



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 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> Just for Today
Green Point 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> Just for Today
Constantia 19:00 - 20:30	Spaanschemat River Road, Contantia, Cape Town <i>Sports Hall, Constantia Waldorf School, next to Peddlars on the Bend</i>
Stellenbosch 19:00 - 20:00	16 Paul Kruger Street, Stellenbosch <i>St Nicholas Church Hall</i> [Open first Monday of the month]
Delft 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> [First meeting of the month is open meeting]
Hout Bay 19:00 - 20:00	NG Kerk, c/o Oxford and Albert Street, Hout Bay, Cape Town, 7806, South Africa <i>Entrance on Oxford Street</i>
Gordon's bay 19:15 - 20:45	87 Beach Road Gordon's bay Central <i>NG Gemeente Gordon's bay</i> Gordon's bay Contact: Emile: 072 624 1514
Hermanus 19:30 - 20:30	United Church, 15 Royal Street, Hermanus express
Bonteheuwel 19:30 - 21:00	cnr Jakkalsvlei and Elder Street, Bonteheuwel, Cape Town <i>Multi-purpose Centre</i>
Observatory 19:30 - 21:00	Cnr Collingwood and Rawson Roads, Observatory, Cape Town <i>Observatory Community Centre, Entrance in Collingwood Street</i>
Fish Hoek 19:30 - 21:00	St Kiarans Church, 27 Upper Recreation Road, Fish Hoek <i>St Kiarans Church, Off Kommetjie Road</i> [Fellowshipping after the meeting] [Fellowshipping before]
Kenilworth 19:30 - 21:00	3A Richmond Road, Kenilworth, Cape Town, Western Cape <i>Callow House, 3A Richmond Road, opposite Christ Church Kenilworth</i> [Closed meeting] [English] [wheelchair friendly]
Durbanville 20:00 - 21:30	Durbanville Presbyterian Church, Louw Street, Durbanville <i>Durbanville Presbyterian Church, Cnr Louw St & Hafele St. Durbanville. (Entrance off Hafele St.)</i> Together We Can
City Centre 20:00 - 21:30	82 Canterbury Street, Cape Town <i>The Service Dining Rooms, just off Roeland Street, Opposite Fruit & Veg City City Bowl</i>
Southfield 20:00 - 21:00	St. Marks church, 9 Cassino Road, Plumstead <i>St. Marks church, 9 Cassino Road, Plumstead, Cape Town . (fellowshipping after meeting)</i> Carrying the Message" Steps & Traditions [Express Meeting]
Lansdowne 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> Searching & Fearless
Tuesday	
City Centre 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> Just for Today
Arniston 18:00 - 19:00	41 Kamp St, Arniston Arniston Contact: Contact Gladwin 076 722 7476
Claremont 19:00 - 20:00	St Bernard's Church, cnr Stirling and Buchan Roads, Newlands, Claremont, Cape Town <i>Was the old Rondebosch meeting</i> Claremont Express meeting [English] [Open meeting] [Topic and share]
Somerset West 19:15 - 20:15	NG Helderberg Gemeente, 82 Firmount Road, Somerset West, 7130 <i>Entrance at the front of the church, through the glass doors.</i> Somerset West Tuesday [Express Meeting] [Open meeting is on last Tuesday of the month] Contact: Junior- 082 49 55 098
Heideveld 19:30 - 21:00	Ihata shelter, cnr. 5th street and Yusuf Street, Heideveld, Welcome Estate Heideveld NA
Belhar 19:30 - 20:30	1 Denneboom Road, Belhar, Cape Town <i>All Saints Anglican Church</i>
Table View 19:30 - 21:00	85 Janssens Avenue, Cape Town <i>Table View Methodist Church</i> Keep it Simple
Kalk Bay 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> Changing Tides [closed]

Mowbray 20:00 - 21:00	St Peter's Church, 3 Church street, Mowbray, Cape Town, Western Cape 7700 <i>Meeting venue at the St Peter's Church, opposite Gingerbread house.</i> The Black Keys [closed] [Fellowshipping after the meeting]
Retreat 20:00 - 21:00	Haven Night Shelter, Corner 10th Avenue and Metal Road, Retreat Coming Home meeting in Retreat [Fellow-shipping afterwards]
