

IN-PERSON MEETINGS		
MONDAY	WEDNESDAY (CONT)	FRIDAY
12:00PM-1:00PM NA Noon Group (C,D,St,WC) Jack Purcell Community Centre - ROOM 202, 320 Jack Purcell Lane, Ottawa, ON, K2P 2J5	7:00PM-8:30PM CPR Group (C,BT,D,WC) Saint Mary's Church, Speaker meeting on last Wednesday of the month, 28 Hawthorne Avenue, Carleton Place, ON, K7C 3A9 (<i>Open Speaker Celebrations last Wed/month</i>)	12:00PM-1:00PM NA Noon Group (C,D,So,WC) Jack Purcell Community Centre - ROOM 203, 320 Jack Purcell Lane, Ottawa, ON, K2P 2J5
7:00PM-8:00PM Meeting Makers Make It (O,D) Wall Street Church, Serenity Room, 5 Wall Street, Brockville, ON, K6V 4R8	7:00PM-8:00PM New Life (C,D) Holy Name Church Annex (off Trafalgar and Front St), 284 Trafalgar Road, Pembroke, ON, K8A 5A8 (<i>Open Speaker Celebrations</i>)	7:00PM-8:00PM 12 Steps to Recovery (C,D,WC) Elliot Street Clinic, 12 Elliot Street, Perth, ON, K7H 3A3 (<i>August 29th celebration meeting will be held at 17 D'arcy St, K7H 2T9</i>)
7:00PM-8:00PM No Matter What (C,D) Russell United Church, Castor entrance - Open speaker celebration meetings 3rd Mon/Month, 38 Mill Street, Russell, ON, K4R 1E2 (<i>Meeting closed on holidays</i>)	7:00PM-8:15PM Serenity @ 7 - Women+ Meeting (C,D,W,WC,BK,CW) Sandy Hill Community Centre, For marginalized genders incl. women, non-binary & gender non-conforming people. This space centres around women's experiences in recovery., 250 Somerset St. E, Ottawa, ON, K1N 6v6 (<i>Literature discussion: Spiritual Principle A Day. Open Speaker/Celebrations 2nd Wed/month.</i>)	7:00PM-8:30PM Attitude of Gratitude Trinity Church, 105 Second St W, Cornwall, ON, K6j 1G4
7:30PM-9:00PM Evolving Souls (LGBT+S) (O,CL,D) Saint John's Anglican Church, Elgin street entrance, 154 Somerset Street West, Ottawa, ON, K2P 0H8	7:00PM-8:00PM There Comes a Time (C,BT,D) The Kenwood Center, Room 102, 16 Edward St, Arnprior, ON,	7:00PM-8:00PM Back to Basics Group (O,B,BT,D,BK) Trinity Saint Andrew's Church, Downstairs, 291 Plaunt Street South, Renfrew, ON, K7V 1N2
7:30PM-9:00PM First Things First Community Living Glengarry, 332 MacDonald Blvd, Alexandria, ON, K0C 1A0 (<i>7:30PM - 9:00PM - Literature based meeting. Join for fellowship before the meeting from 7:00 - 7:30</i>)	7:00PM-8:00PM Together We Can - Men's Meeting (C,D,M) McNabb Community Centre Room C, 180 Percy St, Ottawa, ON, K1R 6E5 (<i>Open Speaker Celebrations 3rd Wed/month</i>)	7:00PM-8:30PM Recovery is Possible (C,D,WC) Sandy Hill Community Centre, Basement, 250 Somerset Street East, Ottawa, ON, K1N 6V6
7:30PM-9:00PM Freedom Group (C,D,WC) Bronson Center, Room 103, 211 Bronson Ave, Ottawa, ON, K1R 6H5 (<i>Open Speaker Celebration 2nd Mon/month</i>)	8:00PM-9:00PM Conscious Contact (O,D,ME) , Quaker House, 91A Fourth Avenue, Ottawa, ON, K1S 2L1 (<i>Join us for meditation practice BEFORE the meeting (7:00 to 7:45), EXCEPT on the last Wednesday of the month.</i>)	7:15PM-8:15PM Gratitude Group (O,D,To,WC) McNabb Community Centre, 180 Percy Street, Ottawa, ON, K1R 6E5 (<i>Fellowship 8:15-8:45</i>)
7:30PM-8:30PM Living Free (C,D,WC,BK) Westminster Presbyterian, 11 Church St W, Smith Falls, ON, K7A 1P6 (<i>Celebrations weekly during regular meetings. Open meeting the last Monday of the month.</i>)	THURSDAY	7:30PM-9:00PM We Choose Freedom (O,D,St,To,Tr) Saint Lawrence Anglican Church, 80 Pine Street, Brockville, ON, K6V 1G7
