



**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
Strandfontein 15:00 - 16:30	Frigate Road, Strandfontein, Cape Town <i>Strandfontein High School, off Dennegeur Road</i> The Ties That Bind Us Together
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>
Constantia 19:00 - 20:30	Spaanschemat River Road, Contantia, Cape Town <i>Sports Hall, Constantia Waldorf School, next to Peddlars on the Bend</i>
Hout Bay 19:00 - 20:00	Bayview Rd, Hout Bay Harbour, Cape Town, 7806, South Africa <i>Hangberg Community Hall (entrance on Bayview Road)</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]
Wellington Hillcrest 19:00 - 20:30	11 Klaasen , Wellington 7654 <i>C/O Klaasen &amp; Blossom Street Breakthrough Restoration Community Church.</i> Wellington Hillcrest
Kenilworth 19:30 - 21:00	3A Richmond Road, Kenilworth, Cape Town, Western Cape <i>Callow House, 3A Richmond Road, opposite Christ Church Kenilworth</i> [English] [wheelchair friendly] [closed]
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>
Hermanus 19:30 - 20:30	United Church, 15 Royal Street, Hermanus express
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]
Durbanville 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> Together We Can
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]
City Centre 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>
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
Rondebosch 19:00 - 20:00	23 Rouwkoop Road, Rondebosch <i>St Michael's Church 23 Rouwkoop Road Rondebosch</i> Rondebosch Evening Express [English] [wheelchair friendly] [open]
Ottery 19:30 - 20:30	Aylesbury Crescent, Ottery, Cape Town <i>South Riding community Church Hall - behind the Spar</i> KEEP IT REAL
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 Peters Church, 1-3 Church Street, Mowbray, Cape Town, Western Cape 7700 <i>Fellowshipping and coffee 21h00 to 21h30</i> The Black Keys [Fellowshipping after the meeting] [closed]

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
Retreat 20:00 - 21:00	Haven Night Shelter, Corner 10th Avenue and Metal Road, Retreat Coming Home meeting in Retreat <a href="#">[Fellow-shipping afterwards]</a>
Southfield 20:00 - 21:30	cnr Victoria and Cassino Road, Southfield, Cape Town <i>Southfield Public Library, across from Shoprite</i> Southfield Tuesday
<b>Wednesday</b>	
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</i> <i>Somerset Rd, Green Point, Cape Town, 8001 Green Point, Cape Town.</i> Basic Text Study
Atlantis 19:00 - 20:30	Alberto street, Atlantis, Western Cape <i>Atlantis United Church</i>
Wellington, Winelands 19:00 - 20:30	Jan van Riebeeck Street, Wellington <i>St George's Presbyterian Church Hall</i>
Malmesbury 19:15 - 20:30	44 Voortrekker Road, Malmesbury Western Cape <i>Malmesbury Library Voortrekker road Malmesbury 7300</i> Malmesbury Just for Today <a href="#">[New meeting]</a>
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 <a href="#">[express]</a> <a href="#">[wheelchair friendly]</a> <a href="#">[open 3rd meeting of month]</a> <a href="#">[closed]</a>
Somerset West 19:30 - 21:00	NG Helderberg Gemeente ,82 Firmount Street, Somerset West 7130 <i>NG Helderberg , Firmount Road, Somerset</i> <i>West.Entrance at the back of the Church through the steel gate by the vibracrete wall</i> Helderberg Contact: Junior 082 4955 098
Claremont 20:00 - 21:30	8 Franklin Road, Cape Town <i>East Claremont Congressional Church hall. Entrance in Franklin Road Claremont.</i> Miracles & Milestones <a href="#">[Open last Wednesday of the month]</a>
Woodstock 20:00 - 21:30	13 Dublin Street, Cape Town <i>St Agnes Church Hall</i> Woodstock meeting
Grassy Park 20:00 - 21:30	St Clements Primary School, St Clements Way, Grassy Park Courage to Change
Athlone 20:00 - 21:30	Corner of Lanaria Crescent and Olympic Crescent Silvertown, Cape Town 7769 <i>Corner of Lanaria Crescent and Olympic</i> <i>Crescent Silvertown, Cape Town 7769 There is a play room for kids. 1st meeting of every month is open.</i> Silvertown meeting <a href="#">[play room for kids]</a> <a href="#">[1st meeting of every month is open]</a>
<b>Thursday</b>	
