

EEL RIVER BAR, NB
Thu 7:30PM 1HR Eel Ground , Natoaganeg Health & Wellness Centre, 36 Micmac Road, Eel River Bar, NB, E1V4B1 (O)
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)
Tue 7:00PM 1.25HR Living Free , Victoria Health Center, 65 Brunswick Street, Fredericton, NB, E3B1G5 (SPAD)
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 in the Miracle , 168 Chruch Street, Fredericton, NB, E3B 4C9 (O,IW)
Sat 7:00PM 1.25HR Living Free , Victoria Health Center, 65 Brunswick Street, Fredericton, NB, E3B1G5 (SPAD)
MONCTON, NB
Tue 7:00PM 1HR Unity is The Key , Mountain View United Church, 85 Macbeth, Moncton, NB, (O,D,To,ENG)
Thu 7:00PM 1HR Unity Is the Key , Mountain View United Church, 85 Macbeth, Moncton, NB, (D,JT,ENG)
ROTHESAY, NB
Sat 7:00PM 1.25HR Nature of Recovery , St. Paul's Church Hall, Next to the post office (enter, turn left, downstairs - turn left -straight ahead), 4 Church Ave, Rothesay, NB, E2E 5G4 (O,CL,RF,ENG,COVID)
SAINT JOHN, NB
Mon 7:00PM 1.25HR Clean and Serene , Grace Presbyterian Church, Enter from back door on Hazen Street - Look for the NA sign, 101 Coburg Street, Saint John, NB, E2L 3J8 (O,St)
Wed 7:00PM 1.25HR Clean and Serene , Grace Presbyterian Chruch, Entrance from back dorr on Hazen Street, Look for NA sign, 101 Coburg Street, Saint John, NB, E2L 3J8 (O,To)
Fri 7:00PM 1.25HR Freedom Group , St Mary and Saint Bartholomew Anglican Church, use the side entrance, 646 westmoreland road, Saint John, NB, (O,St,BK)
TRACADIE-SHEILA, NB
Sat 7:30PM 1.5HR Samedi D'Etre Clean , Centre C.A.J., 604 rue rivière de la truite, Tracadie-Sheila, NB, E1X1A7 (O,BL,St)
CARBONEAR, NL
Fri 7:00PM 1HR Hope & Peace Group , U-Turn Centre, Discussion/Participation; Open/Discussion last Friday of the Month, 19 Industrial Crescent, Carbonear, NL, A1Y 1A6 (C,O,D,To,WC)
CLARENVILLE, NL
Tue 6:30PM 1HR Clean & Serene Group , The Ranch Hub, 8B Thompson Street, Clarenville, NL, A5A 1Y9 (C,D,To)
Sat 6:30PM 1HR Clean and Serene , The Reach Hub, 8B Thompson Street, Clarenville, NL, A5A 1Y9 (O,D,To)
CORNER BROOK, NL
Mon 7:30PM 1HR Hope and Recovery Group , Summit Place, Summit Place - The building itself has several apartments, the location is in the Summit Place office, which is the furthest door to the left., 112 Premier Drive, Corner Brook, NL, A2H 1R7 (O,D,WC,HY)
Thu 7:30PM 1HR Hope and Recovery Group , Summit Place, Summit Place - The building itself has several apartments, the location is in the Summit Place office, which is the furthest door to the left., 112 Premier Drive, Corner Brook, NL, A2H 1R7 (O,D,WC,HY)
GANDER, NL
Thu 7:00PM 1HR New Beginnings , Evangel Church, 130 Magee Rd, Gander, NL, A1V 2R3 (O,D,To)
GOOSE BAY, NL
Wed 6:30PM 1HR Hope and Peace Group , Goose Bay Labrador, Bethel Pentecostal Church, 250 Hamilton River Road, Goose Bay, NL, A0P 1E0 (D,To,WC)
LABRADOR CITY, NL
Tue 7:00PM 1HR Labrador West Clean & Serene , Labrador West Health Center - Conference Room 3 in the mental health department, 1700 Nichols-Adam Highway, Labrador City, NL, A2V 0B2 (O,D,To,WC)
Tue 8:00PM 1HR Labrador West Clean and Serene , Labrador City Health Center, Conference room A - Across from Mental Health, 1700 Nichols-Adam Highway, Labrador City, NL, A2V 0B2 (O,D,To,WC)
Sat 8:00PM 1HR Labrador West Clean & Serene , Labrador West Health Center - Conference Room 3 in the mental health department, 1700 Nichols-Adam Highway, Labrador City, NL, A2V 0B2 (O,D,To,WC)

