

DORCHESTER, NB**Sun 7:00PM 1HR Mountain Top Group**, Westmorland Institution, 4902 Main Street, Dorchester, NB, E4K2Y9 **(O,To,TC,VM)****Tue 7:00PM 1HR Mountain Top Group**, Westmorland Institution, 4902 Main Street, Dorchester, NB, E4K2Y9 **(O,To,TC,VM)****Thu 6:00PM 1HR 24 Hours Group**, Dorchester Penitentiary, Clearance Required, 4902 Main Street, Dorchester, NB, E4K 2Y9 **(RA,TC,VM)****FREDERICTON, NB****Sun 7:00PM 1.5HR Living in the Miracle**, Parking only on opposite side of road, 168 Church Street, Fredericton, NB, E3B 4C9 **(O,BT)****Mon 7:00PM 1.5HR Free Spirit Group**, Wilmot United Church, Carlton Street Door, 473 King Street, Fredericton, NB, E3B 1E5 **(O,RF,LC)****Wed 7:00PM 1.5HR Free Spirit Group**, Wilmot United Church, Carlton Street Door, 473 King Street, Fredericton, NB, E3B 1E5 **(O,JT)****Fri 7:00PM 1.5HR Living the Miracle**, 168 Church Street, Fredericton, NB, E3B 4C9 **(O,IW)****MIRAMICHI, NB****Thu 7:00PM 1.5HR Fresh Start**, 214 Pleasant Street, Miramichi, NB, E1V1Y5 **(O,IW,TC)****MONCTON, NB****Thu 7:00PM 1HR Unity Is the Key**, St. George Anglican Church, Use the intercom on the Church St., office door, 51 Church Street, Moncton, NB, E1C 4Z3 **(D,JT)****Fri 7:30PM 1HR Recovery Is Freedom**, St. George Anglican Church, Use the intercom on the Church St., office door, 51 Church Street, Moncton, NB, E1C 4Z3 **(D,JT)****ROTHESAY, NB****Thu 7:00PM 1HR Nature of Recovery**, Virtual, Rothesay, NB, **(O,D,ENG,VM)****Sat 7:00PM 1HR Nature of Recovery**, St. Paul's Church Hall, Next to the post office (enter, turn left, downstairs on left), 4 Church Ave, Rothesay, NB, E2E 5G4 **(O,CL,RF,ENG)****SAINT JOHN, NB****Mon 7:00PM 1HR Clean and Serene**, past restaurant - side door and upstairs, 24 Coburg Street, Saint John, NB, E2L 3J5 **(O,JT)****Wed 7:00PM 1HR Clean and Serene**, past restaurant - side door and upstairs, 24 Coburg Street, Saint John, NB, E2L 3J5 **(O,JT)****TRACADIE-SHEILA, NB****Sat 7:30PM 1.5HR Samedi D'Etre Clean**, Centre C.A.J., 2nd Floor, 604 rue Riv-à-la-Truite, Tracadie-Sheila, NB, E1X1A7 **(O,BL,TC)****BURIN, NL****Thu 7:00PM 1HR Burin Group**, Burin Peninsula Health Care Centre, Conference Room (2 doors past chapel), 51-85 Main Street, Burin, NL, A0E 1E0 **(C,O,D,To,WC,TC)****Sat 7:00PM 1HR Burin Group**, Burin Peninsula Health Care Centre, Conference Room (2 doors past chapel), 51-85 Main Street, Burin, NL, A0E 1E0 **(C,O,D,To,WC,TC)****CARBONEAR, NL****Fri 7:00PM 1.5HR Hope and Peace**, U-Turn Centre, 19 Industrial Crescent, Carbonear, NL, A1Y 1A6 **(C,O,D,To,WC,TC)****CLARENVILLE, NL****Tue 8:00PM 1HR Clarenville Clean & Serene Group**, United Church, 245 Marine Drive, Clarenville, NL, A5A 1M9 **(C,D,To,TC)****CONCEPTION BAY, NL****Tue 8:00PM 1HR South River Group**, Anglican Church, Conception Bay Hwy, Conception Bay, NL, A1X 7A2 **(O,D,To,WC,TC)****CORNER BROOK, NL****Mon 6:30PM 1HR Just For Today Group**, Humberwood Treatment Centre, 35 