

Column1	Group	Day and time of meeting	Id and passwords	Column2	Sep-22	Oct-22	Nov-21	Dec-21	Jan-22	Feb-22	Mar-22	Apr-23	May	June
2	Bowmanville Group	Wed. 8pm			4	5	6	3	8	1	11	14	12	1
3	Central Group	Sun 7:30			5	6	7	8	9	13	10	8	14	2
4	Newcastle	Sat. 8 pm			6	7	8	9	3	12	13	1	2	3
5	Courage to Change	Sat 7:30pm			7	8	9	10	12	8	14	2	3	6
6	Hampton New life group	Mon. 730pm			8	9	10	11	13	14	1	3	4	5
7	Liverpool Group	Mon. 8pm			9	10	11	12	1	10	2	4	9	13
8	Gratitude Group	Fri. 8pm			11	12	13	14	2	3	4	5	6	7
9	Ajax Freedom Group	Wed. 8pm			12	14	1	5	4	5	6	7	8	10
10	Southend Group	Fri. 730pm			13	2	12	4	14	6	7	13	11	12
11	Whitby Group	Sat 8pm			14	1	2	13	6	9	12	10	7	14
12	Kedron Group	Tues 7:30pm			1	3	4	2	11	7	8	9	10	11
13	Simplicity	Wed. 7:30pm			10	11	14	1	5	11	3	6	5	8
14	Friendship Group	Tues 7:30pm			2	13	3	7	10	4	5	11	1	9

## **INSTRUCTIONS:**

Interchange will take place in the first seven days of the month. Please note the day and time of the group you are attending.

Note the # before your group name, this is your group number. The number in the month column, is the group you visit.

Example how to read this chart: (#1 Ajax Friday night group will visit #3 Central Group in Sept 2022).

If your group is unable to attend and conduct interchange, please make an effort to contact someone from the affected group.

Your GSR should have a list of other GSRS to contact.

**Please note Ajax Friday night is no longer on the schedule so if group 1 is to come to you don't expect anyone and if you are to go to group one you don't have to**

For any other questions or concerns please contact your Alternate DCM:

District 26 - Allen M at (416)-432-8387

District 28 - James S at (289)-600-7218