





**NORTH BAY AREA**

**MEETING LIST**

**MAY 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: 20