Boones Road, Corner Brook, NL, A2H 7E5 **(O,D,To,WC,TC)****Sat 7:30PM 1HR Just For Today Group**, Humberwood Treatment Centre, 35 Boones Road, Corner Brook, NL, A2H 7E5 **(O,D,To,WC,TC)****DEER LAKE, NL****Thu 8:30PM 1HR Deer Lake Group**, Immaculate Conception Roman Catholic Church, Poplar Road Entrance - Basement, 21 Upper Nicholsville Road, Deer Lake, NL, A8A 1Z3 **(O,D,To,TC)****GANDER, NL****Mon 8:00PM 1HR The Design For Living Group**, James Patton Memorial Hospital, Conference Room (2 doors past chapel), 125 Trans-Canada Hwy, Gander, NL, A1V 1P7 **(C,O,D,WC,TC)****Thu 8:00PM 1HR The Design For Living Group**, James Patton Memorial Hospital, Conference Room (2 doors past chapel), 125 Trans-Canada Hwy, Gander, NL, A1V 1P7 **(C,O,D,WC,TC)****LABRADOR CITY, NL****Sat 8:00PM 1HR Recovery 709**, Labrador West Health Center, 1700 Nichols-Adam Highway, Labrador City, NL, A2V 0B2 **(C,O,D,To,WC,TC)****NL (CONT)****PORT AUX BASQUES, NL****Tue 7:30PM 1HR Just For Today Group**, next to lodge, 17B Currie Avenue, Port Aux Basques, NL, A0M 1C0 **(C,D,To,TC)****ST. JOHN'S, NL****Sun 8:00PM 1.5HR New Awakenings**, Health Sciences Centre, Room 2J619 Up from Tim Hortons, 300 Prince Philip Drive, St. John's, NL, A1B 3V6 **(C,D,To,WC,TC)****Mon 8:00PM 1.5HR Hope Group**, Wiseman Centre, Near Orange Store, 714 Water Street, St. John's, NL, A1E 1C1 **(O,D,To,WC,TC)****Tue 8:00PM 1.5HR Clean and Serene Group**, Wiseman Centre, Near Orange Store, 714 Water Street, St. John's, NL, A1E 1C1 **(O,D,To,WC,TC)****Wed 10:00AM 1.5HR The Serenity Sisters**, Cornerstone Ministries, Near Orange Store, 13 Ricketts Road, St. John's, NL, A1C 2J6 **(O,D,To,WC,TC)****Wed 8:00PM 1.5HR Hope Group**, Wiseman Centre, Near Orange Store, 714 Water Street, St. John's, NL, A1E 1C1 **(O,D,To,WC,TC)****Thu 7:30PM 1.5HR Open Minded Group**, Cornerstone Ministries, Near Orange Store, 13 Ricketts Road, St. John's, NL, A1C 2J6 **(O,D,To,WC,TC)****Fri 8:00PM 1.5HR New Awakenings**, Health Sciences Centre, Room 2J619 Up from Tim Hortons, 300 Prince Philip Drive, St. John's, NL, A1B 3V6 **(C,D,To,WC,TC)****Sat 11:00AM 1.5HR Just For Today**, Wiseman Centre, Near Orange Store, 714 Water Street, St. John's, NL, A1E 1C1 **(O,D,To,WC,TC)****Sat 11:00AM 1.5HR Just For Today**, Wiseman Centre, Near Orange Store, 714 Water Street, St. John's, NL, A1E 1C1 **(C,O,D,To,WC,TC)****STEPHELVILLE, NL****Tue 7:00PM 1HR Stephenville Group**, People of the Dawn Indigenous Friendship Centre, 90 Main Street, Stephenville, NL, A2N 1J3 **(O,D,To,TC)****ANTIGONISH, NS****Tue 6:30PM 1HR Pathway to Peace**, Saint Ninian's Cathedral Parish, 120 Saint Ninian Street, Antigonish, NS, B0H 1X0 **(O,D,WC,TC)****BRIDGETOWN, NS****Sat 7:00PM 1HR Freedom Group**, St. James Anglican Church, 289 Granville Street E, Bridgetown, NS, B0S 1C0 **(O,WC,TC)****BRIDGEWATER, NS****Sat 8:00PM 1HR Clean If You Want To Be Group**, Holy Trinity Anglican Church Hall, 78 Alexandria