

SUNDAY

10:00AM 0.67HR JFT Express (Online only), Ottawa, ON, **(C,D,JT,ME,VM)**

1:00PM 1HR Spiritual Principles, McNabb Community Center, 180 Percy Street, Ottawa, ON, K1R 6E5 **(C,D,SG,WC,TC,VM)**
Open speaker celebrations 3rd Sun/month

6:10PM 1.5HR How It Works, Jack Purcell Community Centre, 2nd floor, Room 202, 320 Jack Purcell Lane, Ottawa, ON, K2P 2J5 **(C,D,St,WC,TC,VM)** *Open speaker celebrations 1st Sun/month*

8:00PM 1HR Higher Power Hour, Mount Calvary Lutheran Church, 933 Smyth Road, Ottawa, ON, K1G 1P5 **(C,D,TC,VM)**
Open discussion celebrations 4th Sun/month

8:00PM 1HR New Attitudes (Online only), ON, **(C,D,WEB,VM)**

MONDAY

8:00AM 1.5HR Clean and Serene, Ottawa, ON, **(D,BK,WEB,VM)** *Mon-Fri, literature, chair's choice*

10:00AM 0.67HR JFT Express (Online Only), Ottawa, ON, **(C,D,JT,ME,VM)**

NOON 1HR NA Noon Group, Jack Purcell Community Centre, 2nd Floor, 320 Jack Purcell Lane, Ottawa, ON, K2P 2J5 **(C,D,St,WC,TC,VM)**

7:00PM 1.5HR For Newcomers: An Introduction to NA (Online Only), **(O,So,QA,VM)**

7:30PM 1.5HR Evolving Souls, Saint John's Anglican Church, 154 Somerset Street West, Ottawa, ON, K2P 0H8 **(O,CL,D,GL,TC,VM)**

7:30PM 1.5HR Freedom Group, *NEW LOCATION* Bronson Center, Room 221, 211 Bronson Ave, Ottawa, ON, K1R 6H5 **(C,D,WC)** *NOW IN PERSON ONLY Open Speaker Celebration 2nd Mon/month*

7:30PM 1.5HR We Kicked the Habit, Saint Marks Anglican Church, 1606 Fisher Avenue, Ottawa, ON, K2C 1X8 **(C,D,TC,VM)**

TUESDAY

8:00AM 1.5HR Clean and Serene, Ottawa, ON, **(D,BK,WEB,VM)** *Mon-Fri, literature, chair's choice*

10:00AM 0.67HR JFT Express (Online Only), Ottawa, ON, **(C,D,JT,ME,VM)**

NOON 1HR NA Noon Group, Jack Purcell Community Centre, 2nd Floor, 320 Jack Purcell Lane, Ottawa, ON, K2P 2J5 **(C,D,St,WC,TC,VM)**

7:00PM 1.5HR Faith in Life, Glen Cairn United Church, 140 Abbeyhill Drive, Kanata, ON, K2L 1H5 **(C,D,St,WC)**

7:00PM 1.5HR Soul Sisters Group, Sandy Hill Community Centre, 250 Somerset Street East, Ottawa, ON, K1N 6V6 **(C,CL,D,W,WC,BK,TC,VM)** *Open Discussion 2nd Tues/month*

7:00PM 1HR We Get To, Zion Lutheran Church, Use side entrance from Munro St., 454 Miller St., Pembroke, ON, K8A5Z4 **(O,D,IW,WC,BK)**

7:30PM 1.5HR Broken Elevator, Nepean Baptist Church, 135 Woodfield Drive, Ottawa, ON, K2G 0A1 **(O,D,IW,TC,VM)**
Celebrations 3rd Tues/month

7:30PM 1.5HR Primary Purpose, Bridlewood Community Church of Nazarene, 2 Stonehaven Drive, Kanata, ON, K2M 2P9 **(C,D,BK,VM)** *at Eagleson Rd*

8:00PM 1HR Broken Chains, St Paul's Presbyterian Church, parking lot entrance, hall, 319 Prescott St, Kemptville, ON, K0G 1J0 **(O,BT,D,WC)**

WEDNESDAY

8:00AM 1.5HR Clean and Serene, Ottawa, ON, **(D,BK,WEB,VM)** *Mon-Fri, literature, chair's choice*

10:00AM 0.67HR JFT Express (Online Only), Ottawa, ON, **(C,D,JT,ME,VM)**

NOON 1HR NA Noon Group, Jack Purcell Community Centre, 2nd Floor, 320 Jack Purcell Lane, Ottawa, ON, K2P 2J5 **(C,St,WC,TC,VM)**

7:00PM 1HR New Life, Holy Name Church Annex (off Trafalgar and Front St), 284 Trafalgar Road, Pembroke, ON, K8A 5A8 **(C,D)**
Open Speaker Celebrations

7:00PM 1HR There Comes a Time, The Kenwood Center, Room 102, 16 Edward St, Arnprior, ON, **(C,BT,D)**

7:30PM 1.5HR CPR Group, Saint Mary's Church, 28 Hawthorne Avenue, Carleton Place, ON, K7C 3A9 **(O,BT,D,WC)** *Open Speaker Celebrations last Wed/month*

7:30PM 1.5HR Come As You Are, Shepherd's Of Good Hope, back door, 233 Murray Street, Ottawa, ON, K1N 5M9 **(O,D,TC,VM)** *corner of King Edward*

