

SUNDAY

- 6:00 PM** High on Life, Panama City Beach, FL (O,VM)
7:00 PM Beach NA Group, YANA Club, 8715 Laird St., Panama City Beach, FL, 32408 (O,WC,NS)

MONDAY

- 6:00 PM** High On Life, 2420 East Baldwin Road, Panama City, FL, 32405 (O,WC,NS,BK)
6:00 PM High on Life, Panama City Beach, FL (O,VM)
7:00 PM 2nd Chance, 249 E. Hewitt Rd, Santa Rosa Beach, FL, 32459 (O)
7:00 PM Bring Everyone And Recover, Alford Park, 2562 park rd, Alford, FL, 32420 (O,WC,JT)
7:30 PM Bridge to freedom, St. Andrews Episcopal church, 1608 Baker Ct., Panama city fl, FL, 32401 (O,CAN,CL)

TUESDAY

- 6:00 PM** High On Life, Hiland Park United Methodist Church, 2420 East Baldwin Road, Panama City, FL, 32405 (O,WC,NS,CL)
6:00 PM High on Life, Panama City Beach, FL (O,VM)
7:00 PM 2nd Chance, 249 E. Hewitt Rd, Santa Rosa Beach, FL, 32459 (O)
7:00 PM Last chance, 1063 Circle dr., Defuniak springs, FL, 32435 (O)
7:30 PM Bridge to freedom, St. Andrews Episcopal church, 1608 Baker Ct., Panama city fl, FL, 32401 (O,CAN,CL)

WEDNESDAY

- 6:00 PM** High on Llife, Panama City Beach, FL (O,VM)
7:00 PM Beach NA Group, YANA CLUB, 8715 Laird St., Panama City Beach, FL, 32408 (C,NS,BK)
7:00 PM One Way Left, 1641 Brickyard Road, Chipley, FL, 32428 (O)

WEDNESDAY (CONT)

- 8:00 PM** Bridge to freedom, St. Andrews Episcopal church, 1608 Baker Ct., Panama city fl, FL, 32401 (O,CAN,CL)

THURSDAY

- 6:00 PM** High On Life, 2420 East Baldwin Road, Panama City, FL, 32405 (O,WC,NS,BK)
6:00 PM High on Life, Panama City Beach, FL (O,VM)
7:00 PM 2nd Chance, 249 E. Hewitt Rd, Santa Rosa Beach, FL, 32459 (O)

FRIDAY

- 6:00 PM** High on Life, Panama City Beach, FL (O,VM)
6:00 PM White Flag Recovery, 289 Madison St., Freeport, FL, 32439 (O)
7:00 PM Beach NA Group, YANA CLUB, 8715 Laird St., Panama City Beach, FL, 32408 (O,WC,CL)
7:30 PM Backwoods Recovery, Glad Tidings Assembly of God, 138 East Orange Ave., Wewahitchka, FL, 32465 (O,WC,NS,St,Tr)

SATURDAY

- 6:00 PM** High on Life, Panama City Beach, FL (O,VM)
7:00 PM 3rd Saturday of the month 2nd Chance Speaker Meeting, 3rd Saturday Of the month, 249 E. Hewitt Rd, Santa Rosa Beach, FL, 32459 (O,SPK)
7:30 PM Bridge to freedom, St Andrews Episcopal Church, 1608 Baker Ct., Panama city fl, FL, 32401 (O)
9:00 PM Night Owls of NA (NONA), YANA club, 8715 Laird st, Panama City Beach, FL, 32408 (O)

MEETING FORMAT LEGEND

BK	Book Study	C	Closed to Non-Addicts
CAN	Candlelight	CL	Candlelight
JT	Just for Today	NS	No Smoking
O	Open	SPK	Speaker Only
St	Step	Tr	Tradition
VM	Virtual Meeting	WC	Wheelchair

Open meetings welcome anyone wishing to experience our fellowship. Some groups have open meetings once a month to allow non-addict friends and relatives of NA members to celebrate recovery anniversaries with them.

Closed meetings are for addicts only or those who think they might have a drug problem. Closed meetings provide an atmosphere in which addicts can feel more certain that those attending will be able to identify with them.

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. This is a program of complete abstinence from all drugs. There is only one requirement for membership, the desire to stop using.

We suggest that you keep an open mind and give yourself a break. Our program is a set of principles written so simply that we can follow them in our daily lives. The most important thing about them is that they work.

There are no strings attached to NA. We are not affiliated with any other organizations. We have no initiation fees or dues, no pledges to sign, no promises to make to anyone.

We are not connected with any political, religious, or law enforcement groups, and are under no surveillance at any time. Anyone may join us regardless of age, race, sexual identity, creed, religion, or lack of religion.

We are not interested in what or how much you used or who your connections were, what you have done in the past, how much or how little you have, but only in what you want to do about your problem and how we can help. The newcomer is the most important person at any meeting, because we can only keep what we have by giving it away. We have learned from our group experience that those who keep coming to our meetings regularly stay clean.



EMERALD COAST AREA

MEETING LIST

OCTOBER 2024

Updated October 8, 2024

24 HOUR HELPLINE

866-985-0008

www.emeraldcoastareana.org

www.alnwfl.org

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

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.**

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