



**Meeting Format Legend**

B	Beginners	BT	Basic Text
C	Closed	CH	Closed Holidays
CL	Candlelight	CS	Children under Supervision
D	Discussion	ES	Espanol
GL	Gay/Lesbian/Transgender	IP	Informational Pamphlet
IW	It Works -How and Why	JT	Just for Today
M	Men	NC	No Children
O	Open	Pi	Pitch
RF	Rotating Format	Rr	Round Robin
SD	Speaker/Discussion	SL	ASL
So	Speaker Only	St	Step
Ti	Timer	To	Topic
Tr	Tradition	W	Women
WC	Wheelchair	OE	Open-Ended
BK	Book Study	NS	No Smoking
FD	Five and Dime	ME	Meditation
QA	Question and Answer	CW	Children Welcome
ENG	English speaking	WEB	Online Meeting
LC	Living Clean	VM	Virtual Meeting
HY	Hybrid Meeting	TC	Temporarily Closed Facility
SPAD	A Spiritual Principle a Day		

**PHONE NUMBERS**



**NASSAU AREA**

**NARCOTICS ANONYMOUS**

**MEETING LIST**

**MARCH 2026**

**24 HOUR HELPLINE**

**516-827-9500**

**[www.nassauna.org](http://www.nassauna.org)**

Meetings Weekly: 142

**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**