7:30PM-9:00PM We Kicked the Habit (O,D) Saint Marks Anglican Church, Literature reading and open discussion. Celebrations on the last Monday of the month., 1606 Fisher Ave, Ottawa, ON, K2C 1X8	12:00PM-1:00PM NA Noon Group (C,D,St,TW,WC) Jack Purcell, 320 Jack Purcell Lane, Ottawa, ON, K2P 2J5	8:00PM-9:30PM Just For Today (C,D,JT) Bronson Centre - Room 110, Eastern door on Lisgar open and accessible until 8:00PM every Friday. Allowing members to avoid the main entrance which often contains many community members and various concerts.Members that show up after 8:00PM will be required to use the main entrance., 211 Bronson Ave, Ottawa, ON, (<i>Open Speaker Celebrations 3rd Fri/month</i>)
TUESDAY	7:00PM-8:10PM Gay Men In Recovery (C,D,GL,M,WC,HY) MAX Ottawa, Please ring the intercom doorbell on the left side door for entry to the building if doors are locked and a member will let you in, 400 Cooper Street, Suite 9004, Ottawa, ON, K2P 1X3 <i>Meeting ID: 848 5998 4819 Password: NAGMR</i>	SATURDAY
12:00PM-1:00PM NA Noon Group (C,D,St,WC) Jack Purcell Community Centre, 320 Jack Purcell Ln, Ottawa, ON, K2P 2J5	7:00PM-8:15PM Hope Without Dope (C,D,WC) Hope Living, Downstairs in the chapel, 145 Castlefrank Road, Ottawa, ON, K2L 3X9	12:00PM-1:00PM NA Noon Group (C,D,WC) Jack Purcell Community Centre - ROOM 202, 320 Jack Purcell Lane, Ottawa, ON, K2P 2J5
6:30PM-7:30PM Prescott's Living Clean (O,D,WC,BK) St. Andrew's Presbyterian Church, 425 Centre St. (Enter by the side entrance on Dibble St.), Prescott, ON, K0E 1T0	7:00PM-8:00PM It's Possible Carlington Community, Suite 102, Please enter by the Carlington Community Connection entrance on the side of the building facing Merivale Road, 1465 Caldwell Avenue, Ste 102, Ottawa, ON, K1Z 8L9	6:30PM-7:30PM Stepping Into Saturday (O,BT,WC,BK) Weslyan Church, Back side door, 33 Central Ave W, Brockville, ON, K6V 4N4
7:00PM-8:15PM Faith in Life (C,D,St,WC) Glen Cairn United Church, 140 Abbeyhill Drive, Kanata, ON, K2L 1H5	7:00PM-8:00PM Spiritual Warriors (C,D,WC) Richelieu-Vanier Community Centre, Workshop room 2, 300 Pères-Blancs Ave, Ottawa, ON, K1L 5C5	7:00PM-8:00PM New Life (C,D) Holy Name Church Annex, entrance at Annex on 1st Ave, 284 Trafalgar Road, Pembroke, ON, K8A 5A8
7:30PM-8:30PM New Awareness (C,D,WC) Routhier Community Centre, 172 Guigues Ave, Ottawa, ON, K1N 7H5 (<i>Business meeting 3rd Tuesday at 6:45 before the meeting. Open Speaker Celebrations 4th Tues/month.</i>)	7:30PM-8:30PM Living Free (C,D,St,Tr) Westminster Presbyterian, 11 Church St . West, Smiths Falls, ON, K7A 1P6	7:30PM-9:00PM New Beginnings (C,D,St,HY) Royal Ottawa Hospital, Room 1424, 1145 Carling Ave, Ottawa, ON, K1Z 7K4 (<i>Concurrent Meeting (online and in-person at same time)</i>) <i>Zoom ID: 897 2890 7520 Password: 123456</i>
8:00PM-9:00PM Broken Chains (O,BT,D,WC) St Paul's Presbyterian Church, parking lot entrance, hall, 319 Prescott St, Kemptville, ON, K0G 1J0	7:30PM-9:00PM We Do Recover (C,D,WC) Pierre Rocque Community Centre, 1257 Joseph Drouin Avenue, Orleans, ON, K1C 7B2 (<i>Open Speaker Celebrations last Thurs/month</i>)	8:00PM-9:30PM Fellowship Group (C,D,WC) Bronson Centre, New entrance with FELLOWSHIP GROUP sign on door (smaller door at far left of main entrance, closest to Nepean St, near bus stop), 211 Bronson Avenue, Ottawa, ON, K1R 6H5 (<i>Open Speaker Celebrations 2nd Sat/month</i>)
WEDNESDAY	7:45PM-9:00PM New Attitudes (C,D,BK) Old Town Hall Community Centre, Room opens at 7:30pm, 61 Main Street, 2nd Floor, Ottawa, ON, K1S 1B3 (<i>No wheelchair accessibility.</i>)	SUNDAY
12:00PM-1:00PM NA Noon Group (C,St,WC) Jack Purcell Community Centre - ROOM 202, 320 Jack Purcell Lane, Ottawa, ON, K2P 2J5		6:00PM-7:00PM How It Works (C,D,St,WC) Bronson Centre, room 110, 211 Bronson Ave, Ottawa, ON, K1R 6H5 (<i>Celebrations held 2nd Sun/month</i>)
6:30PM-7:30PM Brock House Serenity Starts Here (O,D,WC) Wall Street Church, Serenity Room, 5 Wall Street, Brockville, ON, K6V 4R8		

