

IN-PERSON MEETINGS

MONDAY

7:30PM-9:00PM Evolving Souls (O,CL,D,GL)

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

7:30PM-9:00PM Freedom Group (C,D,WC)

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

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

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

7:30PM-9:00PM We Kicked the Habit (C,D)

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

TUESDAY

7:00PM-8:30PM Faith in Life (C,D,St,WC)

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

7:00PM-8:00PM We Get To (O,D,IW,WC,BK)

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

7:30PM-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)

7:30PM-9:00PM Primary Purpose (C,D,BK)

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

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

WEDNESDAY

7:00PM-8:00PM New Life (C,D)

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

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 Together We Can - Men's Meeting

NEW TIME & LOCATION (C,D,M)

McNabb Community Centre Room C, 180 Percy St, Ottawa, ON, K1R 6E5
(Open Speaker Celebrations 3rd Wed/month)

7:30PM-9:00PM CPR Group (O,BT,D,WC)

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

7:30PM-9:00PM Come As You Are (O,B,BT,D)

Shepherd's Of Good Hope (corner of King Edward), 233 Murray Street, Ottawa, ON, K1N 5M9

8:00PM-9:00PM Conscious Contact * NOW MEETING IN PERSON * (O,D,ME)

, Quaker House, 91A Fourth Avenue, Ottawa, ON, K1S 2L1

THURSDAY

7:00PM-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

8:00PM-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

8:15PM-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.)

FRIDAY

7:00PM-8:00PM 12 Steps to Recovery (C,D,WC)

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

7:00PM-8:30PM Recovery is Possible * NOW MEETING IN PERSON * (C,D,WC)

Sandy Hill Community Centre, Basement, 250 Somerset Street East, Ottawa, ON, K1N 6V6

7:30PM-9:00PM We Chose Freedom (O,D,St,To,Tr)

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

8:00PM-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

7:00PM-8:00PM New Life (C,D,So)

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

7:30PM-9:00PM New Beginnings * NOW MEETING IN PERSON and ONLINE * (C,D,St,HY)

Royal Ottawa Hospital, 1st Floor Auditorium, 1145 Carling Ave, Ottawa, ON, K1Z 7K4
(CONCURRENT MEETING * both online and in-person meetings running at the same time)

Zoom ID: 897 2890 7520 Password: 123456

8:00PM-9:30PM Fellowship Group (C,D,WC)

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

SUNDAY

6:10PM-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

7:30PM-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)

8:00PM-9:00PM 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.

VIRTUAL MEETINGS

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

+1 778 907 2071
+1 438 809 7799
+1 587 328 1099
+1 613 209 3054
+1 647 374 4685
+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
12:00PM-1:00PM **NA Noon Group** (C,D,St,WC,TC,VM)
Zoom ID: 729 653 327 Password: nooner
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
12:00PM-1:00PM **NA Noon Group** (C,D,St,WC,TC,VM)
Zoom ID: 729 653 327 Password: nooner
7:00PM-8:30PM **Soul Sisters+** (C,D,W,BK,WEB,VM)
Zoom ID: 564 004 177 Password: 123456
7:30PM-9:00PM **Broken Elevator** (O,D,IW,TC,VM)
Zoom ID: 811 682 43633 Password: 14141

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
12:00PM-1:00PM **NA Noon Group** (C,St,WC,TC,VM)
Zoom ID: 729 653 327 Password: nooner

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
12:00PM-1:00PM **NA Noon Group** (C,D,St,TW,WC,TC,VM)
Zoom ID: 729 653 327 Password: nooner
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

FRIDAY (CONT)

12:00PM-1:00PM **NA Noon Group** (O,D,So,WC,TC,VM)
Zoom ID: 729 653 327 Password: nooner
7:30PM-9:00PM **Addicts Helping Addicts** (C,D,TC,VM)
Zoom ID: 358 187 814 Password: 123456

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
12:00PM-1:00PM **NA Noon Group** (C,D,WC,TC,VM)
Zoom ID: 729 653 327 Password: nooner

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** (C,D,SG,WC,TC,VM)
Zoom ID 251 060 588 Password: 123456
8:00PM-9:00PM **New Attitudes** (C,D,WEB,VM)
Zoom ID: 826 5215 6094 Password: 123456

PHONE NUMBERS

OTTAWA AREA



OF NARCOTICS ANONYMOUS

IN-PERSON and VIRTUAL MEETING LIST

OCTOBER 1, 2022*

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?

*"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."*

Basic Text, page 65

KEEP COMING BACK. IT WORKS.