



A Helping Hand

If you need help with a drinking problem call us
Helpline 1 - 0724 219570 | Helpline 2 (Enquiries for Ladies) - 0799 458616
Helpline 3 - 0705 571000 | Helpline 4 - 0705 570979
 Or write to us on inquiries@aa-kenya.or.ke

AA MEETINGS AVAILABLE IN KENYA

LOCATION	AA GROUP/MEETING	MON	TUE	WED	THU	FRI	SAT	SUN
AA MEETINGS IN NAIROBI								
1 All Saints Cathedral - Opposite Serena Hotel	SERENITY GROUP	12:30pm-1:30pm				12:30pm-1:30pm		
2 Consolata Church, Westlands	KEEP IT SIMPLE GROUP			12:30pm-1:30pm				
3 Eden House Lalapanzi Diani	PARADISE GROUP MEETING						11.00 am-12.00 pm	
4 Guadalupe Church, Adams Arcade Opp Toy Market	BIG BOOK STUDY GROUP							4:00pm-5:30pm
5 Guadalupe Church, Adams Arcade Opp Toy Market	TUNE UP MEETING						4:00pm-5:30pm	
6 Guadalupe Church, Adams Arcade Opp Toy Market	STEP MEETING				6.30 pm - 7.30 pm			
7 Hekima University College, Ngong Road	CAME TO BELIEVE GROUP			6.15 PM - 7.15 PM		6.15 PM - 7.15 pm		
8 Hekima University College, Ngong Road	Women's Meeting						2.30 pm - 3.30 pm	
9 Holy Family Minor Basilica Town Center	SERENDIPITY GROUP	6:15pm-7:30pm						
10 Holy Family Minor Basilica Town Center	BEGINNERS GROUP		12:30pm-1:30pm					
11 Igoji Catholic Church	AA - MERU			5.00 pm - 6.00 pm				2.00 pm - 3.00 pm
12 Jericho - St. Joseph Church Off Tana Crescent	JERICHO SWAHILI GROUP	6:00pm-7:00pm						
13 Madre Teresa Catholic Church, Zimmermann, Kamiti Road	STEP MEETING							4.00 pm - 5.00 pm
14 Nairobi Hospital Anderson Building 10th Floor	EASY DOES IT						9.00 AM - 10.00 AM	
15 Nairobi Place Karen - Mokoyeti Rd West, off Lang'ata Road, Karen	TUMAINI GROUP	6:00pm-7:00pm		6:00pm-7:00pm	6:00pm-7:00pm	6:00pm-7:00pm	10.00 - 11.00 AM	3.00 PM - 4.00 PM
16 P.C.E.A. Runda Evergreen Church	MUSTARD SEED			6.30 pm - 7.30 pm	6.30 pm - 7.30 pm			
17 Regina Caeli, Karen	CANDLE LIGHT GROUP	6.00PM - 7.00PM						
18 St Andrews Church, Opp. St. Paul's Church	LIVING SOBER GROUP				12:30pm-1:30pm			
19 St John's Ambulance at end of County Lane off parliament Rd	MAKING MEMORIES					6.15pm to 7.15pm		
20 United Lavington Church near Lavington Mall	UNITED GROUP		6:30pm-7:30pm			6:30pm-7:30pm		
21 Karura Community Chapel behind Roselyn Riviera mall, towards Ruaka	NEW LIVING SOBER GROUP							
Westlands Primary School	TOUCHSTONE GROUP	6.30 pm - 7.30 pm						10.00 am - 11.00 am
AA MEETINGS IN ATHI RIVER								
1 Mavuno Hill City	FEARLESS STEPS GROUP			11:00 am - 12:00pm				2.00 pm - 3.00 pm
AA MEETINGS IN MERU								
1 Igoji Catholic Church	AA Meru			5.00 pm - 6.00 pm				2.00 pm - 3.00 pm
AA MEETINGS IN MOMBASA								
1 Mombasa Hospital Sisters' Mess - Mombasa	UWEZO GROUP	12:30pm-1:30pm		12:30pm-1:30pm		12:30pm-1:30pm		
2 Rima Rehab - Opposite Nyali Baracks	SERENITY NYALI - MOMBASA						11:00 - 12:00 pm	
AA MEETINGS IN NAKURU								
1 Nakuru Central SDA Church Bondeni Estate	ROAD TO RECOVERY GROUP			1.00 - 2 pm				
AA MEETINGS IN NANYUKI								
1 The Chapel, Nanyuki Cottage Hospital - Contact Alex H. 254721 242361	THE CHAPEL				12.30 - 1.30 pm			
AA MEETINGS IN THIKA								
1 St.Peter The Rock Catholic Church	LIVING SOBER GROUP							4.00 - 5.00 pm
OPEN AA MEETINGS (OPEN TO NON - ALCOHOLICS)								
AA GROUP/MEETING	LOCATION	WHEN?						
1 SERENITY GROUP	All Saints Cathedral Opposite Serena Hotel	The Last Friday of the Month 12.30 – 1.30 PM						
2 BEGINNERS GROUP	Holy Family Minor Basilica Town Center	1st and last Tuesday of the month 12.30 – 1.30 PM						
3 KEEP IT SIMPLE GROUP	Consolata Church, Westlands	Last Wednesday of the Month 12.30 – 1.30 PM						
4 MUSTARD SEED	P.C.E.A. Runda Evergreen Church	Last Wednesday of the month 6PM to 7PM						
5 TOUCHSTONE GROUP	Westlands Primary School	Last Sunday of the month						
6 CANDLE LIGHT GROUP	Regina Caeli	Last Monday of every month						

***New Meetings**

BIG BOOK STUDY GROUP Jesus Touch Church - Kijiwetanga Malindi Every Wednesday and Friday 11am to 12pm