8:00PM 1HR Conscious Contact, Quaker House, 91A Fourth Avenue, Ottawa, ON, K1S 2L1 **(O,D,ME,TC,VM)**

8:00PM 1HR Together We Can, Ottawa, ON, **(C,D,M,TC,VM)**
Open Speaker Celebrations 3rd Wed/month

THURSDAY

8:00AM 1.5HR Clean and Serene, Ottawa, ON, **(D,BK,WEB,VM)** *Mon-Fri, literature, chair's choice*

10:00AM 0.67HR JFT Express (Online Only), Ottawa, ON, **(C,D,JT,ME,VM)**

NOON 1HR NA Noon Group, Jack Purcell Community Centre, 2nd Floor, 320 Jack Purcell Lane, Ottawa, ON, K2P 2J5 **(C,D,St,TW,WC,TC,VM)**

7:00PM 1.5HR Gay Men In Recovery, Gayzone, Centretown Health Community Centre, 400 Cooper street, Ottawa, ON, K2P 2H8 **(C,D,GL,M,WC,HY)**

8:00PM 1HR Faith in Life, Glen Cairn United Church, 140 Abbeyhill Drive, Kanata, ON, K2L 1H5 **(C,BT,D,St,WC,TC,VM)**
Open speaker 3rd Thurs/mo

8:00PM 1HR Freedom Today, Hope for Tomorrow, *** Fellowship starts at 7:45pm and after until 9:15pm ***, 2 Gould Street, Smiths Falls, ON, K7A 2S5 **(C,D,IW,TC,VM)** *Open Speaker Celebrations*

8:00PM 1.5HR We Do Recover, Pierre Rocque Community Centre, 1257 Joseph Drouin Avenue, Orleans, ON, K1C 7B2 **(C,D,WC,TC,VM)** *Open Speaker Celebrations last Thurs/month*

8:15PM 1.25HR New Attitudes, Old Town Hall Community Centre, Room opens at 8:00 pm, 61 Main Street, 2nd Floor, Ottawa, ON, K1S 1B3 **(C,D,HY)**

FRIDAY

8:00AM 1.5HR Clean and Serene, Ottawa, ON, **(D,BK,WEB,VM)** *Mon-Fri, literature, chair's choice*

10:00AM 0.67HR JFT Express (Online Only), Ottawa, ON, **(C,D,JT,ME,VM)**

NOON 1HR NA Noon Group, Jack Purcell Community Centre, Room 203, 320 Jack Purcell Lane, Ottawa, ON, K2P 2J5 **(O,D,So,WC,TC,VM)**

7:00PM 1HR 12 Steps to Recovery, Elliot Street Clinic, 12 Elliot Street, Perth, ON, K7H 3A3 **(C,D,WC)**

7:00PM 1.5HR Recovery is Possible, Sandy Hill Community Centre, Basement, 250 Somerset Street East, Ottawa, ON, K1N 6V6 **(C,D,WC,TC,VM)**

7:30PM 1.5HR Addicts Helping Addicts, Saint Aidan's Anglican Church, Marked door beside main entrance, 934A Hamlet Road, Ottawa, ON, K1G 1R3 **(C,D,TC,VM)**

7:30PM 1.5HR We Chose Freedom, Saint Lawrence Anglican Church, rear door, 80 Pine Street, Brockville, ON, K6V 1G7 **(O,D,St,To,Tr,TC,VM)** *off Park St*

8:00PM 1.5HR Just For Today, Bronson Centre, Room number TBD, 211 Bronson Ave, Ottawa, ON, **(C,D,JT)** *Open Speaker Celebrations 3rd Fri/month*

SATURDAY

10:00AM 0.67HR JFT Express (Online Only), Ottawa, ON, **(C,O,D,JT,ME,VM)**

NOON 1HR NA Noon Group, Jack Purcell Community Centre, Room 201, 320 Jack Purcell Lane, Ottawa, ON, K2P 2J5 **(C,D,WC,TC,VM)**

7:00PM 1HR New Life, Holy Name Church Annex, 284 Trafalgar Road, Pembroke, ON, K8A 5A8 **(C,D,So)** *entrance at Annex on 1st Ave*

7:30PM 1.5HR New Beginnings, Royal Ottawa Hospital, 1st Floor Auditorium, 1145 Carling Ave, Ottawa, ON, K1Z 7K4 **(C,D,St,TC,VM)**

8:00PM 1.5HR Fellowship Group, Bronson Centre, 211 Bronson Avenue, Ottawa, ON, K1R 6H5 **(C,D,WC)** *Open Speaker Celebrations 2nd Sat/month*

MEETING FORMAT LEGEND

BK	Book Study	BT	Basic Text
C	Closed	CL	Candlelight
D	Discussion	GL	Gay/Lesbian/Transgender
HY	HY	IW	It Works -How and Why
JT	Just for Today	M	Men
ME	Meditation	O	Open
QA	Question and Answer	SG	Step Working Guide
So	Speaker Only	St	Step
TC	Temporary closed	TW	Traditions Workshop
To	Topic	Tr	Tradition
VM	Virtual Meeting	W	Women
WC	Wheelchair	WEB	Online Meeting

HELPLINES

Area 1	Number 1
Area 2	Number 2

SERVICE MEETINGS

PHONE NUMBERS



**OTTAWA AREA
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

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.**

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