SUNDAY

7:00PM-8:30PM Clean Times, Trillium United Church, Entrance on Waterloo St. Ring Buzzer, 450 King Street E, Cambridge, ON, N3H 3M9 **(O,D,BK)**

7:30PM-8:45PM Never Alone, All Saints Lutheran Church, PLEASE USE BACK ENTRANCE, 210 Silvercreek Pkway N, Guelph, ON, N1H 7P8 **(O,D)**

7:30PM-8:45PM Step Into Recovery, Trillium Lutheran Church - Coach House, Behind main building, 22 Willow St. (at William) Waterloo, ON, N2J 1V5 **(C,So,St,Tr,WC,BK)**

MONDAY

NOON-1:00PM Mid Day NA, Hope House, Use main doors up staircase to top floor (first room on right.) *Back door/Elevator WHEELCHAIR ACCESSIBILITY from Church Lane, 10 Cork Street E, Guelph, ON, N1H 2W8 **(O,D,JT,WC)**

6:15PM-7:15PM Living Clean, Priory Park Baptist Church, 8 Torch Lane, Guelph, ON, N1G 1V6 **(O,CL,D,To)**

7:00PM-8:30PM Clean Times, Trillium United Church, Entrance on Waterloo St., ring buzzer., 450 King Street E, Cambridge, ON, N3H 3M9 **(C,D,BK)** *fellowship, coffee, & desserts on the last monday of the month @ 8:30pm*

7:00PM-8:10PM Friendship Group, First Mennonite Church, 800 King St. E (at Stirling) Kitchener, ON, N2G 2M6 **(O,D)**

7:30PM-8:45PM Phoenix Group, First Baptist Church, 255 Woolwich St (at Norfolk) Guelph, ON, N1H 3V8 **(O,D,To)**

TUESDAY

7:00PM-8:00PM Keep It Simple, Priory Park Baptist Church, 8 Torch Lane, Guelph, ON, N1G 1V6 **(C,D,BK)**

7:30PM-9:00PM Changing Lanes, St Paul's Lutheran Church, Enter in back door.. up four steps and turn right, 505 Wallace Avenue North, Listowel, ON, N4W 1L8 **(O,D)**

7:30PM-8:40PM Lust for Life, First United Church, Back Door Entrance, 16 William St. W., Waterloo, ON, N2L 1J3 **(O,BT,D,WC)**

WEDNESDAY

NOON-1:00PM Mid Day NA, Hope House, Use main doors up staircase to top floor (first room on right.) *Back door/Elevator WHEELCHAIR ACCESSIBILITY from Church Lane, 10 Cork Street E, Guelph, ON, N1H 2W8 **(O,D,JT,WC)**

7:00PM-8:00PM Broken Elevator Group, Sheldale Community Centre, Front Entrance, 20 Sheldale Crescent, Guelph, ON, N1H 1C8 **(C,WC)**

7:00PM-8:30PM Desire To Change, St. Ambrose Church, Side Entrance to Basement., 210 South St., Cambridge, ON, N1R 2P4 **(O,D,To,WC)**

7:30PM-9:00PM Freedom Group, Trillium Lutheran Church - Coach House, Behind main building, 22 Willow St. (at William) Waterloo, ON, N2J 1V5 **(O,D,WC)**

7:30PM-9:00PM Serenity On The Grand, St. James Anglican, 171 Queen St. E, Fergus, ON, N1M 2H6 **(O,D,WC)**

THURSDAY

7:00PM-8:00PM Together We Can, Preston Mennonite Church, 791 Concession Rd., Cambridge, ON, N3H 4L1 **(O,D,WC)**

7:30PM-9:00PM Clean Freaks, Calvary Memorial United Church, Please use the Park St. entrance., 91 Gruhn St (Park & Glasgow) Kitchener, ON, N2G 1S5 **(O,BT,D,WC,BK)**

7:30PM-8:30PM Stepping Stones, The Salvation Army Church, 581 12th St., Hanover, ON, N4N 1W5 **(O,D,WC,BK)**

7:30PM-9:00PM Welcome Home, Priory Park Baptist Church, 8 Torch Lane, Guelph, ON, N1G 1V6 **(C,BT,D,So)**

FRIDAY

NOON-1:00PM Mid Day NA, Hope House, Use main doors up staircase to top floor (first room on right.) *Back door/Elevator WHEELCHAIR ACCESSIBILITY from Church Lane, 10 Cork Street E, Guelph, ON, N1H 2W8 **(O,D,JT,WC)**

7:00PM-8:30PM Hope Group, St. Matthews Memorial Lutheran Church, Entrance is the side door in the rear of the parking lot on Benton St. Accessible entrance available upon request., 54 Benton St., Kitchener, ON, N2G 3H2 **(O,D,St)**

7:00PM-8:00PM The Park Group, Water Street Church, Side rear entrance. The first Friday of the month is fellowship and snacks., 287 Water St, Guelph, ON, N1G1B6 **(O,D,WC)**

SATURDAY

9:00AM-10:30AM New Chapters, Emmanuel United Church, Back door entrance. Ring NA door bell for access., 22 Bridgeport Rd. W, Waterloo, ON, N2L 2Y3 **(O,D,JT,To)** *Literature read: JFT and SPAD*

10:00AM-11:00AM Awakening Group, Holy Rosary Church, Rear Entrance. This meeting opens with an invited attendee reading a piece of NA literature, sharing on the topic for up to 10 minutes, followed by participation by attendees., 175 Emma St, Guelph, ON, N1E 1V6 **(O,D,WC)**

7:00PM-8:30PM Saturday Night Live, St. Andrews Church, Entrance off parking lot - down the stairs in the Elizabeth Rm. Speaker meetings on the last Saturday of the month., 54 Queen St. N (at Weber) Kitchener, ON, N2H 2H2 **(O,D,SD,WC)**

7:30PM-9:00PM By The Book, Trillium United Church, Entrance on Waterloo St, 450 King St., Cambridge, ON, N3H 3M9 **(C,D,BK)**

7:30PM-8:45PM Phoenix Group, First Baptist Church, Every FIRST Saturday of the month is a SPEAKER MEETING, 255 Woolwich St (at Norfolk) Guelph, ON, N1H 3V8 **(O,BT,SD)**

MEETING FORMAT LEGEND

BT	Basic Text	C	Closed
CL	Candlelight	D	Discussion
JT	Just for Today	O	Open
St	Step	To	Topic
Tr	Tradition	WC	Wheelchair
BK	Book Study	SD	Speaker/Discussion
So	Speaker Only		

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

PHONE NUMBERS

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KEEP COMING BACK
IT WORKS.

What is our message?

Our message is that an addict, any addict, can stop using drugs,
lose the desire to use,
and find a new way to live.

Narcotics Anonymous Golden Triangle Area

MEETING LIST

20 November 2026

HELPLINE
TOLL FREE: 1-888-811-3887

For updated local meetings and maps go to:
https://www.gtascna.org

For meetings outside of our area, go to:
https://www.orscna.org (for Ontario)
https://www.NA.org (outside Ontario)