Avenue, Bridgewater, NS, B4V 1H1 **(C,TC)****DARTMOUTH, NS****Sun 7:30PM 1HR Strength In Numbers**, St. James Church Hall, 181 Portland Street, Dartmouth, NS, B2Y 1J5 **(O,To,WC)****Mon 7:30PM 1HR Sharing the Message**, Regal Road Baptist Church, 6 Regal Road, Dartmouth, NS, B2W 4Z7 **(O,D,WC)** **Maximum 36 people***Tue 7:30PM 1HR Road To Recovery Group**, Holy Trinity Anglican Church, 30 Alfred Street, Dartmouth, NS, B3A 4E9 **(O,D,To,WC)****Wed 6:30PM 1HR Serenity Seekers**, Sonlife Church, 152 Windmill Road, Dartmouth, NS, B3A 1E6 **(O,D,WC)****Thu 7:30PM 1HR Get Honest or Die**, Church Hall, 3 Crichton Street, Dartmouth, NS, B2Y 2X3 **(C,D,TC,VM)****Fri 7:30PM 1HR You Have A Choice Today Group**, Saint James Church Hall, Zoom ID: 819 398 262 Password: cnana, 181 Portland Street, Dartmouth, NS, B2Y 2X3 **(O,D,To,HY)** *Meets both online and in-person (not hybrid) *Maximum 25% capacity of venue at in person meeting***Sat 7:30PM 1HR Road To Recovery Group**, Holy Trinity Anglican Church, 30 Alfred Street, Dartmouth, NS, B3A 4E9 **(O,D,To,WC,WEB)****ESKASONI, NS****Thu 8:00PM 1HR Circle of Hope**, Nepisi Building, 70 Gabriel Street, Eskasoni, NS, B1W 1B4 **(O,CS,WC,TC)****GLACE BAY, NS****Sat 7:00PM 1HR You're Not Alone Group**, Clubhouse, 10 Mckeen Street, Glace Bay, NS, B1A 2L8 **(C,D,To,WC,WEB,TC,VM)****HALIFAX, NS****Sun 7:30PM 1HR 90 In 90**, Brunswick United Church, Meeting ID: 664 566 277 Password: 909090, 2107 Brunswick Street, Halifax, NS, B3K 2Y4 **(O,To,TC,VM)** *Zoom Password: 909090***Mon NOON 1HR We Do Recover**, Saint George's Round Church, 2222 Brunswick Street, Halifax, NS, B3K 2Z2 **(C,D,To,WEB)****Mon 7:30PM 1HR Liberation Group**, Saint Catherine's Church, 6476 Bayers Road, Halifax, NS, B3L 2B1 **(O,BT,D,To)****Mon 7:30PM 1HR Shelter From the Storm**, All Nations Church, Rear Entrance, 2535 Robie Street, Halifax, NS, B3K 4N3 **(To)****Tue 7:00PM 1HR Pride in Our Recovery Group**, YMCA, 2269 Gottingen Street, Halifax, NS, B3K 3B7 **(C,GL,TC,VM)****Tue 8:00PM 1HR Dignity Group**, Halifax, NS, **(O,Tr,BK,WEB,VM)****NS (CONT)****Wed NOON 1HR We Do Recover**, Saint George's Round Church, 2222 Brunswick Street, Halifax, NS, B3K 2Z2 **(C,D,To,WEB)****Wed 7:30PM 1HR Breaking Free Group**, Emmanuel Church, Zoom ID: 328 104 519 Password:121212, 322 Herring Cove Road, Halifax, NS, B3R 1V4 **(O,D,To,WC,HY)** *Meets both online and in-person (not hybrid) *Maximum 25% capacity of venue at in person meeting***Wed 7:30PM 1HR Shelter From the Storm**, All Nations Church, Rear Entrance, 2535 Robie Street, Halifax, NS, B3K 4N3 **(To,TC,VM)****Thu 7:30PM 1HR I Can't We Can Group**, All Nations Church, 2535 Robie Street, Halifax, NS, B3K 4N3 **(C,D,To,WC)****Fri NOON 1HR We Do Recover**, Saint George's Round Church, 2222 Brunswick Street, Halifax, NS, B3K 2Z2 **(C,D,To,WEB)****Fri 8:00PM 1HR Starting Point Group**, Zoom ID: 857 3502 4192 Password: cnana, 3524 Dutch Village Road, Halifax, NS, B3N 