

SUNDAY

10:00AM 1.25HR **It Works How & Why Group**, Oakland, CA, 94612 (O,St,Tr,TW,WC,VM) Meeting ID: 779 454 525 Passcode: 12Steps

10:00AM 1HR **Sunday Morning Wake Up Group**, Lutheran Church of the Cross, Room 210 upstairs, Chips 2nd week, 1744 University Avenue, Berkeley, CA, 94703-1514 (O,BK,LS)

1:00PM 1HR **Outer Circle Group (June thru Sept)**, Roberts Crown Memorial State Beach, Meets ONLY June-September, At the end of Otis Drive - located to the right of the bathrooms on grass, look for the volleyball court, Otis Drive & Westline Drive, Alameda, CA, 94501 (O,CS,D,SD,So,CW)

3:00PM 1.5HR **Double Trouble Group**, Chips last week, 2550 Monarch Street, Bldg. 10 (Meeting entrance around the corner on W. Midway Ave.), Alameda, CA, 94501 (O,D,SD)

6:30PM 1.25HR **Ask It Basket Group**, Good Shepherd Episcopal Church in Parish House, 2nd Sunday We celebrate with cake, key tags and medallions for multiple years., 1823 9th Street at Hearst, Berkeley, CA, 94710 (O,D,WC,AB,QA,HY) Meeting ID: 319 720 644 Passcode: 1Letgo

6:30PM 1.25HR **Reach for Recovery**, NEWCOMER WORKSHOP 2nd week@5pm, 1660 Freisman rd, Livermore, CA, 94588 (SD,WC,CM)

8:00PM 1.25HR **Unloaded Group**, Saint James Episcopal Church, 37051 Cabrillo Terrace, Fremont, CA, 94536-5721 (O,D,SD,So,CM)

MONDAY

NOON 1.5HR **Keep It 400 Meeting**, CORE closed on all federal holidays, 100 Hegenburger Road, Oakland, CA, 94621 (SD,WC)

NOON 1.25HR **Newark Noon Group**, Newark, CA, 94560 (O,BT,WC,VM) Meeting ID: 448 977 113 Passcode:

NOON 1.25HR **Nooners Group in person**, Chips Every day during the last week, 1931 Center St, Berkeley, CA, 94704 (O,St,WC)

NOON 1HR **Nooners Group online**, Berkeley, CA, 94703-1514 (O,St,WC,VM) Meeting ID: 657 921 912 Passcode: 4Hope

2:00PM 1.5HR **A New Way**, 6537 Foothill Blvd, Oakland, CA, 94605

5:30PM 1HR **NA Meeting**, The Savoy, Need to check in at front desk, 1424 Jefferson, Oakland, CA, 94612 (SD,WC,NS)

6:00PM 1.5HR **Diamond in the Rough**, 2550 Monarch Street, Bldg. 10 (Meeting entrance around the corner on W. Midway Ave.), Alameda, CA, 94501 (O,RF,SD,To,W,BK,CM)

6:00PM 1.25HR **Where Women Gather**, Cornerstone Fellowship Church, Room A2, 348 North Canyon Parkway, Livermore, CA, 94551 (W,WC,AB,CW,LS) Meeting ID: 824 4234 1980, Passcode: WWG

6:30PM 1.25HR **In the Literature**, 13055 Aurora Dr, San Leandro, CA, 94577 (RF,Tr,BK,LS)

7:00PM 1.5HR **Groupo Lunes Latino**, St. Jarlath Church, 3210 Fruitvale Ave, Oakland, CA, 94602 (O,BT,CH,ES,JT,RF,SD)

7:00PM 1.25HR **Monday Night Live**, Chips 2nd week, 3555 Whipple Rd bldg C 1st floor, Union City, CA, 94587 (SD,WC,CPM)

7:00PM 1.25HR **Work the Steps or Die Group**, Chips 3rd week, enter on 8th St, 924 Gilman Street, Berkeley, CA, 94704 (O,D,WC,YP)

7:30PM 1HR **Freedom to Recover**, Saint James Episcopal Church, Chips on 3rd week, 37051 Cabrillo Terrace, Fremont, CA, 94536 (O,RF,WC,CM)

7:30PM 1.25HR **Rainbow of Recovery Group**, Hayward, CA, 94541 (RF,VM,TC,G,L) Meeting ID: 918 4457 8598 Passcode: RoR

