SUNDAY / DOMINGO

9:30AM 1HR Recovery in the Park, Gage Park, Outside near Children's Garden and baseball diamond by parking lot off Lawrence. Inclement weather: in Greenhouse, 42 Lawrence Rd, Hamilton, ON, L8M 1N6 **(O,JT,WC,SPAD)** *Bring a chair*

7:00PM 1.5HR Clean & Free Group, Anglican Church of the Nativity, At Barons., 1831 King Street East, Hamilton, ON, L8K 1V8 **(O,BT,JT,St,WC,SPAD)**

7:00PM 1.5HR Courage to Change Group, First Unitarian Church, 170 Dundurn Street South, Hamilton, ON, L8P 4K3 **(O,D,JT,WC,BK)**

MONDAY / LUNES

7:00PM 0.5HR An Intro to Narcotics Anonymous, Check NAHamilton.org for Zoom link, Password: 1212, **(B,QA,VM)**

7:00PM 1.5HR Pride in Recovery This is a women and LGBTQ2+ focused meeting Meeting Will not take place On Statutory Holidays ****, Central Memorial Rec Centre (Stinson and Wellington), 93 West Avenue South, Hamilton, ON, L8N 1S1 **(C,D,BK,LGBTQ+)** *Located in the craft room, upstairs*

7:30PM 1.5HR H.O.W. Group, Saint Joseph's Healthcare, Enter off Fennell Ave, through lobby to Seminar Room A217, 100 West 5th Street, Hamilton, ON, L9C 3R2 **(O,D,WC)** *Please park on side streets to avoid pay parking. Best option is W4th off of Fennel.Enter door closest to corner of W5th & Fennel. The B stairwell will be on your left just past the entrance. Go up B stairwell to 2nd floor. Right out of stairwell, followed by a quick right down the hallway. Doors on the left of hallway.*

TUESDAY / MARTES

7:00PM 1.5HR Mountain Freedom Group, Elliott Heights Baptist Church, 1300 Fennell Avenue East, Hamilton, ON, L8T 1T6 **(O,WC,BK)** *Bus: Upper Kenilworth to Fennell*

WEDNESDAY / MIÉRCOLES

7:00PM 1.5HR Find A New Way, New Vision Church, Enter thru the West Entrance, 24 Main Street West, Hamilton, ON, L8P 1H2 **(O,D)**

7:00PM 1.5HR New Beginnings Group, Stoney Creek United Church, Entrance off of Lake Ave S - Board Room, 2nd Floor, 1 King St West, Stoney Creek, ON, L8G 1G7 **(O,D,JT,LC)**

THURSDAY / JUEVES

NOON 1.5HR Spiritual Awakenings, Laidlaw United Church, 155 Ottawa St N, Hamilton, ON, L8H 3Z2 **(C)**

7:00PM 1.5HR Sacred Hearts, Erskine Presbyterian Church, 19 Pearl St N, Hamilton, ON, L8R2R4 **(O,JT,WC,SPAD)** *Free street parking only*

7:00PM 1.5HR Strong Hold Recovery, Trinity Presbyterian Church, 720 9th Ave, Hamilton, ON, L8T 2A3 **(O,D,JT,SPAD)**

7:30PM 1HR Rivers Edge Group, Grace United Church, Fellowship Room, 174 Caithness Street East, Caledonia, ON, N3W 1C2 **(WC,BK)**

FRIDAY / VIERNES

7:30PM 1HR Journey Continues, Access is outside to the left of the main entrance - Community Room, 181 Jackson Street West, Hamilton, ON, L8P 1L8 **(O,Tr)**

SATURDAY / SÁBADO

1:30PM 1.5HR Learn to Live Group, First Hamilton Christian Reformed Church, 181 Charlton Ave W, Hamilton, ON, L8P 2C9 **(O,D)** *New location starting Sept. 5*

7:00PM 1.5HR The Recovery Room, St. Paul's United Church, Enter Thru The Metal Doorway Off The Parking Lot, 42 Tragina Ave N, Hamilton, ON, L8H 5C5 **(O,BT,D,BK,LGBTQ+)**

MEETING FORMAT LEGEND

B	Beginners	BT	Basic Text
C	Closed	D	Discussion
JT	Just for Today	O	Open
St	Step	Tr	Tradition
WC	Wheelchair	BK	Book Study
QA	Question and Answer	LC	Living Clean
ASM	Area Service Meeting	VM	Virtual Meeting
LGBTQ+	LGBTQ+	SPAD	A Spiritual Principle a Day

HELPLINES

English	(888) 811-3887
French	(800) 385-7247
Farsi	(888) 377-7881

SERVICE MEETINGS

Hamilton Area Service Committee - 3rd Saturday of each month @ 10am

First Unitarian Church
170 Dundurn Street South, Hamilton, ON, L8P 4K3

WHO WE ARE

Anyone who wants to stop using drugs may become a member of Narcotics Anonymous (NA). Membership is not limited to addicts using any particular drug. Those who feel that they may have a problem with drugs, legal or illegal, including alcohol, are welcome in NA. Recovery in NA focuses on the problem of addiction, and not on any particular drug.

WHAT WE ARE

Narcotics Anonymous is a nonprofit fellowship or society of men and women for whom drugs had become a major problem. We are recovering addicts who meet regularly to help each other stay clean.

WHERE WE ARE

Most NA meetings are held regularly at the same location. There are two basic types of meetings; those that are open to the public and those that are closed to the public (for addicts only.) NA meetings are informally structured. The function of any meeting is always the same - to provide a suitable and reliable environment for personal recovery.

FOR THE NEWCOMER

You don't have to be clean (drug free) when you get here, but after your first meeting we suggest that you keep coming back and come clean. You don't have to wait for an overdose or a jail sentence to get help from N.A., nor is addiction a hopeless condition from which there is no relief from the desire to use drugs.

WHAT IS OUR MESSAGE

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. When all is said and done, our primary purpose can only be to carry the message to the addict who still suffers because that is all we have to give.

"An addict alone is in bad company."

Having difficulty dealing with reality? Call someone in NA. Ask people at meetings to write their name and phone number on this form, so you'll have an alternate to being in your own bad company.

Phone Numbers

HAMILTON AREA

MEETING LIST

NOVEMBER 2026

24 HOUR HELPLINE

(888) 811-3887 – English
(800) 385-7247 – French
(888) 377-7881 – Farsi

https://nahamilton.org

KEEP COMING BACK. IT WORKS