

Auburndale	
Mon	No Name Meeting , St. Alban's Episcopal Church, 202 Pontotoc St, Auburndale, FL, 33823 (C,CAN,D,WC,NS)
Bartow	
Thu	The Last Chance Group , Bartow Detox, Access to this facility is for persons 18 years of age and above only., 2725 State Road 60, Bartow, FL, 33830 (C,WC,NS,RA,NC)
Bowling Green	
Thu	Not Just One, But All , Men's Halfway House (All are welcome), 5207 Doyle Parker Ave, Bowling Green, FL, 33834 (O,D,WC)
Davenport	
Thu	Grateful Recovery Group , Gate Church, 508 U.S. Highway 17-92, Davenport, FL, 33837 (D)
Lake Alfred	
Wed	The Chosen Few , First United Methodist Church, Parish Hall, 130 S Pennsylvania Ave, Lake Alfred, FL, 33850 (O,D,WC,NS,SPK)
Lakeland	
Sun	Living Free , 2001 N Crystal Lake Dr, Lakeland, FL, 33801 (O,D,WC,NS,SPK) <i>1st Sun. - Lit, Smoke Free Campus</i>
Sun	Weekend Wind Down - Hybird , WhiteSands Alcohol & Drug Rehab, Outpatient Building, 5135 US Hwy 98 N, Lakeland, FL, 33809 (O,CW,D,WC,NS,HY,SPK) <i>Hybrid</i> .
Mon	Clean Break At Noon , 2929 Hardin Combee Rd, Lakeland, FL, 33801 (O,D,WC,LIT,NS,CS)
Mon	Never Alone , St. Stephens Episcopal Church, Classrooms, 1820 E County Road 540a, Lakeland, FL, 33813 (O,D,WC,LIT,NS,SPK)
Mon	The Dopeless Hope Spot , 3140 Troy Ave, Lakeland, FL, 33803 (O,WC)
Tue	Clean Break At Noon , 2929 Hardin Combee Rd, Lakeland, FL, 33801 (C,D,WC,NS,CS)
Tue	Serenity in the Swamp , Wilson House, 510 Wildlife Trail, Lakeland, FL, 33809 (M,VAR,WC,NS)
Tue	Clean Break at Night (Serenity Seekers) , 2929 Hardin Combee Rd, Lakeland, FL, 33801 (C,D,WC,NS,CS)
Tue	Keep It Simple , First Presbyterian Church, Boy Scout Building/Classroom at the rear of the parking lot, 175 Lake Hollingsworth Dr, Lakeland, FL, 33801 (O,D,WC,NS,SPK)
Wed	Clean Break At Noon , 2929 Hardin Combee Rd, Lakeland, FL, 33801 (C,D,WC,NS,CS)

Lakeland (cont)	
Wed	First Things First , WhiteSands Outpatient Facility, 5135 Us Hwy 98 N, Lakeland, FL, 33809 (C,D,STP,TRD,WC,NS)
Wed	Never Alone , St. Stephens Episcopal Church, Classrooms, 1820 E County Road 540a, Lakeland, FL, 33813 (O,D,WC,NS,SPK)
Wed	Top Of The Bottom , First Presbyterian Church, Boy Scout Building/Classroom at the rear of the parking lot, 175 Lake Hollingsworth Dr, Lakeland, FL, 33801 (O,D,WC,LIT,NS,SPK) <i>LIT 1st Wed, SPK Last Wed</i>
Thu	Clean Break At Noon , 2929 Hardin Combee Rd, Lakeland, FL, 33801 (C,D,WC,NS,CS)
Thu	Asking For Recovery , College Heights United Methodist Church, No Longer Meeting at Success House, 934 South Blvd, Lakeland, FL, 33803 (O,D,WC,NS,CS,ME) <i>1st Thursday of each month is a meditation meeting. Enter at wrought iron gate, through the seating area, around the courtyard to Room #7 (Rath Senior Center) Please do not walk on the grass.</i>
Thu	Grow or Go , Peak Worship Church, 315 Granada St., Lakeland, FL, 33805 (O,CAN,CW,D,WC,LIT,NS) <i>Rotating format: 1st & 3rd Thurs-Open Discussion, 2nd Thurs-Literature Discussion, 4th Thurs-God Shot, 5th Thurs-Candlelight</i>
Thu	We Do Recover , Grace Lutheran Church, 745 S Ingraham Ave, Lakeland, FL, 33801 (O,D,WC,NS,SPK)
Fri	Clean Break At Noon , 2929 Hardin Combee Rd, Lakeland, FL, 33801 (O,D,VAR,WC,NS,CS)
Fri	She DO Recover , 220 W Beacon Rd, Lakeland, FL, 33803 (O,D,W,WC,NS)
Fri	Friday Night Candlelight , Beacon Hill Fellowship, 220 W Beacon Rd., Lakeland, FL, 33803 (O,CAN,D,WC,NS)
Fri	The War Is Over , St. Stephens Episcopal Church, Classroom Building, 1820 E County Road 540a, Lakeland, FL, 33813 (O,D,WC,NS)
Fri	This Too Shall Pass , WhiteSands Outpatient Facility, 5135 US Hwy 98 N, Lakeland, FL, 33809 (C,D,WC,LIT,NS,HP)
Sat	Solutions , 1820 County Rd 540A, Lakeland, FL, 33813 (O,TOP)
Sat	Clean Break Saturday , 220 W Beacon Rd, Lakeland, FL, 33803 (O,D,VAR,WC,NS,CS)
Sat	Saturday Nite Live , Beacon Hill Fellowship, 220 W Beacon Rd., Lakeland, FL, 33803 (O,CW,D,WC,NS,CS)

