

MONDAY**7:30-9PM Evolving Souls** (O,CL,D,GL)

Saint John's Anglican Church, 154 Somerset Street West, Ottawa, ON, K2P 0H8

7:30-9PM Freedom Group (C,D,WC)

Bronson Center, Room 103, 211 Bronson Ave, Ottawa, ON, K1R 6H5
(Open Speaker Celebration 2nd Mon/month)

7:30-8:30PM Living Free (C,D,WC,BK)

Westminster Presbyterian, 11 Church St W, Smith Falls, ON, K7A 1P6
(Celebrations weekly during regular meetings)

7:30-9PM We Kicked the Habit (C,D)

Saint Marks Anglican Church, 1606 Fisher Avenue, Ottawa, ON, K2C 1X8

TUESDAY**7-8:30PM Faith in Life** (C,D,St,WC)

Glen Cairn United Church, 140 Abbeyhill Drive, Kanata, ON, K2L 1H5

7-8PM We Get To (O,D,IW,WC,BK)

Zion Lutheran Church, Use side entrance from Munro St., 454 Miller St., Pembroke, ON, K8A5Z4

7:30-8:30PM New Awareness (C,D,WC)

Sandy Hill Community Centre, 250 Somerset St East, Ottawa, ON, K1N 6V6
(Open Speaker Celebrations last Tues/month)

7:30-9PM Primary Purpose (C,D,BK)

Bridlewood Community Church of Nazarene, 2 Stonehaven Drive, Kanata, ON, K2M 2P9
(at Eagleson Rd)

8-9PM Broken Chains (O,BT,D,WC)

St Paul's Presbyterian Church, parking lot entrance, hall, 319 Prescott St, Kemptville, ON, K0G 1J0

WEDNESDAY**7-8PM New Life** (C,D)

Holy Name Church Annex (off Trafalgar and Front St), 284 Trafalgar Road, Pembroke, ON, K8A 5A8
(Open Speaker Celebrations)

7-8PM There Comes a Time (C,BT,D)

The Kenwood Center, Room 102, 16 Edward St, Arnprior, ON,

7:30-9PM CPR Group (O,BT,D,WC)

Saint Mary's Church, 28 Hawthorne Avenue, Carleton Place, ON, K7C 3A9
(Open Speaker Celebrations last Wed/month)

7:30-9PM Come As You Are (O,B,BT,D)

Shepherd's Of Good Hope (corner of King Edward), Tent in parking lot, 233 Murray Street, Ottawa, ON, K1N 5M9
(Meeting will be online when risk of thunderstorms. <https://zoom.us/j/8179090482> (ID: 817 909 0482, PASSWORD: 756166))

MEETING ID: 817 909 0482 PASSWORD: 756166

8-9PM Together We Can - Men's Meeting (C,D,M)

Bronson Centre - Room 109, 211 Bronson Avenue, Ottawa, ON, K1R 6H5
(Open Speaker Celebrations 3rd Wed/month)

THURSDAY**7-8:30PM Gay Men In Recovery** (C,D,GL,M,WC,HY)

Gayzone, Centretown Health Community Centre, 400 Cooper street, Ottawa, ON, K2P 2H8

Meeting ID: 352 271 8529 Password: Cooper

8-9:30PM We Do Recover (C,D,WC,HY)

Pierre Rocque Community Centre, 1257 Joseph Drouin Avenue, Orleans, ON, K1C 7B2
(Open Speaker Celebrations last Thurs/month)

Zoom ID: 842 6297 9787 Password: 123456

THURSDAY (CONT)**8:15-9:30PM New Attitudes** (C,D,BK)

Old Town Hall Community Centre, Room opens at 8:00 pm, 61 Main Street, 2nd Floor, Ottawa, ON, K1S 1B3
(No wheelchair accessibility to the 2nd floor.)

FRIDAY**7-8PM 12 Steps to Recovery** (C,D,WC)

Elliot Street Clinic, 12 Elliot Street, Perth, ON, K7H 3A3

7:30-9PM We Chose Freedom (O,D,St,To,Tr)

Saint Lawrence Anglican Church, rear door, 80 Pine Street, Brockville, ON, K6V 1G7
(off Park St)

8-9:30PM Just For Today (C,D,JT)

Bronson Centre, Rooms 110 and 98A, 211 Bronson Ave, Ottawa, ON,
(Open Speaker Celebrations 3rd Fri/month)

SATURDAY**7-8PM New Life** (C,D,So)

Holy Name Church Annex, 284 Trafalgar Road, Pembroke, ON, K8A 5A8
(entrance at Annex on 1st Ave)

8-9:30PM Fellowship Group (C,D,WC)

Bronson Centre, 211 Bronson Avenue, Ottawa, ON, K1R 6H5
(Open Speaker Celebrations 2nd Sat/month)

SUNDAY**6:10-7:40PM How It Works** (C,D,St,WC,HY)

Bronson Centre, room 110, 211 Bronson Ave, Ottawa, ON, K1R 6H5
*(Open speaker celebrations 1st Sun/month CONCURRENT MEETING * both online and in-person meetings running at the same time)*

Zoom ID: 824 678 5566 Password: 123456

7:30-8:30PM Never Alone, Never Again (BT,D,BK,LC)

, 103 King St W, Brockville, ON, K6V 3R2
(Living Clean: week 1 & 3. Basic Text: week 2. Speaker: last Sun/month)

8-9PM Higher Power Hour (C,D)

Martin Luther Church, 933 Smyth Road, Ottawa, ON, K1G 1P5
(Open discussion or celebrations 3rd Sun/month)

MEETING FORMAT LEGEND

B (Beginners) This meeting is focused on the needs of new members of NA.

BK (Book Study) Approved N.A. Books

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.

HY (HY) Meetings virtually and in person.

IW (It Works -How and Why) This meeting is focused on discussion of the It Works -How and Why text.

JT (Just for Today) This meeting is focused on discussion of the Just For Today text.

LC (Living Clean) This is a discussion of the NA book Living Clean -The Journey Continues.

M (Men) This meeting is meant to be attended by men only.

ME (Meditation) This meeting encourages its participants to engage in quiet meditation.

O (Open) This meeting is open to addicts and non-addicts alike. All are welcome.

QA (Question and Answer) Attendees may ask questions and expect answers from Group members.

So (Speaker Only) This meeting is a speaker-only meeting. Other attendees do not participate in the discussion.

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.

W (Women) This meeting is meant to be attended by women only.

WC (Wheelchair) This meeting is wheelchair accessible.

WEB (Online Meeting) This is a meeting that gathers on the Internet.

