SUNDAY

10:00 AM - Simplicity is the Key (O,D,TOP,WC,HP,VM)
1005 SE 4th Ave, Gainesville, FL, In Person & Online

6:45 PM - Last House on the Block (O,D)
620 W Duval St, Lake City, FL

7:00 PM - Spiritually High (O,CAN,D,TOP,WC)
17405 NW US Hwy 441, High Springs, FL

7:00 PM - Ties that Bind (C,WC,LIT)
3403 NW 13th St, Gainesville, FL

MONDAY

12:15 PM - Give Yourself a Break (O,D,TOP,WC)
419 NE 2nd Street, Gainesville, FL

6:30 PM - A New Level of Insight (O,WC,LIT,LC)
1124 NE 3rd Ave, Gainesville, FL

7:00 PM - Rainbow Recovery (O,WC,HP,RF,LGBTQ+)
4011 NW 34th St, Gainesville, FL

7:00 PM - We Do Recover (O,BEG,D,STP,WC,SD)
4400 SW 13th St, Gainesville, FL

8:30 PM - No Name Group (O,D,TOP,WC,HP)
1521 NW 34th St, Gainesville, FL

TUESDAY

12:15 PM - Give Yourself a Break (O,BEG,WC)
419 NE 2nd Street, Gainesville, FL

5:45 PM - High Tea (O,WC,RR,AB)
4011 NW 34th St, Gainesville, FL

6:00 PM - Steps to Recovery (O,CW,D,LIT)
2805 Reid St, Palatka, FL

6:30 PM - Serenity Seeking Sisters (Women's Meeting) (O,W,WC,HP)
1521 NW 34th St, Gainesville, FL

8:00 PM - IP on Drugs (O,D,IP,WC,LIT,SD,HP)
1521 NW 34th St, Gainesville, FL

WEDNESDAY

12:15 PM - Give Yourself a Break (O,WC,IW)
419 NE 2nd Street, Gainesville, FL

6:30 PM - A New Level of Insight (O,LIT,LC,VM)
Gainesville, FL

7:00 PM - Gainesville Clean (O,D,STP,TRD,WC,LIT,HP)
4225 NW 34th St., Gainesville, FL

WEDNESDAY (CONT)

8:30 PM - A New Hope (O,CAN,D,TOP,WC,HP)
106 SW 3rd St, Gainesville, FL

THURSDAY

12:15 PM - Give Yourself a Break (O,WC,S)
419 NE 2nd Street, Gainesville, FL

6:30 PM - Open Hearts Open Minds (O,D,WC,JFT,RR,HP)
1521 NW 34th St, Gainesville, FL

7:00 PM - Freedom of Choice (O,D,WC)
4225 NW 34th St, Gainesville, FL

7:00 PM - Lifesavers (O,D,STP,TRD,WC,HP,SPK)
1005 SE 4th Ave, Gainesville, FL

7:30 PM - New Beginnings (O,D,WC)
405 Henry Ave, Branford, FL

8:00 PM - Room to Breathe (O,CAN,WC,JFT,HP,ME)
1521 NW 34th St, Gainesville, FL

FRIDAY

12:15 PM - Give Yourself a Break (O,WC,RR)
419 NE 2nd Street, Gainesville, FL

6:30 PM - Spiritually High (O,D,VAR,TOP,WC)
17405 NW US Hwy 441, High Springs, FL

7:00 PM - Miracles (O,D,TOP,WC,HP)
1005 SE 4th Ave, Gainesville, FL

7:00 PM - Steps to Recovery (O,CAN,D)
2805 Reid St, Palatka, FL

8:00 PM - No Name Group (C,CAN,D,WC,RR,HP)
106 SW 3rd St, Gainesville, FL

SATURDAY

10:00 AM - Meeting Makers Make It (O,D,WC,HP)
1521 NW 34th St, Gainesville, FL

6:00 PM - Steps to Recovery (O,D,LIT)
2805 Reed St, Palatka, FL

7:30 PM - New Beginnings (O,D,WC)
405 Henry Ave, Branford, FL

8:00 PM - No Name Group (O,WC,HP,HY,SPK)
1521 NW 34th St, Gainesville, FL

8:00 PM - No Name Group (Online Option) (O,VM,SPK)
Gainesville, FL

Meeting Format Legend

Meeting times and locations subject to change.
Meetings are an hour unless otherwise specified.

BEG	Beginners	CAN	Candlelight
CW	Children Welcome	D	Discussion
IP	Informational Pamphlet	VAR	Format Varies
W	Women	SD	Speaker & Discussion
RR	Round Robin	O	Open
C	Closed to Non-Addicts	WC	Wheelchair
STP	Step	TOP	Topic
TRD	Tradition	LIT	Literature Study
RF	Rotating Format	ME	Meditation
LGBTQ+	LGBTQ+	AB	Ask-It-Basket
VM	Virtual Meeting	HY	Hybrid
SPK	Speaker Only	JFT	Just for Today Study
LC	Living Clean	HP	Handicap Parking
S	Spiritual Principles	IW	It Works: How and Why

Contact Information

Uncoast Area	uncoastna.org
Florida Region	naflorida.org
FL RSO	floridarso.org
NA World Service	na.org
South Florida Region	sfrna.net
Virtual NA Meetings	https://virtual-na.org/
	https://zoom.nastuff.com/

10 Suggestions for Newcomers in Narcotics Anonymous

1. **If you are at a facility, attend a meeting the day you leave. Look at the meeting list ahead of time and plan where you will go. Contact our phone line at (352) 376-8008 or visit uncoastna.org if you don't have a meeting lis**
2. **Attend at least one meeting everyday for at least the first 90 days of your recovery.**
3. **Arrive at meetings early and stay late to talk to people.**
4. **Pick up a copy of these Informational Pamphlets (IPs) found at meetings and read them: Am I An Addict?, Sponsorship, Welcome to Narcotics Anonymous.**
5. **Buy a copy of the Basic Text and read it (free audiobook available on na.org).**
6. **Get a free copy of the White Booklet at a meeting and read it.**
7. **Get a list of phone numbers at meetings and call people.**
8. **Look for a sponsor as soon as you become familiar with the members in your area.**
9. **Find and join a homegroup to attend regularly to help you build a foundation of support in your recovery.**
10. **Don't use. NO MATTER WHAT HAPPENS. You NEVER have to use again!**

MEETING LIST

NOVEMBER 2026

UNCOAST AREA OF NARCOTICS ANONYMOUS

Serving 10 counties in North Central FL
Meetings currently in Branford, Gainesville, High Springs, Lake City, Palatka, and online

P.O. BOX 5391, GAINESVILLE, FL 32627
https://UNCOASTNA.ORG/

24 HOUR HELP LINE
(352) 376-8008

AREA & SUBCOMMITTEE MEETINGS
See https://UNCOASTNA.ORG website

UNCOAST WEBSITE

DONATE TO UNCOAST

...THAT NO ADDICT SEEKING RECOVERY NEED EVER DIE FROM THE HORRORS OF ADDICTION

PLEASE PICK UP THE PHONE BEFORE YOU PICK UP AND USE.

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