SUNDAY (CONT)

7:00PM-8:00PM Never Alone, Never Again (BT,D,BK,LC)
, 5 Wall Street, Brockville, ON, K6V 4R8 (*Living Clean: week 1. Basic Text: week 2. SPAD: week 3. Speaker: last Sun/month*)

7:00PM-8:00PM United We Can (C,D)

United Church Zion-Memorial, 37 Franklin Street, Carleton Place, ON, K7C 1R6

64 Weekly meetings in the Ottawa Area

MEETING FORMAT LEGEND

B	(Beginners) This meeting is focused on the needs of new members of NA.
BT	(Basic Text) This meeting is focused on discussion of the Basic Text of Narcotics Anonymous.
C	(Closed) This meeting is closed to non-addicts. You should attend only if you believe that you may have a problem with substance abuse.
CL	(Candlelight) This meeting is held by candlelight.
D	(Discussion) This meeting invites participation by all attendees.
GL	(Gay/Lesbian/Transgender) This meeting is focused on the needs of gay, lesbian and transgender members of NA.
JT	(Just for Today) This meeting is focused on discussion of the Just For Today text.
M	(Men) This meeting is meant to be attended by men only.
O	(Open) This meeting is open to addicts and non-addicts alike. All are welcome.
St	(Step) This meeting is focused on discussion of the Twelve Steps of NA.
To	(Topic) This meeting is based upon a topic chosen by a speaker or by group conscience.
Tr	(Tradition) This meeting is focused on discussion of the Twelve Traditions of NA.
TW	(Traditions Workshop) This meeting engages in detailed discussion of one or more of the Twelve Traditions of NA.
W	(Women) This meeting is meant to be attended by women only.
WC	(Wheelchair) This meeting is wheelchair accessible.
BK	(Book Study) Approved N.A. Books
ME	(Meditation) This meeting encourages its participants to engage in quiet meditation.
QA	(Question and Answer) Attendees may ask questions and expect answers from Group members.
CW	(Children Welcome) Children are welcome at this meeting.
WEB	(Online Meeting) This is a meeting that gathers on the Internet.
LC	(Living Clean) This is a discussion of the NA book Living Clean -The Journey Continues.
VM	(Virtual Meeting) Meets Virtually
HY	(HY) Meetings virtually and in person.
So	(Speaker Only) This meeting is a speaker-only meeting. Other attendees do not participate in the discussion.