LEWISPORTE, NL
Mon 7:00PM 1HR Recovery Group , Philadelphia Pentecostal Tabernacle, Enter through side entrance, 362 Main Street, Lewisporte, NL, (C,D,WC)
ST. JOHN'S, NL
Sun 8:00PM 1HR Brothers and Sisters of NA , Zoom Platform Meeting ID: 86188803002, St. John's, NL, (O,D,To,WEB,VM)
Sun 8:00PM 1HR New Awakenings , The Lantern, 35 Barnes Road, St. John's, NL, A1C 3X1 (O,D,To,WC)
Mon NOON 1HR Shelter from the Storm , Church of the Good Samaritan, 10 St. Clare's Ave., St. John's, NL, A1C 5B8 (O,D,WC)
Mon 8:00PM 1.5HR Hope Group , Ches Penney Centre of Hope, 18 Springdale Street, St. John's, NL, A1C 0A4 (O,D,To,WC)
Mon 8:00PM 1HR Hope Group , St. John's, Zoom Platform: Meeting ID 112835261, St. John's, NL, (O,D,To,ENG,WEB,LC,VM)
Tue 7:30PM 1HR New Awakenings , The Lantern, 35 Barnes Road, St. John's, NL, A1C 3X1 (O,D,To,WC)
Tue 8:00PM 1HR Brothers and Sisters of NA , Zoom Platform Meeting ID: 86188803002, St. John's, NL, (O,D,To,WEB,VM)
Wed 8:00PM 1HR Hope Group , Ches Penney Centre of Hope, 18 Springdale Street, St. John's, NL, A1E 2R1 (O,D,To,WC)
Wed 8:00PM 1HR Hope Group , Zoom Platform Meeting ID: 696939989, St. John's, NL, (O,D,To,WEB,VM)
Thu 7:00PM 1HR Open Minded Group , Cornerstone Ministries, 13 Ricketts Road, St. John's, NL, A1C 2J6 (O,D,To,WC,CW)
Thu 8:00PM 1HR Just for Today Group , First Thursday of each month is a Step Meeting. Third Meeting of each month is a Tradition Meeting. Zoom Platform Meeting ID: 82831308286 password jft2021, St. John's, NL, (O,D,St,To,Tr,WEB,VM)
Fri NOON 1HR Shelter from the Storm , Marguerite's Place, Women's and Non-Binary, 170 Cashin Ave., St. John's, NL, A1E 3B6 (O,D,WC)
Fri 8:00PM 1HR Hope Group , Book Study, Zoom Platform Meeting ID: 696939989, St. John's, NL, (O,To,BK,WEB,VM)
Fri 8:00PM 1HR New Awakenings , The Lantern, 35 Barnes Road, St. John's, NL, A1C 3X1 (C,D,To,WC)
Sat 11:00AM 1HR Just for Today Group , Zoom Platform ID: 82831308286; password: jft2021, St. John's, NL, (O,D,To,WEB,VM)
Sat 1:30PM 1HR Just For Today , Cornerstone Ministries, 13 Ricketts Road, St. John's, NL, A1E 0A5 (O,D,To,WC,CW)
Sat 8:00PM 1HR Brothers and Sisters of NA , Zoom Platform Meeting ID: 86188803002, St. John's, NL, (O,D,To,WEB,VM)
AMHERST, NS
Mon 7:00PM 1HR Hope Group , Anglican Parish Church Hall, 5 Lawrence St, Amherst, NS, B3H 3G5 (O,D,WC)
BRIDGETOWN, NS
Sun 7:30PM 1HR Freedom Group , St. James Anglican Church, 289 Grandville Street, Bridgetown, NS, B0S 1C0 (O,D)
BRIDGEWATER, NS
Thu 7:30PM 1HR Living Clean , Holy Trinity Anglican Church Hall, 78 Alexandria Avenue, Bridgewater, NS, B4V 1H1 (C,WC)
CAPE BRETON, NS
Mon 7:00PM 1HR Cape Breton IP Group , Cape Breton, NS, (D,IP,VM)
Thu 7:00PM 1HR Cape Breton IP Group , Cape Breton, NS, (D,IP,VM)
DARTMOUTH, NS
Sun 7:30PM 1HR Strength In Numbers , St. James Church Basement, Entrance at left front of church, 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)
Wed 7:00PM 1HR Serenity Seekers , 152 Windmill Road, Dartmouth, NS, B3A 1G8 (O,D,WC) <i>Meeting has a rotating Format, with a different Format each Wed. of the month</i>
Fri 7:30PM 1HR You Have A Choice Today Group , Saint James Church Basement, Entrance at left front of church, 181 Portland Street, Dartmouth, NS, B2Y 2X3 (O,St)
ELMSDALE, NS
Thu 7:30PM 1HR NA Lengths , River View United Church, 760 Highway #2, Elmsdale, NS, B2S 1G3 (O,D,WC) <i>1st Wednesday of month is a rotating format: AB, SD, To...etc</i>
GLACE BAY, NS
Sat 7:00PM 1HR You're Not Alone Group , Alano Club, 10 Mckeen Street, Glace Bay, NS, B1A 2L8 (C,WC)
HALIFAX, NS
Sun 1:00PM 1HR Nothing To Fear , All Nations Church, Entrance at rear of church, 2535 Robie Street, Halifax, NS, B3K 4N3 (O,To)
Sun 7:30PM 1HR 90 in 90 , Halifax, NS, (O,To,VM)
Mon NOON 1HR We Do Recover , Saint George's Round Church Hall, Park at back, enter from Nora Bernard St, 5429 Nora Bernard St., Halifax, NS, B3K 1A8 (O,To)

