SUNDAY

9:00 AM **Keep it Simple Men's Group** Speaker last Sun of month. That same day we gift a Basic Text to a newcomer or an addict that needs one . Parking is strictly enforced . Only use adjacent parking lot. NO PARKING IN FRONT OF MEETING. 2687 National Ave. San Diego, 92113 (C,D,M,WC,§)

12:30 PM **Recovery by the Bay** Cesar Chavez Park (Bring lawn chairs) Bring your own lawn chairs 1449 Cesar E. Chavez Pkwy San Diego, 92101 (O,D,WC)

3:00 PM **Women 2 Women** 2687 National Ave San Diego, 92113 (O,D,W,WC)

7:30 PM **Stepping Into Serenity** Speaker every 3rd Sun 1415 Roosevelt Ave National City, 91950 (O,D,To,HY) https://us02web.zoom.us/j/6264680325 Password: 609516

MONDAY

6:00 PM **Living The Dream Clean** 5265 Naranja Street San Diego, 92114 (D,W,WC)

7:00 PM **Good Time Grab Bag** 2362 Reo Dr San Diego, 92139 (O,D,WC,§)

TUESDAY

4:00 PM **A New Way of Life** 12 N. Euclid Ave National City, 91950 (O,D,WC,§)

6:15 PM **Man 2 Man** Rec Center/ Back Meeting Room 641 S. Boundary St. San Diego, 92113 (C,D,M,WC) *Speaker every 3rd Tuesday of the month.*

7:00 PM **Glad it's not Monday** Speaker last Tuesday of the Month. Outdoor Smoking. 2825 Boston Ave San Diego, 92113 (O,D,WC,§,OD) *Speaker every 2nd Tuesday of the Month.*

WEDNESDAY

6:00 PM **"Thrivin" to Survive** Study from "The NA Survival Kit" Recommend bring book. 4149 Newton Street San Diego, 92113 (C,WC,BK)

7:15 PM **A Better Buzz** 2362 Reo Dr. San Diego, 92139 (O,D,WC,YP)

THURSDAY

7:00 PM **Keep Coming Back Fellas** 2825 Boston Ave San Diego, 92113 (C,D,M,WC) *Speaker every 2nd Thursday of the Month.*

FRIDAY

12:30 PM **Aging in Recovery** Rec Center All Clean Time Celbrations are on the Last Friday of each Month 641 S. Boundary St. San Diego, 92113 (O,WC,LC)

6:00 PM **Downtown Dollies** Rec Center speaker, 3rd Friday 2600 Golfcourse Drive San Diego, 92102 (C,D,W,WC,§)

6:00 PM **Keep it Real** Rec Center Speaker 3rd Friday of the month. 641 S Boundary St San Diego, 92113 (O,D,WC) *Speaker / 3rd Friday*

7:00 PM **We Do Recover** Meets in Clubhouse at Rear of Park (Golden Hill Rec Center) Speaker, 4th Friday 2600 Golfcourse Drive San Diego, 92102 (O,D,WC,CW)

SATURDAY

2:00 PM **A Better Day** 5077 Logan Ave San Diego, 92113 (O,D,WC)

3:00 PM **In the Park before Dark** Rec Center 641 S. Boundary St San Diego, 92113 (O,D,WC)

7:00 PM **Together We Can** Next to the Church of Guadalupe; @ Big parking lot by alley at Tepeyac Bldg. Children allowed, please supervise. 1724 Kearny Ave San Diego, 92113 (C,D,WC,§)

Any addict is welcome at any meeting at any time!

Legend

O Open for the general public to attend

C Closed meeting for addicts only or those who may have a drug problem

C	Closed	D	Discussion
M	Men	O	Open
To	Topic	W	Women
WC	Wheelchair	YP	Young People
BK	Book Study	CW	Children Welcome
LC	Living Clean	HY	Hybrid Meeting
§	Stamp	OD	Outdoors

Note: Child care is NOT provided by Narcotics Anonymous!

