

## SUNDAY

**7:00PM Key to Freedom**, Ferris Lane Community Church, Side entrance through the inside doors room on the right, 49 Ferris Lane, Barrie, ON, L4M 2Y1 (C,BT,D,WC)

**7:00PM Recovery 180**, First Presbyterian Church, 200 Maple Street, Collingwood, ON, L9Y 2R2 (C,D)

**7:00PM Stand By Me**, New Hope Community Church, 690 Riddell Road, Orangeville, ON, L9W 5G5 (O,D,WC,ENG)

**7:00PM Steps 2 Freedom Group**, Georgian Shores United Church, 997 4th Avenue East, Owen Sound, ON, N4K 5W9 (O,D)

## MONDAY

**6:30PM Sound Recovery**, Parry Sound Friendship Centre, 25 Church Street, Parry Sound, ON, P2A 1Y2 (C,D,WC)

**7:00PM New Hope**, Davidson Center, Westside door, besides skate park, 601 Durham Street, Kincardine, ON, N2Z 1L7 (C,BT,D,WC,NP,HY)  
Password: 781234

**7:00PM Recovery is Possible**, Cook's Presbyterian Church, 14 George Street, Markdale, ON, N0C 1H0 (O,D)

**7:00PM Recovery on the Beach Group**, Presbyterian Church, rear door, 208 Mosley Street, Wasaga Beach, ON, L9Z 2K1

**7:00PM We Can Work It Out**, Bracebridge United Church, additional parking in back parking lot, 46 Dominion Street, Bracebridge, ON, P1L 2A5 (C,D,WC)

**7:30PM Built Up From The Ashes**, Baptist Church, Real entrance, 159 Queen St. West, Hepworth, ON, N0H 1B0 (O)

**7:30PM Freedom Steps**, Westminster Presbyterian Church, Rear door, 170 Steel Street, Barrie, ON, L4M 2G4 (C,D)

**7:30PM Just For Today**, Saint Paul's United Church, Rear Entrance off Coldwater, 62 Peter Street North, Orillia, ON, L3V 4Z1 (C,D)

## TUESDAY

**NOON Serenity Now**, Knox Presbyterian Church, 248 Midland Avenue, Midland, ON, L4R 3K4 (C,D)

**7:00PM Finally Home Group**, Ferris Lane Community Church, Side entrance, room on the right, not Kids Club room, 49 Ferris Lane, Barrie, ON, L4M 2Y1 (C,D,WC)

**7:00PM Picking up the pieces**, 890 4th Ave E, Owen Sound, ON, N4K 2N7 (C,BT,BK)

## TUESDAY (CONT)

**7:00PM We Can Work It Out**, Saint Paul's Church, Rear entrance off Sharpe Street, 235 John Street South, Gravenhurst, ON, P1P 1J1 (C,D)

**7:30PM Georgian Heartland Women**, Grace United Church, 350 Grove St E, Barrie, ON, L4M 2R7 (C,D,W,WC)

**7:30PM Sweet Surrender**, St John's United Church, Main Entrance, elevator available, 56 Victoria St East, Alliston, ON, L9R 1L5 (O,RF,WC)

## WEDNESDAY

**6:30PM Sound Recovery Group**, Parry Sound Friendship Centre, 25 Church Street, Parry Sound, ON, P2A 1Y2 (C,D,WC)

**7:00PM Hope is Here**, Centre Fellowship Church, 375 Hansen Blvd, Orangeville, ON, L9W 0C2 (C,D)

**7:00PM New Hope**, Davidson Center, Westside door, beside skate park, 601 Durham Street, Kincardine, ON, N2Z 1L7 (C,BT,D,WC,NP)

**7:30PM By The Book Group**, The Salvation Army, 151 Lillian Crescent, Barrie, ON, L4N 5X5 (C,BT,D,BK)

**7:30PM I Can't, We Can**, St Andrews, Entrance via coffee house, 99 Peter St North, Orillia, ON (C,D,WC)

**7:30PM Open Doors Group**, Central West Side Church, Entrance off parking lot, downstairs, 310 10th Street West, Owen Sound, ON, N4K 3R5 (C,WC)

## THURSDAY

**NOON Key to Freedom**, Ferris Lane Community Church, Side entrance by the gym, room on the right., 49 Ferris Lane, Barrie, ON, L4M 2Y1 (C,D)

**3:00PM Sunshine Group**, Salvation Army church, Main entrance, 576 Edward Street, Wiarton, ON, N0H 2T0 (O,D,WC)

**7:30PM Get Connected In Muskoka**,  
<https://www.zoom.us/j/849591404>  
Password: 1234, Muskoka, ON (VM)  
Password: 1234

**7:30PM Just For Today**, Saint Paul's United Church, Rear Entrance off Coldwater, 62 Peter Street North, Orillia, ON, L3V 4Z1 (C,D)

