

SUNDAY / DOMINGO

9:30AM 1HR Recovery in the Park, Gage Park, We meet outside near the Children's Garden and baseball diamond next to the parking lot off Lawrence Rd. Inclement weather: meeting held in the Greenhouse., 42 Lawrence Rd, Hamilton, ON, L8M 1N6 **(O,D,IW,WC)**

7:00PM 1.5HR Courage to Change Group, First Unitarian Church, 170 Dundurn Street South, Hamilton, ON, L8P 4K3 **(O,D,JT,WC,BK)**

7:30PM 1.5HR Clean & Free Group, Anglican Church of the Nativity, At Barons., 1831 King Street East, Hamilton, ON, L8K 1V8 **(O,BT,So,WC)**

MONDAY / LUNES

7:00PM 0.5HR An Intro to Narcotics Anonymous, Check NAHamilton.org for Zoom link, Password: 1212, **(B,QA,VM)**

7:30PM 1.5HR H.O.W. Group, Saint Joseph's Healthcare, Enter off Fennell Ave, through lobby to Seminar Room A217, 100 West 5th Street, Hamilton, ON, L9C 3R2 **(O,D,WC)** Enter off Fennell outside the auditorium

TUESDAY / MARTES

7:00PM 1.25HR Mountain Freedom Group, Elliott Heights Baptist Church, 1300 Fennell Avenue East, Hamilton, ON, L8T 1T6 **(O,D,WC,BK)** Bus: Upper Kenilworth to Fennell

WEDNESDAY / MIÉRCOLES

7:00PM 1.5HR New Beginnings Group, Stoney Creek United Church, Entrance off of Lake Ave S - Board Room, 2nd Floor, 1 King St West, Stoney Creek, ON, L8G 1G7 **(O,D,JT,LC)**

THURSDAY / JUEVES

NOON 1.5HR Spiritual Awakenings, Laidlaw United Church, 155 Ottawa St N, Hamilton, ON, L8H 3Z2 **(C)**

7:00PM 1.25HR Strong Hold Recovery, Trinity Presbyterian Church, 720 9th Ave, Hamilton, ON, L8T 2A3 **(O)**

7:30PM 1HR Rivers Edge Group, Grace United Church, Fellowship Room, 174 Caithness Street East, Caledonia, ON, N3W 1C2 **(WC,BK)**

FRIDAY / VIERNES

5:30PM 1.5HR Friday Night Meeting, Saint Paul's Presbyterian Church, 70 James Street South, Hamilton, ON, L8P 2Y8 **(C,BT,D)**

SATURDAY / SÁBADO

1:30PM 1.5HR Learn to Live Group, Blessings Christian Church, Corner of Locke and Stanley. Parking is off Stanley., 115 Stanley Ave, Hamilton, ON, L8P 2L5 **(O,BT,D)** At Locke

7:00PM 1.5HR The Recovery Room *MOVED TEMPORARILY*, Tim Hortons, 65 Ottawa St North, Hamilton, ON, L8H 3Y9 **(WC)** Fellowship Conversation.

MEETING FORMAT LEGEND

B	Beginners	BK	Book Study
BT	Basic Text	C	Closed
D	Discussion	IW	It Works -How and Why
JT	Just for Today	LC	Living Clean
O	Open	QA	Question and Answer
So	Speaker Only	VM	Virtual Meeting
WC	Wheelchair		

HELPLINES

English	(888) 811-3887
French	(800) 385-7247
Farsi	(888) 377-7881

SERVICE MEETINGS

Hamilton Area Service Committee - 3rd Saturday of each month @ 10am
First Unitarian Church
170 Dundurn Street South, Hamilton, ON, L8P 4K3

WHO WE ARE

Anyone who wants to stop using drugs may become a member of Narcotics Anonymous (NA). Membership is not limited to addicts using any particular drug. Those who feel that they may have a problem with drugs, legal or illegal, including alcohol, are welcome in NA. Recovery in NA focuses on the problem of addiction, and not on any particular drug.

WHAT WE ARE

Narcotics Anonymous is a nonprofit fellowship or society of men and women for whom drugs had become a major problem. We are recovering addicts who meet regularly to help each other stay clean.

WHERE WE ARE

Most NA meetings are held regularly at the same location. There are two basic types of meetings; those that are open to the public and those that are closed to the public (for addicts only.) NA meetings are informally structured. The function of any meeting is always the same - to provide a suitable and reliable environment for personal recovery.

You don't have to be clean (drug free) when you get here, but after your first meeting we suggest that you keep coming back and come clean. You don't have to wait for an overdose or a jail sentence to get help from N.A., nor is addiction a hopeless condition from which there is no relief from the desire to use drugs.

What is our message? The message is that an addict, any addict, can stop using drugs, lose the desire to use, and find a new way to live. Our message is hope and the promise of freedom. When all is said and done, our primary purpose can only be to carry the message to the addict who still suffers because that is all we have to give.

Having difficulty dealing with reality? Call someone in NA. Ask people at meetings to write their name and phone number on this form, so you'll have an alternate to being in your own bad company.

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