"Take my will and my life.
Guide me in my recovery.
Show me how to live."

Cualquier adicto es bienvenido en cualquier reunión en cualquier momento!

Simbologia

O Reuniones abiertas al público en general

C Reuniones cerradas, sólo para adictos o para quienes crean tener un problema de drogas

B	Para el recién llegado	BL	Bilingüe
BT	Texto Básico	C	Cerrado
CH	Cerrado en Días de fiesta	CL	Luz de vela
CS	Niños bajo Supervisión	D	Discusión
ES	Hablando español	GL	Gay/Lesbiana
HY	Hybrid Meeting	IL	Enfermedad
IP	Folleto Informativo	IW	Functiona - Cómo y Porqué
JT	Solo por Hoy	M	Hombres
NC	No niños	O	Abierta
OE	Sin Tiempo Fijo	Pi	Echada
RF	Formato que Rota	Rr	Round Robin
SB	Rotura del humo	SD	Orador/Discusión
SG	Guia Para Trabajar los Pasos	SL	ASL
So	Solamente Orador	St	Paso
TC	Temporarily Closed Facility	TW	Taller de las Tradiciones
Ti	Contador de Tiempo	To	Tema
Tr	Tradición	VM	Virtual Meeting
W	Mujeres	WC	Silla de Ruedas
YP	Jovenes	§	Sello

Nota: cuidado de niños no es proporcionada por Narcóticos Anónimos!

"Toma mi voluntad y mi vida.
Guíame en mi recuperación.
Enséñame cómo vivir."

All GSR Orientations 1/2 hour prior to ASC

ASC: **Demetrics** (619) 358-5116 **1st Sat 10:00am** 641 S. Boundary St, rec ctr. 92113

Lit Sales: **1st Sat B4 ASC** 641 S. Boundary St, rec ctr. 92113

Treasurer: **Roy B.** (619) 212-2290

Activities: **Karla W.** (619) 510-5920 **3rd Wed@6:00pm** 4101 48th St. 92105

H&I: **Yolonda I.** (619) 865-0259 **3rd Thurs@6:00pm** 2687 National Ave San Diego, Ca 92113

Secretary: **Denise P.** (619) 885-0426

Merchandise: **Vacant 3rd Sun@1:00pm**

Public info: **Selena M** (619) 210-9455

Lit Sales: **Lorenza** (619) 920-7052

BMLT: **Linda B.** (619) 655-1007

RCM: **Ray T.** (619) 520-4380

Convention Liaison: **Vacant**

Outreach: **Walter B.** (619) 541-3299

Habla Espana Liaison: **Fernando** (619) 889-1010

Phone List

My Gratitude speaks when I care and when I share with others the NA Way.

SOUTH EAST BARRIO AREA

Meeting Schedule (19 weekly)

Printed on: NOVEMBER 5, 2026

San Diego Imperial Counties Region of NARCOTICS ANONYMOUS

All Meetings and Schedules are FREE

24 Hour Helplines

English (619) 584-1007 - Espanol (619) 546-0774
North County (866) 331-1958

San Diego Regional Service Office:
2111 Camino Del Rio South, San Diego, CA 92108
Parking Lot 2
Phone: (619) 584-1010 Fax: (619) 584-6269
Mailing Address: P.O. Box 16505 San Diego, CA. 92176
www.sandiegona.org - WebServant@sandiegona.org

NA World Services: P.O. Box 9999, Van Nuys, CA. 91409
www.na.org (818) 773-9999 FAX: (818) 700-0700

SUGGESTIONS FOR EVERYONE

DON'T USE no matter what
Ask your Higher Power to keep you clean
Come early and stay late
Get a home group
Go to 90 meetings in 90 days
Read NA literature daily
Get and use a sponsor
Use the PHONE
KEEP COMING BACK. IT WORKS