Lake Placid	
Mon	Carry the Message , South Oak Baptist Church, 119 E. Royal Palm Street, Lake Placid, FL, 33852 (O,D,NS,SPK)
Fri	Friday Night Special , South Oak Baptist Church, 119 E. Royal Palm St., Lake Placid, FL, 33852 (O,D,NS,SPK)
Sat	High on Hope , Lake Placid Church of the Nazarene, 512 W. Interlake Blvd, Lake Placid, FL, 33852 (O,D,SPK)
Lake Wales	
Mon	Show Me Don't Tell Me , Good Shepherd Episcopal Church, Across the street from the church, 200 S. 4th Street, Apt #7, Lake Wales, FL, 33853 (O,LIT,SD,L,HY)
Wed	Show Me Don't Tell Me , Good Shepherd Episcopal Church, Across the street from the church, 200 S. 4th Street, Apt #7, Lake Wales, FL, 33853 (O,D,SD,HY)
Sat	Show Me Don't Tell Me , Good Shepherd Episcopal Church, Across the street from the church, 200 S. 4th Street, Apt #7, Lake Wales, FL, 33853 (O,D,SD,HY)
Lithia	
Fri	Recovery In The Sticks , 5300 Beulah Church Rd, Lithia, FL, 33547 (O,CW,D) <i>Childcare Provided</i>
NO DATA	
Wed	The Virtual Few , FL, 33850 (O,WC,NS,SD,L,VM)
Plant City	
Sun	Just For Today , Hull House, 203 N Thomas St, Plant City, FL, 33563 (O,D,RF)
Wed	Just For Today , Hull House, 203 N Thomas St, Plant City, FL, 33563 (O,D,RF)
Sebring	
Tue	Take It Easy , Last house on the block, 300 Medical Center Way, Sebring, FL, 33870 (O,D,LIT) <i>1st Tuesday lit study, other weeks candlelight open disc.</i>
Fri	Friday Night Fire , 300 Medical Center Way, Sebring, FL, 33870 (O,D,SMK,WC,SPK) <i>Seasonal Bonfire - Go through "Do Not Enter" sign on entering grove.</i>
Winter Haven	
Mon	Mission Possible , The Mission of Winter Haven, 180 E. Central Ave, Winter Haven, FL, 33880 (O,CW,D,NS,ENG,HY)