TUESDAY

NOON 1.5HR **Courage to Change**, Olivet Church, Parking in back, 1607 8th street, Oakland, CA, 94607 (O,D,SD)

NOON 1.25HR **Newark Noon Group**, Newark, CA, 94560 (O,St,WC,VM)

<https://zoom.us/j/448977113>

NOON 1.25HR **Nooners Group in person**, Chips everyday during last week, 1931 Center St, Berkeley, CA, 94704 (O,Tr,TW,WC)

NOON 1HR **Nooners Group online**, Berkeley, CA, 94703-1514 (O,Tr,TW,WC,VM) Meeting ID: 657 921 912 Passcode: 4Hope

5:00PM 1.5HR **Welcome Home**, CORE, meeting closed on Federal Holidays, 100 Hegenburger Road, Oakland, CA, 94621 (SD,WC)

6:30PM 1.25HR **City Center Keys to Freedom**, Chips 2nd week spkr 4th week, 38631 Fremont Blvd, Fremont, CA, 94536 (BT,RF,WC,BK,LS,CM,MM)

6:30PM 1HR **Mulford Gardens Group**, Mulford Gardens, 13055 Aurora Drive, San Leandro, CA, 94577-3160 (O,D,RF,SD,So,BK,LS)

7:00PM 1HR **11th Step Meditation Group**, Berkeley, CA, 94704 (O,CL,D,JT,WC,ME,VM) Meeting ID 854 5229 6277 Passcode: 11THSTEP

7:00PM 1.25HR **Backroads**, 4481 East ave, Livermore, CA, 94550 (JT,WC,AB,CM)

7:00PM 1HR **It Works Group**, Immanuel Lutheran Church, Room 209, upstairs, at Chestnut, 1910 Santa Clara Avenue, Alameda, CA, 94501-2634 (O,RF)

7:00PM 1.25HR **It's an Inside Job**, 475 Medford, Hayward, CA, 94541 (WC)

7:00PM 1.25HR **Reading Rainbow Group**, Oakland LGBT center, ring doorbell for access, closed on Federal Holidays, 3207 Lakeshore Avenue, Oakland, CA, 94610 (O,D,LGBT,SD,So,BK,G,L,LS)

7:30PM 1.5HR **Tuesday Night Candlelight Group**, Lutheran Church of the Cross, Chips 1st week., 1744 University Avenue, Berkeley, CA, 94703-1514 (O,CL,D,SD,So,WC)

WEDNESDAY

NOON 1.5HR **Keep It 400 Meeting**, CORE, closed on federal holidays, Meeting closed all federal holidays, 100 Hegenburger Road, Oakland, CA, 94621 (D,WC,LS)

NOON 1.25HR **Newark Noon Group**, Newark, CA, 94560 (O,WC,LC,VM) Meeting ID: 448 977 113 Passcode:

NOON 1.25HR **Nooners Group in person**, Chips every day of last week, 1931 Center St, Berkeley, CA, 94704 (O,JT,WC)

NOON 1HR **Nooners Group online**, CA, 94703 (O,JT,WC,VM) Meeting ID: 657 921 912 Passcode: 4Hope

5:30PM 1HR **NA Meeting**, The Savoy, Need to check in at front desk, 1424 Jefferson, Oakland, CA, 94612 (SD,WC,NS)

6:00PM 1HR **Highway to Freedom**, The Freedom and Movement Center, at the side entrance on 44th, 4400 Market street, Oakland, CA, 94608 (CL,SD,WC)

6:00PM 1.5HR **Oakland Living Clean Book Study**, Oakland, CA, (O,BK,LC,VM) Zoom meeting ID: 824 3971 4179 Passcode: EBCLC

7:00PM 1HR **Girls Night Out Group**, Alameda, CA, 94501 (O,W,CW,VM) Meeting ID: 826 4575 7811 Passcode: GNO

7:00PM 1.5HR **Grupo Nuevo Despertar**, St. Jarlath Church (entrar por el parquedo), 3210 Fruitvale Ave, Oakland, CA, 94602 (BT,CH,ES,JT,RF,SD)

7:00PM 1HR **Men in Recovery Group**, Unitarian Universalist Church, 1606 Bonita Avenue, Berkeley, CA, 94709-2022 (O,D,M)