2S1 **(O,D,To,WEB,HY)** *Meets both online and in-person (not hybrid) *Maximum 25% capacity of venue at in person meeting***Sat 11:30AM 1HR Just for Today Group**, Evangelical Lutheran Church of the Resurrection, 2096 Windsor Street, Halifax, NS, B3K 5B1 **(C,RF,WC,TC,VM)****Sat 8:00PM 1HR Last Chance Group**, Calvin Presbyterian Church, Zoom ID: 850 5133 7454 Password: 483540, 3311 Ashburn Avenue, Halifax, NS, B3L 4C3 **(O,D,To,WC,HY)** *Meets online and in person. *Maximum 25% capacity of venue at in person meeting***KENTVILLE, NS****Fri 8:00PM 1HR Boomerang Group**, Kentville Town Hall, 254 Main Street, Kentville, NS, B4N 1K6 **(O,To,TC,VM)****KINGSTON, NS****Sun 8:00PM 1HR Phoenix Group**, Kingston M.A.C.S. Centre, 2080 Bishop Mountain Road, Kingston, NS, B0P 1R0 **(O,D,To,WC)****MILLBROOK FIRST NATION, NS****Sat 7:00PM 1HR Spirit of Recovery**, Millbrook Senior Centre, 841 Willow Street, Millbrook First Nation, NS, B2N 6N8 **(D,TC)****NEW GLASGOW, NS****Sun 7:00PM 1HR Taking Care of Business**, Meeting ID: 470 045 5238 Password: TCB123, 189 Marsh Street, New Glasgow, NS, B2H 4R8 **(O,D,TC,VM)** *Zoom Password: TCB123***Tue 7:00PM 1HR Taking Care of Business**, Meeting ID: 470 045 5238 Password: TCB123, 189 Marsh Street, New Glasgow, NS, B2H 4R8 **(O,D,TC,VM)** *Zoom Password: TCB123***Thu 7:00PM 1HR Taking Care of Business**, Meeting ID: 470 045 5238 Password: TCB123, 189 Marsh Street, New Glasgow, NS, B2H 4R8 **(O,D,TC,VM)** *Zoom Password: TCB123***Thu 8:00PM 1HR Taking Care of Business Group**, Trinity United Church, 151 Temperence Street, New Glasgow, NS, B2H 3A9 **(O,D,TC)****PORT HAWKESBURY, NS****Mon 8:00PM 1HR Fresh Start**, 307 Grandville Street, Port Hawkesbury, NS, B9A2H7 **(O,TC)****SACKVILLE, NS****Tue 7:30PM 1HR Survivors**, Knox United Church, 567 Sackville Drive, Sackville, NS, B4C 2S4 **(O,To,TC)****SPRINGHILL, NS****Sun 7:30PM 1HR Foundation Group**, Miners Hall, 85 Main Street, Springhill, NS, B0M1X0 **(O,To,TC)****SYDNEY, NS****Sun 7:00PM 1HR Phoenix**, United Baptist Church, Rear Entrance, 500 Charlotte Street, Sydney, NS, B1P 1E7 **(C,D,WEB)****Fri 8:00PM 1HR Phoenix**, United Baptist Church, Rear Entrance, 500 Charlotte Street, Sydney, NS, B1P 1E7 **(C,D,WEB,VM)****SYDNEY MINES, NS****Wed 8:00PM 1HR Love Life Group**, Northside Learning Centre, 55 King Street, Sydney Mines, NS, B1V 1L7 **(O,D,To,TC)****TRURO, NS****Sun 8:00PM 1HR New Vision Group**, 55 King St., Truro, NS, B2N 3K8 **(O,D,WC)****Tue 6:30PM 1HR Behind the Fence Group**, Nova Institution for Women, This is an institutional meeting closed to the public., 180 James Street, Truro, NS, B2N 6R8 **(O,RA,TC)****Fri 10:00AM 1HR Behind the Fence Group**, Nova Institution for Women, This is an institutional meeting closed to the public., 180 James Street, Truro, NS, B2N 6R8 **(O,RA,TC)****WHYCOCOMAGH, NS****Tue 8:00PM 1HR Talking Circle Group**, 93 Reservation Road, Whyccomagh, NS, B0E 3M0 **(O,D,TC)**

