SUNDAY

10:00 AM - Simplicity is the Key (O,D,TOP,WC,HP,VM)
1005 SE 4th Ave, Gainesville, FL, In Person & Online

6:45 PM - Last House on the Block (O,D)
620 W Duval St, Lake City, FL

7:00 PM - Spiritually High (O,CAN,D,TOP,WC)
17405 NW US Hwy 441, High Springs, FL

7:00 PM - Ties that Bind (C,WC,LIT)
3403 NW 13th St, Gainesville, FL

MONDAY

12:15 PM - Give Yourself a Break (O,D,TOP,WC)
419 NE 2nd Street, Gainesville, FL

6:30 PM - A New Level of Insight (O,WC,LIT,LC)
1124 NE 3rd Ave, Gainesville, FL

7:00 PM - Rainbow Recovery (O,WC,HP,RF,LGBTQ+)
4011 NW 34th St, Gainesville, FL

7:00 PM - We Do Recover (O,BEG,D,STP,WC,SD)
4400 SW 13th St, Gainesville, FL

8:30 PM - No Name Group (O,D,TOP,WC,HP)
1521 NW 34th St, Gainesville, FL

TUESDAY

12:15 PM - Give Yourself a Break (O,BEG,WC)
419 NE 2nd Street, Gainesville, FL

5:45 PM - High Tea (O,WC,RR,AB)
4011 NW 34th St, Gainesville, FL

6:00 PM - Steps to Recovery (O,CW,D,LIT)
2805 Reid St, Palatka, FL

6:30 PM - Serenity Seeking Sisters (Women's Meeting) (O,W,WC,HP)
1521 NW 34th St, Gainesville, FL

8:00 PM - IP on Drugs (O,D,IP,WC,LIT,SD,HP)
1521 NW 34th St, Gainesville, FL

WEDNESDAY

12:15 PM - Give Yourself a Break (O,WC,IW)
419 NE 2nd Street, Gainesville, FL

6:30 PM - A New Level of Insight (O,LIT,LC,VM)
Gainesville, FL

7:00 PM - Gainesville Clean (O,D,STP,TRD,WC,LIT,HP)
4225 NW 34th St., Gainesville, FL

WEDNESDAY (CONT)

8:30 PM - A New Hope (O,CAN,D,TOP,WC,HP)
106 SW 3rd St, Gainesville, FL

THURSDAY

12:15 PM - Give Yourself a Break (O,WC,S)
419 NE 2nd Street, Gainesville, FL

6:30 PM - Open Hearts Open Minds (O,D,WC,JFT,RR,HP)
1521 NW 34th St, Gainesville, FL

7:00 PM - Freedom of Choice (O,D,WC)
4225 NW 34th St, Gainesville, FL

7:00 PM - Lifesavers (O,D,STP,TRD,WC,HP,SPK)
1005 SE 4th Ave, Gainesville, FL

7:30 PM - New Beginnings (O,D,WC)
405 Henry Ave, Branford, FL

8:00 PM - Room to Breathe (O,CAN,WC,JFT,HP,ME)
1521 NW 34th St, Gainesville, FL

FRIDAY

12:15 PM - Give Yourself a Break (O,WC,RR)
419 NE 2nd Street, Gainesville, FL

6:30 PM - Spiritually High (O,D,VAR,TOP,WC)
17405 NW US Hwy 441, High Springs, FL

7:00 PM - Miracles (O,D,TOP,WC,HP)
1005 SE 4th Ave, Gainesville, FL

7:00 PM - Steps to Recovery (O,CAN,D)
2805 Reid St, Palatka, FL

8:00 PM - No Name Group (C,CAN,D,WC,RR,HP)
106 SW 3rd St, Gainesville, FL

SATURDAY

10:00 AM - Meeting Makers Make It (O,D,WC,HP)
1521 NW 34th St, Gainesville, FL

6:00 PM - Steps to Recovery (O,D,LIT)
2805 Reed St, Palatka, FL

7:30 PM - New Beginnings (O,D,WC)
405 Henry Ave, Branford, FL

8:00 PM - No Name Group (O,WC,HP,HY,SPK)
1521 NW 34th St, Gainesville, FL

8:00 PM - No Name Group (Online Option) (O,VM,SPK)
Gainesville, FL

Meeting times and locations subject to change.

Meetings are an hour unless otherwise specified.

Meeting Format Legend

BEG	Beginners	CAN	Candlelight
CW	Children Welcome	D	Discussion
IP	Informational Pamphlet	VAR	Format Varies
W	Women	SD	Speaker & Discussion
RR	Round Robin	O	Open
C	Closed to Non-Addicts	WC	Wheelchair
STP	Step	TOP	Topic
TRD	Tradition	LIT	Literature Study
RF	Rotating Format	ME	Meditation
LGBTQ+	LGBTQ+	AB	Ask-It-Basket
VM	Virtual Meeting	HY	Hybrid
SPK	Speaker Only	JFT	Just for Today Study
LC	Living Clean	HP	Handicap Parking
S	Spiritual Principles	IW	It Works: How and Why

Contact Information

Uncoast Area	uncoastna.org
Florida Region	naflorida.org
FL RSO	floridarso.org
NA World Service	na.org
South Florida Region	sfrna.net
Virtual NA Meetings	https://virtual-na.org/ https://zoom.nastuff.com/

Area Service and Subcommittee Meetings

Check website calendar for meeting locations.

Area Service Committee (ASC)	2:00 PM, hybrid, second Sunday of each month. **Contact:** chair@uncoastna.org
Activities	1:00 PM, second Sunday of each month. **Contact:** activities@uncoastna.org
Hospitals & Institutions (H&I)	4:00 PM, second Sunday of each month. **Contact:** hi@uncoastna.org
Literature	1:45 PM, second Sunday of each month. **Contact:** literature@uncoastna.org
Public Relations	1:00 PM, first Sunday of each month. **Contact:** pr@uncoastna.org
Retreat	12:00 PM, second Sunday of each month. **Contact:** retreat@uncoastna.org
Website	Online only at 11:15 AM, fourth Sunday of each month (link on calendar). **Contact:** website@uncoastna.org

Just for Today

Tell yourself:
JUST FOR TODAY my thoughts will be on my recovery, living and enjoying life without the use of drugs.

JUST FOR TODAY I will have faith in someone in NA who believes in me and wants to help me in my recovery.

JUST FOR TODAY I will have a program. I will try to follow it to the best of my ability.

JUST FOR TODAY, through NA, I will try to get a better perspective on my life.

JUST FOR TODAY I will be unafraid. My thoughts will be on my new associations, people who are not using and who have found a new way of life. So long as I follow that way, I have nothing to fear.

MEETING LIST

NOVEMBER 2026

UNCOAST AREA OF NARCOTICS ANONYMOUS

Serving 10 counties in North Central FL
Meetings currently in Branford, Gainesville, High Springs, Lake City, Palatka, and online

P.O. BOX 12151, GAINESVILLE, FL 32604
https://UNCOASTNA.ORG/

24 HOUR HELP LINE
(352) 376-8008

AREA & SUBCOMMITTEE MEETINGS
See https://UNCOASTNA.ORG website

UNCOAST WEBSITE

DONATE TO UNCOAST

...THAT NO ADDICT SEEKING RECOVERY NEED EVER DIE FROM THE HORRORS OF ADDICTION

PLEASE PICK UP THE PHONE BEFORE YOU PICK UP AND USE.

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My Gratitude speaks when I care and when I share with others the NA Way.