SUNDAY / DOMINGO

NOON 1HR Free to Dream, Oshawa, ON, L1H 3Z7 **(C,D,WEB,TC,VM)**

1:00PM 1HR The Ultimate Weapon, Durham Community Health Center, Men's Discussion Meeting....Basic Text., 115 Grassmere Ave, Oshawa, ON, L1H 3X7, Oshawa, ON, **(C,M,WC,BK)**

2:00PM 1HR Live Your Life, St.Johns Anglican Church, in person meetings have resumed, 99 Brock st, Peterborough, ON, K9H 2P2 **(C,D)**

4:00PM 1.5HR Severn Ties, 179 Saskatoon Ave, Cambellford, ON, K0L 1L0

7:00PM 1HR The Journey Begins, United Steelworkers Hall, 125 Albert St., Oshawa, ON, L1J 3V5 **(C,D)**

7:00PM 1HR The Terminally Hip, Faith United Church, Step 6 Meeting, 1778 Nash Rd., Courtice, ON, L1E2J9 **(D,SD,BK,NS)**

7:30PM 1.5HR Stepping Into Action, Murrey Street Baptist Church, Last Sunday of each month is an open speaker meeting, 175 Murray St, Peterborough, ON, K9H 2S7 **(C,D,RF,SD,So,WC,WEB,LC)**

MONDAY / LUNES

NOON 1HR Free to Dream, Oshawa, ON, **(C,D,WEB,VM)**

7:00PM 1.5HR Hope Not Dope Group, Bridge Street United Church, 60 Bridge Street East, Belleville, Ontario, Belleville, ON, K8N 1L7 **(O,D,WC)**

7:00PM 1HR Without Parallel, St Joseph's Church, St Joseph's Church, 127 Liberty St S, Bowmanville, ON, L1C 2P5 **(C,D,SD,BK)**

7:30PM 1.5HR Stepping Into Action, Murray St. Baptist Church, Ring Bell at back, 175 Murray St, Peterborough, ON, K9H 2S7 **(O,BT,D,WC,WEB)**

7:30PM 1.5HR We Do Recover, 40 William Street North, St Andrews Presbyterian church north side entrance., Lindsay, ON, K9V 4A1 **(C,BK,LC)**

8:00PM 1HR New Hope Group, New Life Church, 33 Olive Ave, Oshawa, ON, L1H 2N7 **(O,So,HY)**

TUESDAY / MARTES

NOON 1HR Free to Dream, ON, L1H 3Z7 **(C,D,WEB,VM)**

7:00PM 1.25HR Second Chance, Story Park Club House, 101 Mill Street, Oshawa, ON, L1J 3V5 **(C,D)**

7:30PM 1.5HR Into Recovery, St. Andrews Church, 89 Colborne St., Fenelon Falls, ON, M5E 1E3 **(C,D)**

7:30PM 1HR Live Your Life, St.Johns Anglican Church, 99 Brock St, Peterborough, ON, K9H 2P2 **(O,D,WC,LC)**

WEDNESDAY / MIÉRCOLES

NOON 1HR Free To Dream, Oshawa, ON, L1H 4R3 **(C,D,WEB,VM)**

NOON 1HR Free To Dream, United Steel Workers Hall, 125 Albert St., Oshawa, ON, **(C,D)**

6:30PM 1HR Together We Rise Women's Group, 180 Barnardo Ave, Peterborough, ON, K9H 5V3 **(C,D,W)**

7:00PM 1HR Rising Phoenix, Cross Point Church, 120 person capacity, Non-smoking Property, 700 Ritson Rd N, Oshawa, ON L1G 7R9, Oshawa, ON, L1G 7R9 **(C,BT,D,SD,Ti,BK,NS,ME,CW,ENG,WEB,NP)**

7:30PM 1.5HR Stepping Into Action, Murray St. Baptist Church, 175 Murray St., Peterborough, ON, K9H 2S7 **(C,D,SD,WC)**

7:30PM 1.5HR We Do recover, Hope Valley Centre, 3507 HWY 35, Linsday, ON, K9V4R1 **(C,D,RF,WC,BK)**

THURSDAY / JUEVES

NOON 1HR Free to Dream, ON, L1H 3Z7 **(C,D,WEB,VM)**

NOON 1HR Stepping Into Action, 175 Murray St., Peterborough, ON, K9H 2S7 **(O,D,WC)**

6:00PM 1.5HR Keep It Simple, **(C,D,YP,WEB,VM)**

6:00PM 1HR United in Recovery Women's Group, Story Park Clubhouse, 101 Mill Street, Oshawa, ON, L1J 3V5 **(C,D)**

7:00PM 1HR The Ties that Bind, Manilla Community Hall, 16990 Simcoe St., Manilla, ON, LOC1H0 **(D)**

7:30PM 1.5HR Keep It Simple, Cornerstone Community Building, Open speaker meeting every 2nd week of every other month., 121 Simcoe St S., Oshawa, ON, **(C,D)**