NS (CONT)

YARMOUTH, NS

Sun 7:00PM 1HR Super Nova, Yarmouth Hospital, Meeting ID: 789 328 4471 Password: 377638, 60 Vancouver Street, Yarmouth, NS, B5A 2P5 **(O,D,TC,VM)** Zoom Password: 377638

Thu 7:00PM 1HR Super Nova, Yarmouth Hospital, 60 Vancouver Street, Yarmouth, NS, B5A 2P5 **(O,D,TC,VM)**

CHARLOTTETOWN, PE

Mon 8:00PM 1HR Steps To Freedom, Kirk of St. James Church, Powel Street Entrance - Side Door, 35 Fitzroy Street, Charlottetown, PE, C1A 1R2 **(C,To)**

Wed 8:00PM 1HR Steps To Freedom, Kirk of St. James Church, Powel Street Entrance - Side Door, 35 Fitzroy Street, Charlottetown, PE, C1A 1R2 **(C,To)**

Fri 8:00PM 1HR Steps To Freedom, Kirk of St. James Church, Powel Street Entrance - Side Door, 35 Fitzroy Street, Charlottetown, PE, C1A 1R2 **(C,To)**

Sat 7:00PM 1HR Recovery How and Why, Canadian Mental Health Building, 178 Fitzroy Street, Charlottetown, PE, C1A 1S1 **(O,St,Tr)**

MONTAGUE, PE

Thu 8:00PM 1HR In the Solution Group, Hillcrest United Church, Back Door, 50 Wood Islands Hill, Montague, PE, C0A 1R0 **(O,D)**

SUMMERSIDE, PE

Sun 7:00PM 1HR Clean & Straight Group, St. Paul's Church, Corner of Central St. - Back Door, 289 Winter Street, Summerside, PE, C1N 1N4 **(O,BT,D,To,WC)**

Tue 7:00PM 1HR Just For Today, St. Elanor's House, 571 South Drive, Summerside, PE, C1N 3Z5 **(O,BT,D,TC)**

Thu 7:00PM 1HR Clean & Straight Group, St. Paul's Church, Corner of Central St. - Back Door, 289 Winter Street, Summerside, PE, C1N 1N4 **(C,BT,D,WC)**

MEETING FORMAT LEGEND

BK	Book Study	BL	Bi-Lingual
BT	Basic Text	C	Closed
CL	Candlelight	CS	Children under Supervision
D	Discussion	ENG	English speaking
GL	Gay/Lesbian/Transgender	HY	HY
IW	It Works -How and Why	JT	Just for Today
LC	Living Clean	O	Open
RA	Restricted Attendance	RF	Rotating Format
St	Step	TC	Temporary closed
To	Topic	Tr	Tradition
VM	Virtual Meeting	WC	Wheelchair
WEB	Online Meeting		

HELPLINES

Nova Scotia 1.902.789.8323

PHONE NUMBERS



CANADA ATLANTIC REGION

SEPTEMBER 2021

Recovery Meeting Information

1 800 (NAWAY) 564 0228

<https://carna.ca>

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.**