Lentegeur 20:00 - 21:30	Nerine St, Mitchells Plain, Cape Town <i>Meadowridge Primary School, off A Z Berman Drive</i> Mitchell's Plain Basic
Southfield 20:00 - 21:30	cnr Victoria and Cassino Road, Southfield, Cape Town <i>Southfield Public Library, across from Shoprite</i> Southfield Tuesday
Wednesday	
City Centre 13:05 - 13:45	cnr Burg and Longmarket Streets <i>Methodist Church, Greenmarket Square, Up the stairs at the back of the church</i> Just for Today
Green Point 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> Just for Today
Atlantis 19:00 - 20:30	Alberto street, Atlantis, Western Cape <i>Atlantis United Church</i>
Wellington 19:30 - 20:30	22 Jan Van Riebeeck Street, Wellington <i>Meeting at the Presbyterian Church Hall</i> NA Wellington Contact: 082 839 2809
Malmesbury 19:15 - 20:30	44 Voortrekker Road, Malmesbury Western Cape <i>Malmesbury Library Voortrekker road Malmesbury 7300</i> Malmesbury Just for Today [New meeting]
Somerset West 19:30 - 21:00	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> Helderberg
Bellville South 19:30 - 20:30	Fabriek Street, Bellville <i>Tyger Flights Dart Club, Bellville South SportsComplex, Fabriek street, Bellville South</i> For Addicts By Addicts [closed] [open 3rd meeting of month] [express] [wheelchair friendly]
Woodstock 20:00 - 21:30	13 Dublin Street, Cape Town <i>St Agnes Church Hall</i> Woodstock meeting
Claremont 20:00 - 21:30	8 Franklin Road, Cape Town <i>East Claremont Congressional Church hall. Entrance in Franklin Road Claremont.</i> Miracles & Milestones [Open last Wednesday of the month]
Grassy Park 20:00 - 21:30	St Clements Primary School, St Clements Way, Grassy Park Courage to Change
Athlone 20:00 - 21:30	Petunia Road, Silvertown <i>Off Klipfontein Road. Meeting venue is next to Silvertown clinic</i> Silvertown Meeting [Last Wednesday of each month is an open meeting with cake]
Thursday	
Observatory 13:00 - 14:00	1 Roman Road Observatory <i>Cape Town Drug Counselling Centre 1 Roman Road Observatory</i> Observatory Express [Express Meeting]
City Centre 13:05 - 13:45	cnr Burg and Longmarket Streets <i>Methodist Church, Greenmarket Square, Up the stairs at the back of the church</i> Just for Today
Greenpoint 18:00 - 19:00	2 Somerset Rd, Green Point, Cape Town, 8001 <i>Salesians Institute . Entrance in Chiappini Street</i> Just for Today
Kenilworth 18:45 - 19:45	1 Wilderness road Claremont, Cape Town 7708 <i>Claremont library, Library square, Wilderness road, Claremont</i> Big Tree meeting [wheelchair friendly] [fellowshipping starts at 18:30]
Delft 19:00 - 20:00	Delft Public Library, Delft Main Road, Cape Town <i>Civic Centre next to the library, cnr of Delft and Voorbrug Main Road.</i> Delft Express Meeting
Campsbay 19:30 - 21:00	cnr The Fairway and Park Avenues, Camps Bay <i>St Peter's Methodist Church Hall</i> New Life
Edgemead 19:30 - 20:30	cnr Letchworth and Louis Thibault Road, Edgemead <i>St Michael and All Angels Anglican Church</i>
Tafelsig 19:30 - 20:30	Cnr. Mont Blanc and Andes Streets, Tafelsig <i>Christ The Reconcillor church</i> Tafelsig Express Meeting
Paarl 19:30 - 20:30	Klein Nederberg country guest farm, Sonstraal Road, Paarl [New meeting]
Observatory 20:00 - 21:30	Cnr Collingwood and Rawson Roads, Observatory, Cape Town <i>Observatory Community Centre, Entrance in Collingwood Street</i> Beginners Group
Bellville 20:00 - 21:00	c/o Davies Avenue and Lingen Road, Boston/ Bellville <i>c/o Davies Avenue and Lingen Road, Bellville</i> Bellville [English] [wheelchair access] [Express Meeting] [Fellowshipping From 21h00 - 21h30]
Heathfield 20:00 - 21:00	corner of Gordon Rd & 2nd Ave., Heathfield Welcome Home
