

**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)**

**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	JT	Just for Today
LGBTQ+ LGBTQ+		O	Open
SD	Speaker/Discussion	St	Step
To	Topic	Tr	Tradition
WC	Wheelchair		

**PHONE NUMBERS**



**Prince Edward Island**

**SEPTEMBER 2024**

**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.**