

WHO WE ARE?

Anyone who wants to stop using drugs may become a member of Narcotics Anonymous (NA). Membership is not limited to addicts using any particular drug. Those who feel that they may have a problem with drugs, legal or illegal, including alcohol, are welcome in NA. Recovery In NA focuses on the problem of addiction, and not on any particular drug.¹

WHAT WE ARE?

Narcotics Anonymous is a nonprofit, international, community-based organization for recovering addicts. Narcotics Anonymous members learn from one another how to live drug-free and recover from the effects of addiction in their lives.¹

WHERE WE ARE?

Most NA meetings are held regularly at the same time and place each week, usually in a public facility. There are two basic types of meetings; those that are open to the public and those closed to the public (for addicts only.) NA meetings are informally structured. The function of any meeting is always the same - to provide a suitable and reliable environment for personal recovery.¹

Out of Town Helpline Numbers

Brantford: (519) 756-9408
Kitchener: (519) 651-1121
London: (519) 661-0119
St. Catharines: (905) 685-0075
Toronto: (416) 236-8956

Footnotes: -

1. From "Narcotics Anonymous A Resource In Your Community"

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2. From "For The Newcomer" Copyright © 1990 World Service Office Inc.

3. From "Narcotics Anonymous" 5th Edition

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Sunday:

10:00am: SUNDAY MORNING MEETING
McMaster, 1280 Main St. W., Room 1J10
In the front door & follow signs,
Park free across the street (O, D, H&W)

7:00pm: COURAGE TO CHANGE
1st Unitarian Church,
170 Dundurn St. S.
side door, (D, J, L, O)

7:30pm: CLEAN AND FREE
Church of the Nativity
1831 King St. E. at Barons
parking in rear
(C, SS, BT, WC)

Monday:

7:00pm: ALIVE AND WELL
Jamesville Community Centre
209 McNab St. N. near Barton St.
(D, O, WC)

7:30pm: H.O.W. GROUP
St. Joseph's Healthcare
100 West 5th St. at Fennell, thru the lobby
to the Seminar Room (C, D, WC)

Tuesday:

7:00pm: NEW BEGINNINGS
Welcome Inn, 40 Wood St. East
one block east of James St. N
(BT, D, O, SP-last Tues of month, WC,)

Wednesday:

12:00pm: AWAKENING SPIRITS
293 Wellington St. N.
North entrance, (D, O, WC)

7:30pm: STREET GROUP
YMCA, 79 James St. South
Paddy Cline / Hamilton Room
(O, Q&A)

Thursday:

7:00pm: STEPS TO FREEDOM GROUP
East Plains United Church
375 Plains Rd E. x from Dovercourt
Burlington (BT, D, O)

7:30pm: HOPE NOT DOPE
YMCA, 79 James St S
Hamilton Room
(BT, D, O)

Friday:

6:00pm: FRIDAY NIGHT RECOVERY
St. Pauls Presbyterian Church
70 James St. S at Jackson.
(BT, O)

7:30pm: THE JOURNEY BEGINS
181 Jackson St. W
Suite 202
(C, Q&A, D)

Saturday:

1:30pm: LEARN TO LIVE
St. Joseph's Church
260 Herkimer St. at Locke
(BT, D, O)

7:00pm: IT WORKS GROUP
Salvation Army Church
2090 Prospect Street, rear entrance,
Burlington (J, D, O, WC,)

7:30pm: KEEP COMING BACK
Wentworth Baptist Church
120 Wentworth St. N. at Cannon
(BT, D, O, SP last Sat of month)

Legend: Note: No Smoking inside any meetings.

BT - Basic Text C - Closed, Addicts Only

CdL – Candlelight D – Discussion

J – Just for today text L – Literature

W - Women M - Men O - Open to All

SP – Speaker SS -Step Study

Q&A - Question and Answer

H&W – How and Why text

WC - Wheelchair Accessible

Keep Coming Back!

It works, if you work it, so work it, you're worth it.

**"That no addict seeking recovery
need ever die"**

SERVICE MEETINGS

Volunteer committees of NA members
coordinate many services
within the community.

Hamilton Area Service Committee

3rd Sat., of the month, 9:00 am
Wentworth Baptist Church
120 Wentworth St. N @ Cannon St.

Activities Sub-Committee

2nd & 4th Wed. of the month, 6:30 pm
YMCA
79 James St. South

Hospitals & Institutions Sub-Committee

1st Mon., of the month, 7:00 pm
St. Leonard's House
24 Emerald Street South

Policies & Procedures Sub-Committee

To be announced

Public Relations Sub-Committee

1st Sat, of the month, 12:00 noon
St. Joseph's Church
260 Herkimer Street at Locke Street

Third Step Prayer

Take my will and my life,
Guide me in my recovery,
Show me how to live.

FOR THE NEWCOMER

You don't have to be clean (drug free)
when you get here, but after your first
meeting we suggest that you keep
coming back and come clean. You don't
have to wait for an overdose or a jail
sentence to get help from N.A., nor is
addiction a hopeless condition from which
there is no recovery. It is possible to
overcome the desire to use drugs.²

WHAT IS OUR MESSAGE?

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. When all
is said and done, our primary purpose
can only be to carry the message to the
addict who still suffers because
that is all we have to give.³

PHONE A FRIEND

Name Phone #

Call Before You Fall !

**MY GRATITUDE SPEAKS WHEN
I CARE AND WHEN I SHARE
WITH OTHERS THE N.A. WAY**

NARCOTICS

ANONYMOUS

**Hamilton Area
Meetings**



We Do Recover !

HELPLINE

(905) 522-0332

Call for Meeting Information and daily updates

**H.A.S.C.N.A.
P.O. Box 57067
Jackson Station
2 King Street West
Hamilton, Ontario
L8P 4W9**

Website:
www.nahamilton.org

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