

ALBERTON, PE

Tue 7:00PM 1HR Ties That Bind, Sacred Heart Catholic Parish Church, *except first Tuesday of the month, 341 Main St, Alberton, PE, C0B 1B0 **(O,SD,WC)**

CHARLOTTETOWN, PE

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

Tue 7:00PM 1HR True Colours Recovery, Canadian Mental Health Building, 203 Fitzroy Street, Charlottetown, PE, C1A 1S1 **(C,D,WC,LGBTQ+)**

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

Thu 7:00PM 1.5HR Progress Not Perfection, 203 Fitzroy Street, Charlottetown, PE, C1A1S5 **(BT,IW)**

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

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

MONTAGUE, PE

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

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)**

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

BT	Basic Text	C	Closed
D	Discussion	IW	It Works -How and Why
JT	Just for Today	O	Open
St	Step	To	Topic
Tr	Tradition	WC	Wheelchair
LGBTQ+	LGBTQ+	SD	Speaker/Discussion

PHONE NUMBERS



Prince Edward Island

MAY 2026

Recovery Meeting Information

1 800 205 8402

<https://peina.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.**