HALIFAX, NS
Mon 7:30PM 1HR Liberation Group , Saint Catherine's Church, 6476 Bayers Road, Halifax, NS, B3L 2B1 (O,BT,To) <i>Meeting will not meet on Sept 23rd - Due to Church function</i>
Mon 7:30PM 1HR Shelter From the Storm , Saint George's Round Church Hall, Park at back, enter from Nora Bernard St, 5429 Nora Bernard St., Halifax, NS, B3K 1A8 (O,To)
Tue 7:00PM 1HR Pride in Our Recovery Group , Halifax, NS, B3K 3B7 (O,GL,To,VM,LGBTQ+)
Tue 7:30PM 1HR Nature of Recovery Group , Emmanuel Church, 322 Herring Cove Rd, Halifax, NS, B3R 1V4 (O,BT,BK)
Wed NOON 1HR We Do Recover , Saint George's Round Church Hall, Park at back, enter from Nora Bernard St, 5429 Nora Bernard St., Halifax, NS, B3K 1A8 (O,To)
Wed 7:30PM 1HR Breaking Free Group , Emmanuel Church, 322 Herring Cove Road, Halifax, NS, B3R 1V4 (O,D,To,WC)
Thu 7:00PM 1HR I Can't We Can Group , Evangelical Lutheran Church of the Resurrection, Entrance on Allen Street, 2096 Windsor Street, Halifax, NS, B3K 5B1 (C,D,WC)
Fri NOON 1HR We Do Recover , Saint George's Round Church Hall, Park at back, enter from Nora Bernard St, 5429 Nora Bernard St., Halifax, NS, B3K 1A8 (O,To,LC)
Fri 8:00PM 1HR Starting Point Group , 3311 Ashburn Ave, Halifax, NS, B3N 2S1 (O,To) <i>No Bathrooms Available</i>
Sat 11:30AM 1HR Just for Today Group , Evangelical Lutheran Church of the Resurrection, Entrance on Allen Street, 2096 Windsor Street, Halifax, NS, B3K 5B1 (C,RF,WC)
Sat 8:00PM 1HR Last Chance Group , Calvin Presbyterian Church, 3311 Ashburn Ave., Halifax, NS, B3L 4C3 (O,D,To,WC)
KENTVILLE, NS
Fri 8:00PM 1.25HR Boomerang Group , Kentville, NS, (O,LC,VM)
NEW GLASGOW, NS
Sun 7:00PM 1HR Taking Care of Business , St. Andrew's Church The Kirk, Entrance at basement door, 37 Mountian Rd, New Glasgow, NS, (O,BT)
Thu 7:00PM 1HR Taking Care of Business , St. Andrew's Church The Kirk, Entrance at basement door, 37 Mountian Rd, New Glasgow, NS, (O,BT)
Sat 7:00PM 1HR Taking Care of Business , St. Andrew's Church The Kirk, Entrance at basement door, 37 Mountian Rd, New Glasgow, NS, (O,BT)
NEW MINAS, NS
Sat 8:00PM 1HR Orchard Valley Group , Orchard Valley United Church, 130 Cornwallis Ave, New Minas, NS, B3N 3M7 (O,D,To)
NORTH KINGSTON, NS
Thu 7:00PM 1HR Phoenix Group , Multi-Addiction Centre, 2080 Bishop Mountain Road, North Kingston, NS, B0P 1R0 (O,D,WC)
