

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

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 Yonge 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, Tillsonberg Public Library, 2 Library Lane, Tillsonburg, ON,

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.



**NORFOLK BRANT
MEETING LIST
JANUARY 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