,82 Firmount Street, Somerset West 7130 <i>NG Helderberg , Firmount Road, Somerset West. Entrance at the front of the Church through the glass doors</i><br>Helderberg Contact: Junior 082 4955 098   |
| Hanover Park<br>19:00 - 20:00             | Cnr. Athwood Rd. & Hanover Park Ave <i>Blomvlei Primary School, . Opposite the Catholic Church</i><br>Express meeting  |
| Hanover<br>19:00 - 20:00                  | Hanover Park Ave & Athwood Rd, Mountview, Cape Town <i>Blomvlei Primary School. Opposite the Catholic Church</i><br>Hanover Park Express meeting   |
| Muizenberg<br>19:00 - 20:30               | 3 Marchmont Road, Muizenberg, Cape Town 7950 <i>Muizenberg Methodist Church . 3 Marchmont Road, Muizenberg, Cape Town 7950</i><br>Friday Forest <a href="#">[English]</a> <a href="#">[1st meeting of every month is an open meeting]</a>                                      |
| Westridge<br>20:00 - 21:30                | Cedar High School, Rochlands, Mitchells Plain <i>Westridge High School</i><br>Mitchell's Plain   |
| <b>Saturday</b>                           |  |
| Kenilworth<br>07:30 - 08:45               | 31 Kenilworth Rd, Kenilworth, Cape Town <i>Callow House, 3A Richmond Road, opposite Christ Church Kenilworth</i><br>Eyes Wide Open   |
| Parkwood<br>09:00 - 10:00                 | The Foundation for Positive Change, Kestrel Way, Parkwood, Western Cape<br>The Circle of Courage   |
| KuilsRiver<br>09:00 - 10:00               | Carinus Street, Kuilsriver 7580 <i>Kuilsriver Library, Carinus Street, Kuils River, Cape Town, Western Cape 7580</i><br>KuilsRiver   |
| Khayelitsha<br>11:00 - 12:00              | corner Bonga Drive and Lwandle Road, Site B, Khayelitsha <i>Club Room at the Ubuntu Centre, Cape Health Clinic</i><br>Khayelitsha  |
| Mitchells Plein<br>15:00 - 16:30          | Cedar High School , Rocklands , Mitchells Plain <i>Westridge High School</i>   |
| Crawford<br>17:00 - 18:00                 | 122 Thornton Road, Crawford <i>The entrance is off Tennant Street</i>  |
| Observatory<br>17:00 - 18:30              | Cnr Collingwood and Rawson Roads, Observatory, Cape Town <i>Observatory Community Centre, entrance on Collingwood street.</i><br>The Fat Candle Meeting  |
| Goodwood<br>19:00 - 20:00                 | Goodwood Library Hall, Church St, Goodwood Estate, Cape Town, 7460 <i>Goodwood Library Hall, Church St, Goodwood Estate, Cape Town,</i><br>Goodwood Express <a href="#">[express]</a>  |
| Kenilworth<br>19:00 - 20:30               | 294 Main Road, Kenilworth <i>Kenilworth Community Presbyterian Church</i><br>Saturday Night Live   |
| <b>Sunday</b>                             |  |
| Green Point / Waterfront<br>09:00 - 10:00 | Workshop 17, 17 Dock Road, V & A Waterfront, Cape Town, 8002, South Africa <i>The Watershed (next to Aquarium)</i><br><i>Workshop 17, Waterfront Building 17 Dock Road, V &amp; A Waterfront, Cape Town, 8002, South Africa (meet outside by 09:00a.m.)</i><br>Sunrise Meeting |
| Kenilworth<br>13:00 - 14:30               | Kenilworth Community Presbyterian Church 294 Main Rd Kenilworth Cape Town 7708 <i>Templeton house Kenilworth</i><br><i>Community Presbyterian Church 294 Main Rd Kenilworth Cape Town 7708</i><br>Lost Dreams Awaken   |
| Muizenberg<br>17:00 - 18:30               | 57 Promenade Road, Muizenberg <i>False Bay Rendevous, Old Lakeside Bowling club</i><br>Lakeside <a href="#">[Open 1st meeting of month]</a> <a href="#">[wheelchair access]</a>  |
| Observatory<br>18:00 - 19:30              | Cnr Collingwood and Rawson Roads, Observatory, Cape Town <i>Observatory Community Centre, entrance on Collingwood street.</i><br>Steps and Traditions  |
| Blouberg<br>18:00 - 19:30                 | cnr Willow and Viola Roads, Blouberg Rise, Cape Town <i>Blaauwberg Sea Scout Hall</i>  |

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