

**SUNDAY / DOMINGO**

**10:00AM 1.5HR Sunday Morning Step Group**, McMaster University, Room 1-J8, 1280 Main Street West, Hamilton, ON, L8S 4K1 **(O,D,IW,WC,TC)** *In front door & follow signs; free parking across the Street*

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

**7:30PM 1.5HR Clean & Free Group**, Anglican Church of the Nativity, At Barons. There is a limit of 15 people inside. Masks must be worn and screening will take place at the door., 1831 King Street East, Hamilton, ON, L8K 1V8 **(O,BT,So,WC)**

**MONDAY / LUNES**

**NOON 1.5HR Never Alone Group**, Main Floor Cafeteria, enter on Parkdale Ave N, 205 Melvin Street, Hamilton, ON, L8H 2J9 **(O,WC,TC)**

**7:00PM 0.5HR An Intro to Narcotics Anonymous**, This meeting is designed for people who are new to NA so you can get your questions answered and find the help you need., **(B,QA,VM)**

**7:00PM 1.5HR OPENING DELAYED - Alive & Well Group**, Christ Church Cathedral, 252 James Street North, Hamilton, ON, L8R 2L3 **(O,D,WC)**

**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 **(C,D,WC)** *Enter off Fennell outside the auditorium*

**TUESDAY / MARTES**

**7:00PM 1.25HR Mountain Freedom Group**, Elliott Heights Baptist Church, 1300 Fennell Avenue East, Hamilton, ON, L8T 1T6 **(O,D,WC,BK)** *Bus: Upper Kenilworth to Fennell*

**7:00PM 1.5HR New Beginnings Group**, Welcome Inn, one block east of James Street North, 40 Wood Street East, Hamilton, ON, L8L 3Y3 **(O,D,So,WC,TC)**

**WEDNESDAY / MIÉRCOLES**

**NOON 1.5HR Awakening Spirits Group**, Mission Services Building, North entrance, 196 Wentworth Street North, Hamilton, ON, L8L 5V7 **(O,D,WC,TC)**

**7:00PM 1.5HR Phoenix Rising (Formerly Back to Basics Group)**, Good Shepherd - former Cathedral Boys High School, 378 Main Street East, Hamilton, ON, L8N 1J7 **(O,D,QA)**

**THURSDAY / JUEVES**

**7:00PM 1.5HR Hope Group**, Central Presbyterian Church, Moved to a virtual meeting via Zoom, 165 Charlton Avenue West, Hamilton, ON, L8P 2C8 **(O,BT,D,VM)** *Password: Recovery*

**7:00PM 1.5HR Rivers Edge Group**, Grace United Church, Fellowship Room, 174 Caithness Street East, Caledonia, ON, N3W 1C2 **(WC,BK)** *\*Proof of Vaccine is Required\**

**FRIDAY / VIERNES**

**5:30PM 1.5HR Friday Night Group**, Saint Paul's Presbyterian Church, at Jackson St, 70 James Street South, Hamilton, ON, L8P 2Y8 **(C,BT,D)** *Social Distancing, masks, hand sanitizer and no contact.*

**7:00PM 1.5HR Journey Begins Group**, Unit 207-buzzer code 201, 181 Jackson Street West, Hamilton, ON, L8P 1L8 **(C,BT,D,TC)**

**SATURDAY / SÁBADO**

**1:30PM 1.5HR Learn to Live Group**, Saint Joseph's Church, Enter door closest to parking lot, and down the stairs., 260 Herkimer Street, Hamilton, ON, L8P 2H9 **(O,BT,D)** *At Locke*

**7:00PM 1.5HR Keep Coming Back Group**, Wentworth Baptist Church, at Cannon Street, 120 Wentworth Street North, Hamilton, ON, L8L 5V7 **(O,BT,D,WC,TC)**

**MEETING FORMAT LEGEND**

B	Beginners	BK	Book Study
BT	Basic Text	C	Closed
D	Discussion	IW	It Works -How and Why
JT	Just for Today	O	Open
QA	Question and Answer	So	Speaker Only
TC	Temporary closed	VM	Virtual Meeting
WC	Wheelchair		

**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

**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, international, another how to live drug-free and recover from the effects of addiction in their lives.

**WHERE WE ARE**

Most NA meetings are held regularly at the same. There are two basic types of meetings; those that are open to the public and those 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.



**HAMILTON AREA**

**MEETING LIST**

**November 2021**



**24 HOUR HELPLINE**

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

<https://nahamilton.org>

**KEEP COMING BACK. IT WORKS**

**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 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 below, so you'll have an alternate to being in your own bad company.

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