**7:30PM Spiritual Path**, Trinity United Church, Side Door off First Ave, 200 Owen Sound Street, Shelburne, ON, L9V 3L4 (O)

## THURSDAY (CONT)

**8:00PM Carry The Message Group**, Westside Lutheran Church, Back door, 510 Ferndale Dr N, Barrie, ON, L4N 0S1 (C,JT,St,WC,QA)

**8:00PM Meaford Thursday Night**, Christ Church Anglican, 34 Boucher St E, Meaford, ON, N4L 1E3 (C,BT,D,JT,To,WC,NP,SPAD)

## FRIDAY

**6:30PM Sound Recovery Group**, Parry Sound Friendship Centre, 25 Church Street, Parry Sound, ON, P2A 1Y2 (C,D,WC)

**7:00PM Breaking Free**, Baptist Church, 356 Frank Street, Wiarton, ON, N0H 2T0 (O,BT,WC)

**7:00PM Recovery on the Beach Group**, Presbyterian Church, rear door, 208 Mosley Street, Wasaga Beach, ON, L9Z 2K1 (C,D)

**7:00PM We Can Work It Out Group**, Bracebridge United Church, additional parking in back parking lot, 46 Dominion Street, Bracebridge, ON, P1L 2A5 (C,D,WC)

**7:30PM Hugs not Drugs**, Knox Presbyterian Church, In the basement, 248 Midland Ave., Midland, ON (D)

**7:30PM Just For Today**, Saint Paul's United Church, Rear Entrance off Coldwater, 62 Peter Street North, Orillia, ON, L3V 4Z1 (C,D)

**8:00PM Freedom Steps**, Westminster Presbyterian Church, Rear door, 170 Steel Street, Barrie, ON, L4M 2G4 (C,D)

## SATURDAY

**6:00PM Finally Home**, Ferris Lane Community Church, Side entrance, room on the right, not Kids Club room, 49 Ferris Lane, Barrie, ON, L4M 2Y1 (C,D,WC)

**7:30PM New Beginning Group**, Collier Street United Church, Starts May 3rd, 112 collar street, Barrie, ON, L4M 3G9 (C,St)

## Meeting Format Legend

|      |                             |    |                     |
|------|-----------------------------|----|---------------------|
| BT   | Basic Text                  | C  | Closed              |
| D    | Discussion                  | JT | Just for Today      |
| O    | Open                        | RF | Rotating Format     |
| St   | Step                        | To | Topic               |
| W    | Women                       | WC | Wheelchair          |
| BK   | Book Study                  | QA | Question and Answer |
| ENG  | English speaking            | VM | Virtual Meeting     |
| NP   | No pets                     | HY | HY                  |
| SPAD | A Spiritual Principle a Day |    |                     |

## Phone Numbers

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### HOW IT WORKS - THE 12 STEPS

1. We admitted we were powerless over our addiction: that life had become unmanageable.
2. We came to believe that a power greater than ourselves could restore us to sanity.
3. We made a decision to turn our will and our lives over to the care of God as we understood him.
4. We made a searching and fearless moral inventory of ourselves.
5. We admitted to God, to ourselves and to another human being the exact natures of our wrongs.
6. We were entirely ready to have God remove all these defects of character.
7. We humbly asked Him to remove our shortcomings.
8. We made a list of all persons we had harmed and became willing to make amends to them all.
9. We made direct amends to such people wherever possible, except when to do so would injure them or others.
10. We continued to take personal inventory and when we were wrong promptly admitted it.
11. We sought through prayer and meditation to improve our conscious contact with God as we understood him, praying only for knowledge of his will for us and the power to carry that out.
12. Having had a spiritual awakening as a result of these steps, we tried to carry this message to addicts, and to practice these principles in all our affairs.

### SERENITY PRAYER

God grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.

### JUST FOR TODAY

My thoughts will be on my recovery, living and enjoying life without the use of drugs.

### JUST FOR TODAY,

I will have faith in someone in NA who believes in me and wants to help me in my recovery.

### JUST FOR TODAY,

I will have a program; I will try to follow it to the best of my ability.

### JUST FOR TODAY,

Through NA, I will try to get a better perspective on my life.

### JUST FOR TODAY,

I will be unafraid. My thoughts will be on my new associations, people who are not using and have found a new way of life. So long as I follow that way,

I have nothing to fear.

### 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

That No Addict Seeking Recovery  
Need Ever Die...

My Gratitude Speaks...  
When I Care & When  
I Share with Others The NA Way



**GEORGIAN HEARTLAND AREA**  
January 2026

[georgianheartlandna.org](http://georgianheartlandna.org)

**24 HOUR HELPLINE**  
**1-888-811-3887**

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Weekly Meetings: 40