PORTERS LAKE, NS
Tue 7:30PM 1HR Progress Not Perfection , Foundation United Baptist Church, 4300 Highway #7, Porters Lake, NS, B0J 2L0 (O,D)
PORT HAWKESBURY, NS
Mon 7:00PM 1HR Clean and Strait Group , Knights of Columbus, 138 Granville St., Port Hawkesbury, NS, B9A 2G1 (O,D,WC)
SACKVILLE, NS
Sun 7:00PM 1HR Survivors , Knox United Church, Park at front, Entrance on front left side of church, 567 Sackville Drive, Sackville, NS, B4C 2S4 (O,D,To,WC)
Tue 7:00PM 1HR Survivors , Knox United Church, Park at front Entrance at front left side of church, 567 Sackvile Drive, Sackville, NS, B4C 2S4 (O,D,To,WC)
Thu 7:00PM 1HR Survivors , Knox United Church, Park at front Entrance at front left side of church, 567 Sackvile Drive, Sackville, NS, B4C 2S4 (O,BT,D,To,WC)
SPRINGHILL, NS
Sun 7:30PM 1HR Foundation Group , Miners Hall, Use side entrance, 85 Main Street, Springhill, NS, B0M1X0 (O,D)
SYDNEY, NS
Sun 7:00PM 1HR Phoenix , United Baptist Church, Rear Entrance, 500 Charlotte Street, Sydney, NS, B1P 1E7 (C,D,WEB)
Fri 7:00PM 1HR Phoenix , United Baptist Church, Rear Entrance, 500 Charlotte Street, Sydney, NS, B1P 1E7 (C,D,WEB)
SYDNEY MINES, NS
Wed 8:00PM 1HR Love Life Group , Northside Learning Centre, 55 King Street, Sydney Mines, NS, B1V 1L7 (O,D,WC,HY)
TRURO, NS
Sun 8:00PM 1HR New Vision Group , St. Andrew's Church, 55 King St., Truro, NS, B2N 3K8 (O,D,WC)

WINDSOR, NS

Thu 7:00PM 1HR Hope for Today, Hants Community Hospital, Room 1B, 89 Payzant Dr, Windsor, NS, B0N2T0 **(C,D,To,WC)**

YARMOUTH, NS

Fri 7:00PM 1HR Beacon of Hope Group, Beacon United Church, 25 Beacon Street, Yarmouth, NS, **(C,D,To,WC)**

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

BL	Bi-Lingual	BT	Basic Text
C	Closed	CL	Candlelight
D	Discussion	GL	Gay/Lesbian/Transgender
IP	Informational Pamphlet	IW	It Works -How and Why
JT	Just for Today	O	Open
RF	Rotating Format	St	Step
To	Topic	Tr	Tradition
WC	Wheelchair	BK	Book Study
CW	Children Welcome	ENG	English speaking
WEB	Online Meeting	LC	Living Clean
COVID	Covid Protocols	VM	Virtual Meeting
HY	HY	LGBTQ+	LGBTQ+
SPAD	A Spiritual Principle a Day	SD	Speaker/Discussion

HELPLINES

Nova Scotia 1.902.789.8323

PHONE NUMBERS**CANADA ATLANTIC REGION****DECEMBER 2025****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.**

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