Observatory 13:00 - 14:00	1 Roman Road Observatory <i>Cape Town Drug Counselling Centre 1 Roman Road Observatory</i> Observatory Express <a href="#">[Express Meeting]</a>
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> Greenpoint Thursday
Ocean view 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> <i>the ocean view police station. Take the first left with the church on the right hand side . Coffee after meeting .</i> Skrik vir Niks Ocean view group <a href="#">[express]</a> <a href="#">[wheelchair friendly]</a>
Kenilworth 19:00 - 20:00	1 Wilderness road Claremont, Cape Town 7708 <i>Claremont library, Library square, Wilderness road, Claremont</i> Big Tree meeting <a href="#">[wheelchair friendly]</a>
Langebaan 19:30 - 21:00	7 Antonio Sieni Street, Langebaan <i>NA Langebaan, Thusong Service Centre, 7 Antonio Sieni Street, Langebaan 7357</i> Langebaan <a href="#">[Closed meeting]</a>
Edgemead 19:30 - 20:30	cnr Letchworth and Louis Thibault Road, Edgemead <i>St Michael and All Angels Anglican Church</i>
Observatory 20:00 - 21:30	Cnr Collingwood and Rawson Roads, Observatory, Cape Town <i>Observatory Community Centre, Entrance in Collingwood</i> <i>Street</i> Beginners Group
Bellville 20:00 - 21:30	c/o Davies Avenue and Lingen Road, Boston/ Bellville <i>c/o Davies Avenue and Lingen Road, Bellville</i> Bellville <a href="#">[English]</a> <a href="#">[wheelchair friendly]</a>
Heathfield 20:00 - 21:00	corner of Gordon Rd & 2nd Ave., Heathfield Welcome Home
Campsbay 20:00 - 21:30	cnr The Fairway and Park Avenues, Camps Bay <i>St Peter's Methodist Church Hall</i> New Life
<b>Friday</b>	
Kenilworth 13:00 - 13:45	294 Main Road, Kenilworth, Cape Town <i>Kenilworth Community Presbyterian Church C/o Baker Street</i>
Observatory 18:00 - 19:00	Cnr Collingwood and Rawson Roads, Observatory, Cape Town <i>Observatory Community Centre, entrance on Collingwood</i> <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>
Ocean View 18:00 - 19:30	cnr Capella Ave and Zodiac Road, Ocean View <i>Methodist Church</i>
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 Contact: Junior 082 4955 098
Hanover Park 19:00 - 20:00	Cnr. Athwood Rd. & Hanover Park Ave <i>Blomvlei Primary School, . Opposite the Catholic Church</i> Express meeting
Hanover 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 <a href="#">[English]</a> <a href="#">[1st meeting of every month is an open meeting]</a>
Westridge 20:00 - 21:30	Cedar High School, Rocklands, Mitchells Plain <i>Westridge High School</i> Mitchell's Plain
<b>Saturday</b>	
Kenilworth 07:30 - 08:45	31 Kenilworth Rd, Kenilworth, Cape Town <i>Callow House, 3A Richmond Road, opposite Christ Church Kenilworth</i> Eyes Wide Open
Parkwood 09:00 - 10:00	The Foundation for Positive Change, Kestrel Way, Parkwood, Western Cape The Circle of Courage
KuilsRiver 09:00 - 10:00	Carinus Street, Kuilsriver 7580 <i>Kuilsriver Library, Carinus Street, Kuils River, Cape Town, Western Cape 7580</i> KuilsRiver
Khayelitsha 11:00 - 12:00	corner Bonga Drive and Lwandle Road, Site B, Khayelitsha <i>Club Room at the Ubuntu Centre, Cape Health Clinic</i> Khayelitsha
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
Goodwood 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> Goodwood Express <a href="#">[express]</a>
Kenilworth 19:00 - 20:30	294 Main Road, Kenilworth <i>Kenilworth Community Presbyterian Church</i> Saturday Night Live
<b>Sunday</b>	
Green Point / Waterfront 09:00 - 10:00	Workshop 17, 17 Dock Road, V & A Waterfront, Cape Town, 8002, South Africa <i>The Watershed (next to Aquarium)</i> <i>Workshop 17, Waterfront Building 17 Dock Road, V &amp; A Waterfront, Cape Town, 8002, South Africa (meet outside by 09:00a.m.)</i> Sunrise Meeting
Kenilworth 13:00 - 14:30	Kenilworth Community Presbyterian Church 294 Main Rd Kenilworth Cape Town 7708 <i>Templeton house Kenilworth</i> <i>Community Presbyterian Church 294 Main Rd Kenilworth Cape Town 7708</i> Lost Dreams Awaken
Muizenberg 17:00 - 18:30	57 Promenade Road, Muizenberg <i>False Bay Rendevous, Old Lakeside Bowling club</i> Lakeside <a href="#">[wheelchair access]</a> <a href="#">[Open 1st meeting of month]</a>
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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