

SUNDAY

7:30PM 1.5HR Hugs Not Drugs, 69 Superior Street, Brantford, ON, N3S 2K5 **(O)**

MONDAY

7:30PM 1.5HR New Beginnings, Cornerstone Church,, 203 Grand River Ave, Brantford, ON, N3T 4Y1 **(C,D,JT,St,Tr)**

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

WEDNESDAY

7:30PM 1.5HR Hugs not Drugs, 69 Superior Street, Brantford, ON, N3S 2K5 **(C,BT,D,WC)**

THURSDAY

7:00PM 1.5HR Hope Not Dope, Brant Community Church, 69 Superior St, Brantford, ON, **(C,D,IW)**

FRIDAY

7:30PM 1.5HR Hugs Not Drugs, 69 Superior Street, Brantford, ON, N3S 2K5 **(O)**

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

SATURDAY

10:30AM 1.5HR Hope Not Dope, Brant Community Church, 69 Superior St, Brantford, ON, N3S2K5 **(O)**

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

MEETING FORMAT LEGEND

BT	Basic Text	C	Closed
D	Discussion	IW	It Works -How and Why
JT	Just for Today	O	Open
St	Step	Tr	Tradition
WC	Wheelchair		

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.**



**NORFOLK BRANT
MEETING LIST
NOVEMBER 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: 9