Friday	
Kenilworth 13:00 - 13:45	294 Main Road, Kenilworth, Cape Town <i>Kenilworth Community Presbyterian Church C/o Baker Street</i>
Observatory 20:00 - 21:30	Cnr Collingwood and Rawson Roads, Observatory, Cape Town <i>Observatory Community Centre, entrance on Collingwood Street</i>

Observatory 18:00 - 19:00	<i>street.</i> Binn's Group
Green Point 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> Just for Today
Blouberg 18:00 - 19:00	Corner Willow and Viola Roads, Blouberg Rise, Cape Town <i>Blaauwberg Sea Scout Hall</i>
Somerset West 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> Helderberg
Hanover Park 19:00 - 20:00	Hanover Park Ave & Athwood Rd, Mountview, Cape Town <i>Blomvlei Primary School. Opposite the Catholic Church</i> Hanover Park Express meeting
Muizenberg 19:00 - 20:30	3 Marchmont Road, Muizenberg, Cape Town 7950 <i>Muizenberg Methodist Church . 3 Marchmont Road, Muizenberg, Cape Town 7950</i> Friday Forest [English] [1st meeting of every month is an open meeting]
Westridge 20:00 - 21:30	Cedar High School, Rocklands, Mitchells Plain <i>Westridge High School</i> Mitchell's Plain
Saturday	
Kenilworth 07:30 - 08:45	3A Richmond Rd, Kenilworth, Cape Town <i>Venue is opposite the Christ Church building</i> Eyes Wide Open
KuilsRiver 09:00 - 10:00	Carinus Street, Kuilsriver 7580 <i>Kuilsriver Library, Carinus Street, Kuils River, Cape Town, Western Cape 7580</i> KuilsRiver
Parkwood 09:00 - 10:00	The Foundation for Positive Change, Kestrel Way, Parkwood, Western Cape The Circle of Courage
De Waterkant 09:30 - 10:30	Suite B101, 1st floor, Cape Quarter Piazza, Corner Jarvis & Dixon Street, De Waterkant <i>Meeting entrance is above Palette Art in the Piazza, Suite B101, Cape Quarter Piazza</i> Pink Cloud [Special interest group] [Gay bisexual and questioning men only]
Khayelitsha 11:00 - 12:00	Cape Health Centre, corner Bonga Drive and Lwandle Road, Site B, Khayelitsha <i>Meeting in the CDU room of the clinic (Ask staff or security where the CDU room is)</i> Khayelitsha [Open meeting last Saturday of the month] Contact: Junior- 082 495 5098
Mitchells Plein 15:00 - 16:30	Cedar High School , Rocklands , Mitchells Plain <i>Westridge High School</i>
Crawford 17:00 - 18:00	122 Thornton Road, Crawford <i>The entrance is off Tennant Street</i>
Observatory 17:00 - 18:30	Cnr Collingwood and Rawson Roads, Observatory, Cape Town <i>Observatory Community Centre, entrance on Collingwood street.</i> The Fat Candle Meeting
Kenilworth 19:00 - 20:30	294 Main Road, Kenilworth <i>Kenilworth Community Presbyterian Church</i> Saturday Night Live
Goodwood 19:00 - 20:00	Presbyterian Church, McDonald street, Goodwood, Cape Town <i>This new venue is on the street behind the old library venue.</i> Goodwood Express [last Saturday of the month is an open meeting] [express]
Sunday	
Green Point / Waterfront 09:00 - 10:00	The Rockwell, 32 Prestwich Street, Green point, Cape Town, 8002, South Africa Sunrise Meeting
Kenilworth 13:00 - 14:00	Kenilworth Community Presbyterian Church 294 Main Rd Kenilworth Cape Town 7708 <i>Templeton house Kenilworth Community Presbyterian Church 294 Main Rd Kenilworth Cape Town 7708</i> Lost Dreams Awaken
Muizenberg 17:00 - 18:30	3 Marchmont Road, Muizenberg, Cape Town <i>Muizenberg Methodist Church</i> Lakeside NA [Open 1st meeting of month] [wheelchair access]
Blouberg 18:00 - 19:30	cnr Willow and Viola Roads, Blouberg Rise, Cape Town <i>Blaauwberg Sea Scout Hall</i>
Observatory 18:00 - 19:30	Cnr Collingwood and Rawson Roads, Observatory, Cape Town <i>Observatory Community Centre, entrance on Collingwood street.</i> Steps and Traditions

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