

### SUNDAY / DOMINGO

**7 : 00PM 1. 5HR Road To Recovery**, AFM Building, 146 Magnus Ave., Winnipeg, MB, R2W 2B3 **(C,D,WC,CW,TC)**

**7 : 30PM 1. 5HR New Beginnings**, St. Mary's United Church, 613 St. Mary's Road, Winnipeg, MB, R2M 3L8 **(C,D,WC,TC,VM)** *PASSWORD: 958248*

**8 : 00PM 1HR Recovery First**, Canadian Mental Health Center, basement,locked entry,doorbell, 102 First St. NW, Portage la Prairie, MB, R1N 1Y9 **(C)**

### MONDAY / LUNES

**NOON 1HR Broadway Group**, Crossways United Church, upstairs, 222 Furby St, Winnipeg, MB, R3C 2A7 **(C,CH,St,WC,TC)**

**7 : 00PM 1. 5HR Genesis Group**, Kildonan United Church, upstairs - 25 person limit, 187 Kilbride Ave., Winnipeg, MB, R2V 0Z7 **(C,St,TC)** *1st Mondays of the month are open meetings*

**8 : 00PM 1. 5HR Home At Last Group**, Gordon King Memorial, 127 Cobourg Ave., Winnipeg, MB, R2L 0H4 **(O,CL,D,WC,CW,TC,VM)** *PASSWORD: unity*

### TUESDAY / MARTES

**7 : 00PM 1. 5HR Road To Recovery**, AFM Building, 146 Magnus Ave., Winnipeg, MB, R2W 2B3 **(C,D,WC,CW,TC)**

**7 : 30PM 1HR Clean And Free**, Salvation Army Building, 220 Duke Ave., Portage la Prairie, MB, R1N 0S6 **(C,D,St,Tr,TC)**

**7 : 30PM 1. 5HR Equinox Group**, ON, R3B 1B9 **(C,D,St,WEB,TC,VM)** *PASSWORD (effective Oct 24): 670637*

### WEDNESDAY / MIÉRCOLES

**5 : 00PM 1HR Recovery First**, Canadian Mental Health Center, basement,locked entry,doorbell, 102 First St. NW, Portage la Prairie, MB, R1N 1Y9 **(C)**

**7 : 00PM 1. 5HR Home At Last Group**, Gordon King Memorial, 127 Cobourg Ave., Winnipeg, MB, R2L 0H4 **(O,CL,D,WC,CW,TC)**

### THURSDAY / JUEVES

**6 : 30PM 1HR (WINA) Women In NA Group**, Parish Church of St. Luke, parking lot door, big buzzer, 130 Nassau St. N., Winnipeg, MB, R3L 0K2 **(C,St,BK,CW,TC,VM)** *password: WINA2020*

**7 : 00PM 1. 5HR Genesis Group**, Kildonan United Church, upstairs - 25 person limit, 187 Kilbride Ave, Winnipeg, MB, R2V 0Z7 **(C,St,TC)**

**7 : 30PM 1HR Clean And Free**, Salvation Army Building, 220 Duke Ave., Portage la Prairie, MB, R1N 0S6 **(C,D,St,Tr,BK,TC)**

**7 : 30PM 1. 5HR Equinox Group**, ON, R3B 1B9 **(C,D,St,TC,VM)** *PASSWORD (effective Oct 24): 670637*

**7 : 30PM 1HR Recovery First**, Canadian Mental Health Center, basement,locked entry,doorbell, 102 First St. NW, Portage la Prairie, MB, R1N 1Y9 **(C,W)** *women only*

### FRIDAY / VIERNES

**NOON 1HR Broadway Group**, Crossways United Church, upstairs | *PASSWORD: 023201*, 222 Furby St., Winnipeg, MB, R3C 2A7 **(C,CH,St,WC,TC)**

**7 : 00PM 1. 5HR Genesis Group**, Kildonan United Church, upstairs - 25 person limit, 187 Kilbride Ave, Winnipeg, MB, R2V 0Z7 **(C,CL,St,TC)**

**9 : 00PM 1. 5HR Home At Last Group**, Gordon King Memorial, 127 Cobourg Ave., Winnipeg, MB, R2L 0H4 **(O,CL,D,WC,CW,TC,VM)** *PASSWORD: unity*

**9 : 30PM 1HR Recovery First**, Canadian Mental Health Center, basement,locked entry,doorbell, 102 First St. NW, Portage la Prairie, MB, R1N 1Y9 **(C,CL)**

### SATURDAY / SÁBADO

**7 : 30PM 1. 5HR Equinox Group**, ON, R3B 1B9 **(C,D,St,TC,VM)** *PASSWORD (effective Oct 24): 670637*

**9 : 30PM 1HR Recovery First**, Canadian Mental Health Center, basement,locked entry,doorbell, 102 First St. NW, Portage la Prairie, MB, R1N 1Y9 **(C,CL)**

### MEETING FORMAT LEGEND

BK	Book Study	C	Closed
CH	Closed Holidays	CL	Candlelight
CW	Children Welcome	D	Discussion
O	Open	St	Step
TC	Temporary closed	Tr	Tradition
VM	Virtual Meeting	W	Women
WC	Wheelchair	WEB	Online Meeting

### HELPLINES

Area 1	Number 1
Area 2	Number 2

### SERVICE MEETINGS

### 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.**



**MANITOBA**

**MEETING LIST**

**JANUARY 2021**

**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: 22