Winter Haven (cont)	
Tue	Face 2 Face Winter Haven , Fellowship Hall, 401 N. Lake Howard Dr, Winter Haven, FL, 33881 (O,WC)
Wed	Mission Possible , The Mission of Winter Haven, 180 E. Central Ave, Winter Haven, FL, 33880 (O,CW,D,NS,ENG,HY)
Thu	Just For Thursday , St. John's United Methodist Church, 1800 Cypress Gardens Blvd, Winter Haven, FL, 33884 (C,D,STP,WC,NS,CS) <i>STP 1st Thurs</i>
Fri	Another Look In The Villa , Florence Villa Community, Most eastern room in the building., 111 Ave R NE, Winter Haven, FL, 33881 (C,D,WC,NS)
Sat	Ties That Bind Us , 111 Ave R NE, Winter Haven, FL, 33881 (O,D,WC,NS) <i>to the left upon entry</i>
Zephyrhills	
Sun	Recovery In The Hills , Seventh Day Adventist Church, Classroom 4, 7333 Dairy Road, Zephyrhills, FL, 33540 (O,D,WC,NS,SPK)
Mon	More Will Be Revealed , St. Elizabeth Episcopal Church, 5855 16th Street, Zephyrhills, FL, 33542 (O,D,WC,NS,SPK)
Tue	Shattering The Illusion , St. Elizabeth Episcopal Church, 5855 16th St., Zephyrhills, FL, 33542 (O,VAR) <i>Last Tues. of month speaker meeting</i>
Wed	Recovery In The Hills , Seventh Day Adventist Church, Classroom 4, 7333 Dairy Road, Zephyrhills, FL, 33540 (O,D,WC,NS,SPK)
Thu	Recovery In The Hills , Seventh Day Adventist Church, Classroom 4, 7333 Dairy Road, Zephyrhills, FL, 33540 (O,D,WC,NS,SPK)
Fri	More Will Be Revealed , St. Elizabeth Episcopal Church, 5855 16th Street, Zephyrhills, FL, 33542 (O,D,WC,NS,SPK)
Sat	Works If You Work It , Pool Duck, 38145 15th Ave, Zephyrhills, FL, 33542 (VAR,NS,HP)

Bahamas	242-426-5245
Bay Area/Pinellas (Pinellas County)	727-547-0444
Boca Raton/Delray Beach	561-393-0303
Bradenton	941-957-7910
Daytona Beach (Volusia County)	800-206-0731
First Coast Area (Duval County)	904-723-5683
Forest/Ocala (Marion City)	352-368-6061
Gainesville (Uncoast Area)	352-376-8008
Greater Orlando Area	407-425-5157
Jacksonville	800-576-4357
Heartland Area (Lakeland/Polk County)	863-683-0630
Melbourne/Titusville	321-631-4357
Nature Coast	352-508-1604
New Port Richey/Zephrhills	800-691-5551
North-West Florida	800-467-7314
Palm Coast Area	561-848-6262
Recover Coast Area (Pasco County)	727-842-2433
River Coast Area (Hernando County)	352-754-7200
Suncoast Area (Sarasota)	941-257-5055
South Florida Region	866-288-6262
Space Coast Area (Brevard County)	321-631-4357
St- Petersburg/Clearwater/Pinellas County	727-547-0444
Tallahassee/Big Bend	850-224-2321
Tampa (Hillsborough County)	813-879-4357
Treasure Coast (St- Lucie County)	888-624-6822
Unity Springs (West Volusia County)	888-385-3121

Meeting Format Legend			
CAN	Candlelight	CW	Children Welcome
D	Discussion	M	Men
VAR	Format Varies	W	Women
NS	No Smoking	SD	Speaker & Discussion
CS	Children Supervised	HP	Handicap Parking
O	Open	C	Closed to Non-Addicts
WC	Wheelchair	SMK	Smoking Permitted
STP	Step	TOP	Topic
TRD	Tradition	LIT	Literature Study
ꝝ	Outdoor Meeting	RF	Rotating Format
ME	Meditation	RA	Restricted Attendance
L	Literature Study	NC	No Children
VM	Virtual Meeting	HY	Hybrid
SPK	Speaker Only	FNG	English speaking

HEARTLAND AREA

MEETING LIST

JANUARY 2026

24 HOUR HELPLINE

863-683-0630

<https://naflheartland.org>

**Heartland Area Service Committee
PO Box 2183
Eaton Park, FL 33840**

**Florida Regional Service Office
2222 South Combee Road, Bay #6
Lakeland, FL 33801**

1-866-NAFLRSO (866-623-5776)

SUGGESTIONS FOR THE NEWCOMER

**Don't use no matter what
your Higher Power to keep you clean today**

Come early and stay late

Come Early and Stay Late Get a home group

Get a home group Go to 90 meetings in 90 days

Go to 12 meetings in 30 days
Read NA literature daily

Read NA literature daily
Get and use a sponsor

Get and use a sponsor
Use the phone

Use the phone
Keep coming back

Keep coming back

Serenity Prayer

God, grant me the serenity to accept the
things I cannot change,
The courage to change the things I can,
And the wisdom to know the difference.