7:30PM 1HR Live Your Life, St Johns Anglican Church, 99 Brock St, Peterborough, ON, K9H2P2 **(O,St,AB)**

7:30PM 1.5HR New Reality, St.. Paul's United Church, 30 Person Capacity, 65 King's Crescent, Ajax, ON, L1S 2M4 **(C,D)**

7:30PM 1HR Thursday Night Live, Northland Faith Church, 50 York Street, Unit #10, Haliburton, ON, K0M1S0 **(C,JT,HY)**

7:30PM 1HR Together We Can, The Salvation Army Cobourg Community Church, 59 Ballantine Street, Cobourg, ON, K9A 5G8 **(O,D,WC,WEB,VM)**

7:30PM 1.5HR We Do Recover, St Andrews Presbyterian church north side entrance., !st Thurdsay of every nonth meeting 7:30 - 9:30 speaker meeting, 40 William St N, Lindsay, ON, K9V 4A1 **(C,BT,D,BK)**

8:00PM 1HR How It Works, Memorial Park Club House, 120 Liberty St. S., Bowmanville, ON, L1C 2P4 **(C,D)**

FRIDAY / VIERNES

NOON 1HR Free to Dream, ON, L1H 3Z7 **(C,D,WEB,VM)**

6:30PM 1HR Primary Purpose Group, Cornerstone Community Building, side door, 121 Simcoe St S., Oshawa, ON, **(C,D,WC)**

7:30PM 1.5HR Into Recovery, St. Andrews Church, 89 Colborne St, Fenelon Falls, ON, M5E 1E3 **(C,D)**

7:30PM 1.5HR Living Clean The NA Way, St. John's Anglican Church, 150 Victoria Street E, Whitby, ON, L1N 9L8 **(C,D,LC)** *The Meeting runs from 7:30PM to 8:30PM on the 1st Friday of the month as this is a Speaker Meeting*

7:30PM 1.5HR Stepping Into Action, Murrey St., Baptist Church, 175 Murray St., Peterborough, ON, K9H 2S7 **(SD,WC,WEB)**

SATURDAY / SÁBADO

11:00AM 1HR New Attitudes, United Steel Workers Hall, In person starts June 18th 2022, 115 Albert St, Oshawa, ON L1H 4R3, Oshawa, ON, L1H 3X6 **(C,D)**

7:00PM 1.5HR Alive and Free, United Steel Workers Hall, 60 Person Capacity, 115 Albert St, Oshawa, ON, L1H 4R3 **(C,D,NS)**

7:00PM 1.5HR Hope Not Dope Group, Bridge Street United Church, 60 Bridge Street East, Belleville, Ontario, Belleville, ON, K8N 1L7 **(O,D,WC)**

7:30PM 1HR Healing With Hope, St Paul's United, 65 King Cres, Ajax, ON, **(C,D)**

7:30PM 1HR Live Your Life, St.Johns Anglican Church, 99 Brock St, Peterborough, ON, K9H 2P2 **(O,D,WC)**

7:30PM 1.5HR We Do Recover, St Andrews presbyterian church north side entrance, 40 william st N, Lindsay, ON, K9V 4A1 **(C,D)**

MEETING FORMAT LEGEND

BT	Basic Text	C	Closed
D	Discussion	JT	Just for Today
M	Men	O	Open
RF	Rotating Format	St	Step
Ti	Timer	W	Women
WC	Wheelchair	YP	Young People
OE	Open-Ended	BK	Book Study
NS	No Smoking	AB	Ask-It-Basket
ME	Meditation	CW	Children Welcome
ENG	English speaking	WEB	Online Meeting
LC	Living Clean	ASM	Area Service Meeting
VM	Virtual Meeting	NP	No pets
TC	Temporary closed	HY	HY
SD	Speaker/Discussion	So	Speaker Only

HELPLINES

Area 1	Number 1
Area 2	Number 2

SERVICE MEETINGS

9:30AM 2HR Activities Cafe - Non- Meeting Drop in, Oshawa, ON, L1J5A1 **(OE,ASM,VM)**

9:30AM 2HR Activities Cafe - Non- Meeting Drop in, Oshawa, ON, L1J5A1 **(OE,ASM,VM)**

9:30AM 2HR Activities Cafe - Non- Meeting Drop in, Oshawa, ON, L1J5A1 **(OE,ASM,VM)**

9:30AM 2HR Activities Cafe - Non- Meeting Drop in, Oshawa, ON, L1J5A1 **(OE,ASM,VM)**

9:30AM 2HR Activities Cafe - Non- Meeting Drop in, Oshawa, ON, L1J5A1 **(OE,ASM,VM)**

PHONE NUMBERS

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.**

Basic Text, *page 65*

CENTRAL LAKE ONTARIO

MEETING LIST

NOVEMBER 2026

24 HOUR HELPLINE
NUMBER

https://na.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

KEEP COMING BACK. IT WORKS

Meetings Weekly: 51