7:30PM 1.25HR **Addicts-R-Us Group**, Unity Church, Chips 3rd week, 20121 Santa Maria Avenue, Castro Valley, CA, 94546-4223 (O,D,BK,LS)

7:30PM 1.5HR **Wednesday Night Special Group**, Phillips Temple CME Church, Fellowship Hall, Chips 4th week, at 63rd St, 3332 Adeline Street, Berkeley, CA, 94703-2709 (O,SD,So,WC)

THURSDAY

11:00AM 1HR **Living Clean Just for Today**, Casa Ubuntu at Eastmont Mall, closed on federal holidays, 7200 Bancroft suite 267, Oakland, CA, 94605 (JT,To)

NOON 1.5HR **Courage to Change**, Olivet Church, Parking in back, 1607 8th street, Oakland, CA, 94607 (O,D,SD,So)

NOON 1.25HR **Newark Noon Group**, Newark, CA, 94560 (O,D,SD,So,WC,VM) Zoom ID: 448 977 113 Passcode:

NOON 1.25HR **Nooners Group in person**, Chips everyday of last week., 1931 Center St, Berkeley, CA, 94704 (O,WC,BK,LS)

NOON 1HR **Nooners Group online**, Berkeley, CA, 94703-1514 (O,WC,BK,VM,LS) Zoom Meeting ID: 657 921 912 Password: 4Hope

5:00PM 3.5HR **Local Men's Group**, First Methodist Church, Fellowship 5-7:15pm, Meeting 7:15-8:30pm Chips 3rd week, 2950 Washington Boulevard, Fremont, CA, 94539 (C,D,M,SD,So,WC,CPM,MM)

6:30PM 1HR **Deep Dive into the Basics: the Steps**, Richmond, CA, 94804 (BT,To,BK,VM) Zoom Meeting ID: 897 6767 9250 Password is: 12

6:30PM 1HR **Somewhere We Belong Group**, First United Methodist Church, Wesley Room, park on the street, 1600 Bancroft Avenue, San Leandro, CA, 94577-5204 (O,SD)

7:00PM 1HR **The Local Womens Meeting**, St James Episcopal Church, Spkr 4th week, 37051 Cabrillo Terrace, Fremont, CA, 94536 (BT,SD,W,BK,LC,LS)

7:45PM 1.5HR **Hella Clean**, Lutheran Church of the Cross, Chips given every week, 1744 University Avenue, Berkeley, CA, 94703-1514 (O,CL,D,SD,YP,CM)

FRIDAY

NOON 1.25HR **Newark Noon Group**, Newark, CA, 94560 (O,SG,WC,VM) Meeting ID: 448 977 113 Passcode:

NOON 1.25HR **Nooners Group in person**, Chips everyday of last week, 1931 Center St, Berkeley, CA, 94704 (O,WC,BK,LS)

NOON 1HR **Nooners Group online**, Berkeley, CA, 94703-1514 (O,WC,BK,VM,LS) Meeting ID: 657 921 912 Password: 4Hope

7:00PM 1.5HR **Friday Night Kaiser Union City**, Kaiser, Chips 3rd week, 3555 Whipple Rd bldg C, Union city, CA, 94587 (O,D,SD,So,WC)

7:00PM 1.5HR **Friday Night Live**, 2550 Monarch Street, Bldg. 10 (Meeting entrance around the corner on W. Midway Ave.), Alameda, CA, 94501 (SD,CM)

7:00PM 1HR **Living Clean For All Group**, Lake Merritt United Methodist Church (located upstairs), Masks Optional, refreshments available, Close to Lake Merritt BART Station, 1330 Lakeshore Avenue, Oakland, CA, 94606-1611 (O,LGBT,WC,BK,G,L,LS)

7:00PM 1HR **Living Clean For All Online**, Oakland, CA, 94606 (O,LGBT,WC,BK,VM,G,L,LS) Meeting ID: 914 3273 7941 Passcode: 12How

7:00PM 1.25HR **Steppin Young Group**, Cornerstone Room U1, Chips 1st & 3rd weeks, 348 North Canyons Parkway, Livermore, CA, 94551-9185 (O,D,SD,So,WC,CM)

7:00PM 1.25HR **Women/Trans/Non-Binary Group**, Good Shepherd Episcopal Church, Chips on last week, at Hearst Street, 1823 9th Street, Berkeley, CA, 94710-2102 (O,D,RF,W,HY,CPM) Zoom ID: 858227024 PW: Recovery

