

**SUNDAY / DOMINGO**

**7:30PM 1.5HR North Bay Online Connection Group of Narcotics Anonymous, ZOOM, North Bay, ON, (C,D,JT,To,NS,WEB,VM)**

**MONDAY / LUNES**

**7:00PM 1HR Be Brave**, St. Mary Magdalene Anglican Church, 253 King Street, Sturgeon Falls, ON, P2B 3A1 (CH)

**7:30PM 1.5HR North Bay Online Connection**, ZOOM, North Bay, ON, (C,D,JT,To,NS,WEB,VM)

**TUESDAY / MARTES**

**7:00PM 1HR Serene and Clean Using Principles**, Calvin Church, Meeting is held in the 3rd floor Boardroom. NOTE: Please use rear stairwell paved parking lot entrance on Commercial Street. If driving and accessing the parking lot, please use First Avenue to Enter lot and Commercial Street to Exit., 401 First Ave. W., North Bay, ON, P1B 3C5 (C,D,M,WC)

**7:00PM 1.5HR Stopping the Damage**, Trinity United Church, Entrance at Side Door on Ferguson Street, 111 McIntyre St. E., North Bay, ON, P1B 1C5 (C,D,IT)

**7:00PM 1HR Together We Can**, Calvin Church, 401 First Ave. W., North Bay, ON, P1B 3C5 (C,D,St,W,WC)

**7:30PM 1.5HR North Bay Online Connection**, ZOOM, North Bay, ON, (C,D,JT,To,NS,WEB,VM)

**WEDNESDAY / MIÉRCOLES**

**7:00PM 1.5HR Notoriously NA**, The Door, 18 Brunel Rd., Huntsville, ON, P1H1P1 (C,D,WC)

**7:30PM 1.5HR North Bay Online Connection**, ZOOM, North Bay, ON, (C,D,JT,To,NS,WEB,VM)

**THURSDAY / JUEVES**

**7:00PM 1HR SFNA**, 189 Main Street Unit # 2, Sturgeon Falls, ON, P2B 2P1

**7:30PM 1.5HR North Bay Online Connection**, ZOOM, North Bay, ON, (C,D,JT,To,NS,WEB,VM)

**7:30PM 1.25HR Unity Group**, Saint Andrew's United Church, Basement. Use McIntyre Street Entrance, 399 Cassells St., North Bay, ON, P1B 4V9 (C,D,To)

**FRIDAY / VIERNES**

**7:00PM 1.25HR Steps to Recovery**, Calvin Presbyterian Church, 401 First Ave. W., North Bay, ON, P1B 3C5 (C,BT,D,St,To,WC)

**7:30PM 1.5HR North Bay Online Connection**, ZOOM, North Bay, ON, (C,D,JT,To,NS,WEB,VM)

**SATURDAY / SÁBADO**

**1:30PM 1HR SFNA**, 189 Main Street Unit # 2, Sturgeon Falls, ON, P2B 2P1

**7:30PM 1.5HR North Bay Online Connection**, ZOOM, North Bay, ON, (C,D,JT,To,NS,WEB,VM)

**MEETING FORMAT LEGEND**

BT	Basic Text	C	Closed
CH	Closed Holidays	D	Discussion
JT	Just for Today	M	Men
St	Step	To	Topic
W	Women	WC	Wheelchair
NS	No Smoking	WEB	Online Meeting
ASM	Area Service Meeting	VM	Virtual Meeting
HY	HY		

**HELPLINES**

Area 1

Number 1

Area 2

Number 2

**SERVICE MEETINGS**

**3:30PM 1.5HR North Bay Area Service Committee of NA**, Calvin Church & ZOOM, Note This is an area service meeting that meets the Second Saturday of the month unless it's a holiday and does not meet in the month of August. Hybrid online - Public Information Subcommittee at 1:30 & Activities at 2:30 prior to regular meeting, 401 First Ave. W., North Bay, ON, P1B 3C5, North Bay, ON, P1B 3C5 (WC,HY,ASM)

**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.**



**NORTH BAY AREA**

**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**