SUNDAY

Open Heart - 5:30PM
Maples Community Center (upstairs)
434 Adsum Dr., Winnipeg

Recovery First - 7:00PM
CPR Heritage Station
301 - 3rd Street N.E., Portage la Prairie

The Yellowhead Group - 7:00PM
Town Hall
103 Main St. South, Minnedosa

New Beginnings - 7:30PM
St. Mary's United Church
613 St. Mary's Road, Winnipeg

Hope Group - 8:00PM
153 8th Street, Brandon
Wheel Chair Accessable, Please use backdoor

MONDAY

Steinbach Group of NA - It's Worth The Journey - 7:00PM
Steinbach Community Outreach
354 Loewen Blvd, Steinbach
Grey Doors on West Side of Building

Home At Last Online - 8:00PM
https://zoom.us/j/2484126772
PASSWORD: unity

Miracles on Main - 8:00PM
Holy Trinity Church
1175 Main Street, Winnipeg
basement on the right side when you come down the stairs

Westman Group - 8:30PM
St. Mary's Anglican Church
401 - 1st Street, Brandon

TUESDAY

Recovery First - 5:30PM
CPR Heritage Station
301 - 3rd Street N.E., Portage la Prairie

Equinox Group - 7:30PM
First Presbyterian Church
61 Picardy Place, Winnipeg

Reeses Pieces Group - 7:30PM
Gimli Multiplex Building
17 North Colonization Road (17 Loni Beach Road)
Gimli
https://meet.google.com/iwm-vgip-qao

Hope Group - 8:00PM
153 8th Street, Brandon
Please use backdoor

Kokums House - 8:00PM
Kinsman Center
111 burrows St, Grandview

WEDNESDAY

Recovery First - 5:30PM
CPR Heritage Station
301 - 3rd Street N.E., Portage la Prairie

Westman Group - 6:00PM
AFM facility
510 Frederick Street, Brandon
AFM door at back

Home At Last Group - 7:00PM
Gordon King Memorial
127 Cobourg Ave., Winnipeg

THURSDAY

Genesis Group - 7:00PM
Atlantic-Garden City United Church
725 Atlantic Ave., Winnipeg
Use Arlington Street Entrance

Never Alone - 7:00PM
Sagkeeng Health Centre
50017 MB-11 B, Fort Alexander
Last Thursday speaker & birthday night

Recovery First - 7:00PM
CPR Heritage Station
301 - 3rd Street N.E., Portage la Prairie

Hope Group - Women's meeting - 8:00PM
153 8th Street, Brandon
Wheel Chair Accessable,Please use backdoor

FRIDAY

Miracles on Main - 1:00PM
Holy Trinity Church
1175 Main Street, Winnipeg
basement on the right side when you come down the stairs

Genesis Group - 7:00PM
Atlantic-Garden City United Church
725 Atlantic Ave., Winnipeg
Use Arlington Street Entrance

Westman Group - 9:30PM
St. Mary's Anglican Church
401 - 1st Street, Brandon

SATURDAY

Genesis Group - 7:00PM
Atlantic-Garden City United Church
725 Atlantic Ave., Winnipeg
Use Arlington Street Entrance

Recovery First - 7:00PM
CPR Heritage Station
301 - 3rd Street N.E., Portage la Prairie

Steinbach Group of NA - It's Worth The Journey - 7:00PM
Steinbach Community Outreach
354 Loewen Blvd, Steinbach
Grey Doors on West Side of Building

Reeses Pieces Group - 7:30PM
Gimli Multiplex Building
17 North Colonization Road (17 Loni Beach Road)
Gimli
https://meet.google.com/iwm-vgip-qao

Why Are We Here?

Before coming to the Fellowship of NA, we could not manage our own lives. We could not live and enjoy life as other people do. We had to have something different and we thought we had found it in drugs. We placed their use ahead of the welfare of our families, our wives, husbands, and our children. We had to have drugs at all costs. We did many people great harm but most of all we harmed ourselves. Through our inability to accept personal responsibilities we were actually creating our own problems. We seemed to be incapable of facing life on its own terms. Most of us realized that in our addiction we were slowly committing suicide, but addiction is such a cunning enemy of life that we had lost the power to do anything about it. Many of us ended up in jail or sought help through medicine, religion, and psychiatry. None of these methods was sufficient for us. Our disease always resurfaced or continued to progress until in desperation we sought help from each other in Narcotics Anonymous. After coming to NA, we realized we were sick people. We suffered from a disease from which there is no known cure. It can, however, be arrested at some point and recovery is then possible.

Just For Today

Tell yourself:

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 who have found a new way of life. So long as I follow that way, I have nothing to fear.

What Is the NA Program

NA 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. This is a program of complete abstinence from all drugs. There is only one requirement for membership, the desire to stop using. We suggest that you keep an open mind and give yourself a break. Our program is a set of principles written so simply that we can follow them in our daily lives. The most important thing about them is that they work. There are no strings attached to NA. We are not affiliated with any other organizations. We have no initiation fees or dues, no pledges to sign, no promises to make to anyone. We are not connected with any political, religious, or law enforcement groups, and are under no surveillance at any time. Anyone may join us regardless of age, race, sexual identity, creed, religion, or lack of religion. We are not interested in what or how much you used or who your connections were, what you have done in the past, how much or how little you have, but only in what you want to do about your problem and how we can help. The newcomer is the most important person at any meeting, because we can only keep what we have by giving it away. We have learned from our group experience that those who keep coming to our meetings regularly stay clean.

Who Is An Addict?

Most of us do not have to think twice about this question. We know! Our whole life and thinking was centered in drugs in one form or another—the getting and using and finding ways and means to get more. We lived to use and used to live. Very simply, an addict is a man or woman whose life is controlled by drugs. We are people in the grip of a continuing and progressive illness whose ends are always the same: jails, institutions, and death.

MANITOBA Area

Narcotics Anonymous

Meetings
(28 weekly)

Downloaded September 30/2026

For the the most up to date meeting list please check www.mascna.org

The Manitoba Area Service Committee meets virtually every 3rd Saturday of the month at 9:30 A.M. CST
MASCNA Area Monthly Meeting link:
https://meet.google.com/sfv-ddxv-bcz

Manitoba local info line: (204) 981-1730

24/7 regional helpline
English: 1-888-811-3887
French: 1-800-385-7247
Farsi: 1-888-377-7881

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