Sunday

NOON 1HR Steps To Freedom Group, Kalano Club, 2108 Vasile Road, Kelowna, BC, V1Y 6H5 **(O,D,WC)**

5:00PM 1HR Girls Gone Mild, Kalano Club, 2108 Vasile Road, Kelowna, BC, V1Y 6H5 **(O,D,To,W,WC)**

7:30PM 1HR A New Beginning Group, Winfield Community Church, 9460 Glenmore Road, Kelowna, BC, V4V 1M8 **(O,D)**

8:00PM 1HR Sunday Nite Special Group, Kalano Club, 2108 Vasile Road, Kelowna, BC, V1Y 6H5 **(O,D,To,WC)**

Monday

NOON 1HR The Nooner Group, First Baptist Church, 1309 Bernard Avenue, Kelowna, BC, V1Y 6R5 **(O,To,WC)**

6:00PM 1HR Spiritually Speaking Group, Kalano Club, 2108 Vasile Road, Kelowna, BC, V1Y 6H5 **(O)**

7:00PM 1HR Men In Recovery Group, First Baptist Church, 1309 Bernard Ave, Kelowna, BC, V1Y 6R5 **(O,M)**

Tuesday

NOON 1HR The Nooner Group, First Baptist Church, 1309 Bernard Ave, Kelowna, BC, V1Y 6R5 **(O,To,WC)**

6:00PM 1HR No Matter What, Kalano Club, 2108 Vasile Rd, Kelowna, BC, V1Y 6H5 **(O)**

Wednesday

NOON 1HR The Nooner Group, First Baptist Church, 1309 Bernard Ave, Kelowna, BC, V1Y 6R5 **(O,To,WC)**

7:00PM 1HR Words Of Wisdom Group, Redeemer Lutheran Church, 3637 Brown Road, Kelowna, BC, V4T 1P7 **(O,WC)**

8:00PM 1HR We're Alright By Candlelight, Kalano Club, 2108 Vasile Road, Kelowna, BC, V1Y 6H5

Thursday

NOON 1HR The Nooner Group, First Baptist Church, 1309 Bernard Avenue, Kelowna, BC, V1Y 6R5 **(O,To,WC)**

5:15PM 1HR Living Clean Group, First Baptist Church, 1309 Bernard Ave, Kelowna, BC, V1Y 6R5 **(O,WC)**

7:30PM 1.25HR Back To Basics Group, 250 Gibbs Rd West, Kelowna, BC, V1X 1W7 **(O,To)**

Friday

NOON 1HR The Nooner Group, First Baptist Church, 1309 Bernard Avenue, Kelowna, BC, V1Y 6R5 **(O,To,WC)**

6:00PM 1HR Good Clean Living Group, Kalano Club, 2108 Vasile Road, Kelowna, BC, V1Y 6H5 **(O,To)**

6:00PM 1HR Winning in Winfield, Winfield Community Church, 9460 Glenmore Road, Kelowna, BC, V4V 1M8 **(O,D)**

Saturday

10:00AM 1HR Wake Up! It's a Meeting!, Trinity Church South Entrance, 1905 Springfield Road, Kelowna, BC, V1Y 7V7 **(O,To)**

6:00PM 1HR Just for Today, Kalano Club, 2108 Vasile Rd, Kelowna, BC, V1Y 6H5 **(O,WC)**

MEETING FORMAT LEGEND

D	Discussion	M	Men
O	Open	To	Topic
W	Women	WC	Wheelchair

HELPLINES

Area 1	Number 1
Area 2	Number 2

SERVICE MEETINGS

PHONE NUMBERS

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.

Basic Text, *page 65*

CENTRAL OKANAGAN AREA

MEETING LIST

NOVEMBER 2026

24 HOUR HELPLINE
NUMBER

https://na.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

Meetings Weekly: 20