

Galway County

Sun 19:00	NA Meeting, Mervue Church, Basement, Walter Macken Rd, At the left-hand-side entrance, Mervue, Galway City
Mon 13:00	NA Meeting, Room 8 (Eight), Ozanam House, St. Augustine st., Galway
Mon 20:00	NA Meeting, Harmony Hall, Church View, Corralea West, Tuam, Co. Galway (St)
Tue 20:00	Clean & Free Group, Dominican Hall (at the left hand side), Claddagh Church, Claddagh Quay, Galway City (St)
Wed 19:30	NA Meeting, Mervue Church, Basement, at the left hand side entrance, room 4 Walter Macken Road, Galway City
Wed 19:30	NA Meeting, Gort Family Resource Centre, top floor, opposite church The Square, Gort, Co. Galway
Thu 20:00	NA Meeting, Dominican Hall (at the left hand side), Claddagh Church, Claddagh Quay, Galway City
Fri 17:00	NA Meeting, Dominican Hall (at the left hand side), Claddagh Church, Claddagh Quay, Galway City
Fri 20:00	NA Meeting, Harmony Hall, Church View, Corralea West, Tuam, Co. Galway (St)
Sat 19:00	NA Meeting, Dominican Hall, at the left hand side, Claddagh Church, Claddagh Quay, Galway City

Leitrim County

Tue 20:30	NA Meeting, Breffni Family Resource Centre, Breffni Crescent, Carrick-on-Shannon, Co. Leitrim
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Mayo County

Mon 20:00	NA Meeting, Social Services Center, Castle Street Car Park, Castlebar, Co. Mayo
Sat 20:30	NA Meeting, Hope House Aftercare Buildings, Foxford, Co. Mayo

Roscommon County

Sun 19:00	NA Meeting, Primary Care Centre, Golf Links Road, Ballypheasan
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Sligo County

Sun 18:00	Ez Sunday Group, St. Micheal's Family Life Centre, Hospitality Room next to the kitchen Church Hill, Sligo
Mon 20:30	NA Meeting, St. Micheal's Family Life Centre, "The Cosy Nook" Church Hill, Sligo
Wed 20:00	Alive and Free, St. Micheal's Family Life Centre, Hospitality Room next to the kitchen Church Hill, Sligo
Fri 19:30	NA Meeting, St. Micheal's Family Life Centre, Tranquility Room Church Hill, Sligo
Sat 18:00	Just ForToday, St Michaels Family Life Centre, Church Hill, Sligo (JT)

Key Guide to Meetings

JT	Just for Today	St	Step
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Please notify meeting changes to

webmaster@nasouth.ie or 087 1386120

What is the NA Program?

NA is a non-profit 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 organisations, 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.

Contact Numbers:

Name: _____

No: _____

Name: _____

No: _____

Name: _____

No: _____

Name: _____

No: _____

LIVE CLEAN

PHONELINE 087 1386120

Nightly 6 p.m. to 9 p.m.

SUGGESTIONS

Pick up the phone FIRST.

Don't use - Go to meetings.

Find and use a sponsor.

Avoid the people, places and things you used, stick with the winners.

Read a piece of N.A. literature every day.

Make a meeting a day for the first 90 days.

Come to a meeting early and help set up.

NARCOTICS ANONYMOUS MEETING LIST

WESTERN AREA OF IRELAND

DECEMBER 2018

<http://www.na-ireland.org>

<http://www.na.org>



**MY GRATITUDE SPEAKS
WHEN I CARE AND WHEN I
SHARE WITH OTHERS THE
NA WAY**