7:00PM 1HR **You Gotta Want It Group**, St Columba Church, 6401 San Pablo, Oakland, CA, 94608 (O,SD,WC,HY) Meeting ID: 979 4991 5892 Passcode: ygwi

SATURDAY

8:30AM 1.5HR **AM-NA Group**, Second Chance, Room 2, Chips every week, Between Newark Boulevard & Cherry, 6330 Thornton Avenue, Newark, CA, 94560-3734 (O,JT,LC,HY) Meeting ID: 885 1576 6910 Passcode: AM-NA

8:30AM 1HR **Men's Morning Meditation**, 1660 freisman rd, Livermore, CA, 94551 (M,ME)

10:00AM 1.25HR **End of the Road Group**, Berkeley, CA, 94703 (O,LGBT,WC,BK,GP,VM,G,L) Meeting ID: 959 0125 1219 Passcode: 2letgo

10:00AM 1.5HR **Surviving the Odds Group**, 1600 Bancroft Ave., San Leandro, CA, 94577 (M,SD,WC,HY) Meeting ID: 876 4105 8708 Passcode: 333333

1:30PM 1.5HR **Alameda Promise of Freedom**, 2550 Monarch Street, Bldg. 10 (Meeting entrance around the corner on W. Midway Ave.), Alameda, CA, 94501 (O,SD)

3:00PM 1.5HR **No Matter What Group**, Oakland, CA, 94611 (O,SD,So,WC,VM) Meeting ID: 988 9884 8580 Passcode: Recovery

7:00PM 1.5HR **Garage Group**, Village Baptist Church, Chips 1st week, 1535 Bockman Rd, Main Sanctuary, San Lorenzo, CA, 94580 (O,D,SD,So,WC)

7:00PM 1HR **Open to All Group**, Good Shepherd Episcopal Church, at Hearst Street, in the Parish House in the back of the property, 1823 9th Street, Berkeley, CA, 94710-2102 (O,BK,LS)

7:00PM 1.5HR **Rule #1 Don't Take Nothing**, Beebe Memorial Center, 3900 Telegraph Ave., Oakland, CA, 94609 (SD,WC) Presented by the Ties That Bind Group

7:30PM 1.25HR **One Primary Purpose Group**, Lutheran Church of the Cross, In K Hall

Chips 4th week, 1744 University Avenue, Berkeley, CA, 94703-1514 (O,BT,D,WC,BK,LS)

9:00PM 1.25HR **Get with the Lit or Die**, Saint James Episcopal Church, 37051 Cabrillo Terrace, Fremont, CA, 94536 (RF,SD,WC,BK,LS)

MEETING FORMAT LEGEND			
BT	Basic Text	C	Closed
CL	Candlelight	CS	Children under Supervision
D	Discussion	LGBT	LGBTQ+
G	Gay	JT	Just for Today
M	Men	O	Open
RF	Rotating Format	SD	Speaker/Discussion
SG	Step Working Guide	So	Speaker Only
St	Step	To	Topic
Tr	Tradition	TW	Traditions Workshop
W	Women	WC	Wheelchair
YP	Young People	BK	Book Study
NS	No Smoking	AB	Ask-It-Basket
ME	Meditation	QA	Question and Answer
CW	Children Welcome	LC	Living Clean
GP	Guiding Principles	VM	Virtual Meeting
TC	Temporarily Closed Facility	HY	Hybrid Meeting
L	Lesbian	LS	Literature Study
CM	Chip Meeting	CPM	Chips Monthly
MM	Medallions Monthly	ES	Español
CH	Closed Holidays		

HELPLINES

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925-685-4357
408-998-4200

SERVICE MEETINGS

PHONE NUMBERS



Alameda County Narcotics Anonymous

MEETING LIST

JANUARY 2026

24 HOUR HELPLINE

1 (510) 444-HOPE

Some meetings on our schedule are currently online. To join a Zoom meeting, start the Zoom application and enter the "Meeting ID and Password". You can also join a zoom meeting from any phone, including a landline, by calling 650-724-9799, then entering the "Meeting ID and Password".

<https://naalamedacounty.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

EP COMING BACK. IT'S

KEEP COMING BACK. IT WORKS

Basic Text, page 65

Meetings Weekly: 77

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.