SUNDAY

11:00AM 1.5HR Just For Today, Beside Holmes House, 50 Orchard Avenue, Simcoe, ON, N3Y 3H1 **(C,D)**

7:30PM 1.5HR Hugs Not Drugs, Brant Community Church, 69 Superior Street, Brantford, ON, N3S 2K5 **(C,D,JT,To,SPAD)**

MONDAY

7:30PM 1.5HR New Beginnings, Grace Anglican Church, 4 Pearl Street, Brantford, ON, N3T 3N4 **(C,D,JT,To)**

8:00PM 1.5HR Just For Today, First Baptist Church, 129 Young Street, Simcoe, ON, N3Y 1Y8

WEDNESDAY

7:00PM 1.5HR Walking the Walk, Avondale Zion United Church, 60 Harvey Street, Tillsonburg, ON, N4G 5V8 **(O,D)**

THURSDAY

7:30PM 1.5HR Hope Not Dope, Brant Community Church, 69 Superior St, Brantford, ON, N3S 2K5 **(C,BT,D,SPAD)**

FRIDAY

7:30PM 1.5HR Hugs Not Drugs, Brant Community Church, 69 Superior Street, Brantford, ON, N3S 2K5 **(O,JT,To,SPAD)**

8:00PM 1.5HR Just For Today, First Baptist Church, 129 Young Street, Simcoe, ON, N3Y 1Y8

SATURDAY

10:30AM 1.5HR Hope Not Dope, Brant Community Church, 69 Superior St, Brantford, ON, N3S 2K5 **(C,BT,D,JT)**

11:00AM 1.5HR Walking the Walk, Tillsonburg Public Library, 2 Library Lane, Tillsonburg, ON, N4G 2S7

8:00PM 1.5HR Paris Group, St. Paul's Church, 48 Broadway St. West, Paris, ON, N3L 2S5 **(C,D,JT,WC)**

MEETING FORMAT LEGEND

BT	Basic Text	C	Closed
D	Discussion	JT	Just for Today
O	Open	To	Topic
WC	Wheelchair	SPAD	A Spiritual Principle a Day

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.**

Basic Text, *page 65*

NORFOLK BRANT

MEETING LIST

OCTOBER 2026

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: 11