PHONE NUMBERS

IN-PERSON MEETINGS

VIRTUAL MEETINGS

Use the Zoom ID and password to join the meeting online, or the numbers below to dial in:

+1 778 907 2071	+1 587 328 1099	+1 647 374 4685
+1 438 809 7799	+1 613 209 3054	+1 647 558 0588

MONDAY

8:00AM-9:30AM Clean and Serene (D,BK,WEB,VM)

Zoom ID: 845 927 058 27 Password: 123456

10:00AM-10:40AM JFT Express (C,D,JT,ME,VM)

Zoom ID: 834 6371 6774 Password: 330231

7:00PM-8:30PM For Newcomers: An Introduction to NA (Online Only) (O,So,QA,VM)

Zoom ID 819 5172 0212 Password: 1212

TUESDAY

8:00AM-9:30AM Clean and Serene (D,BK,WEB,VM)

Zoom ID: 845 927 058 27 Password: 123456

10:00AM-10:40AM JFT Express (C,D,JT,ME,VM)

Zoom ID: 834 6371 6774 Password: 330231

7:00PM-8:00PM Soul Sisters+ (C,D,W,BK,WEB,VM)

Meeting ID: 899 3845 6904 Passcode: 669192

WEDNESDAY

8:00AM-9:30AM Clean and Serene (D,BK,WEB,VM)

Zoom ID: 845 927 058 27 Password: 123456

10:00AM-10:40AM JFT Express (C,D,JT,ME,VM)

Zoom ID: 834 6371 6774 Password: 330231

THURSDAY

8:00AM-9:30AM Clean and Serene (D,BK,WEB,VM)

Zoom ID: 845 927 058 27 Password: 123456

10:00AM-10:40AM JFT Express (C,D,JT,ME,VM)

Zoom ID: 834 6371 6774 Password: 330231

8:00PM-9:00PM Faith in Life (C,BT,D,St,WEB,VM)

Zoom ID: 533 196 018 Password: 044931

FRIDAY

8:00AM-9:30AM Clean and Serene (D,BK,WEB,VM)

Zoom ID: 845 927 058 27 Password: 123456

10:00AM-10:40AM JFT Express (C,D,JT,ME,VM)

Zoom ID: 834 6371 6774 Password: 330231

SATURDAY

8:00AM-9:30AM Clean and Serene (D,BK,WEB,VM)

Zoom ID: 845 927 058 27 Password: 123456

10:00AM-10:40AM JFT Express (C,O,D,JT,ME,VM)

Zoom ID: 834 6371 6774 Password: 330231

SUNDAY

8:00AM-9:30AM Clean and Serene (D,BK,WEB,VM)

Zoom ID: 845 927 058 27 Password: 123456

10:00AM-10:40AM JFT Express (C,D,JT,ME,VM)

Zoom ID: 834 6371 6774 Password: 330231

1:00PM-2:00PM Spiritual Principles (VM)

Zoom ID: 251 060 588 Password: 123456

OTTAWA AREA



OF NARCOTICS ANONYMOUS

IN-PERSON and VIRTUAL MEETING LIST

JANUARY 28, 2026*

YOU ARE NOT ALONE

613-862-2433

info@ottawana.org

www.ottawana.org

*for up-to-date meeting information, visit our website

What is our message?

"...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."

Basic Text, page 65

KEEP COMING BACK. IT WORKS.