Just For Today

Tell yourself:

JUST FOR TODAY, my thoughts will be on my recovery, living and enjoying life without the use of drugs.

JUST FOR TODAY, I will have faith in someone in NA who believes in me and wants to help me in my recovery.

JUST FOR TODAY, I will have a program. I will try to follow it to the best of my ability.

JUST FOR TODAY, through NA, I will try to get a better, perspective on my life.

JUST FOR TODAY, I will be unafraid, my thoughts will be on my new associations, people who are not using and who have found a new way of life. So long as I follow that way, I have nothing to fear.

JUST FOR TODAY : © Copyright 1982, 1983, 1984, 1986, 1987, 1988, 2008 by Narcotics Anonymous World Services, Inc. Reprinted by permission. All rights reserved.

Meeting Codes:

O	Open *(open to the public and addicts)*
C	Closed *(for addicts or those who think they may have a drug problem)*
D	Discussion
W	Wheelchair Accessible
T	Topic Discussion
12&12	Steps & Traditions
BT	Basic Text
SS	Step Study
L	Literature Study
S	Speaker
SI	Special Interest

Y	Youth

Name	Phone Number

Central Nova Area
Service Committee Meetings

Committees meet on the last Saturday/Sunday of every month, except July & Dec.

Activities: Saturday at 10:00 am
Zoom: 849 0150 9248. PW: cnana

Literature: Sunday at 9:30 am
Zoom: 830 5446 3712. PW: cnana
Sales: email literaturechaircnana@gmail.com

Public Relations: Sunday at 10:00 am
at 322 Herring Cove Rd., Halifax

Area Service: Sunday at 1:30 pm
at 322 Herring Cove Rd., Halifax

For updates call our phone line or see our website: **www.centralnovaarea.ca**

Many of us have said…
Take my will & my life,
Guide me in my recovery,
Show me how to live.

All meetings listed inside this pamphlet are 1 hour unless otherwise indicated

Narcotics Anonymous

Central Nova Area of Narcotics Anonymous

Meeting List

Automated Meeting Information
Toll Free: 1-800-205-8402

To talk to a member / Information
902-789-8323

Meetings and locations are subject to change

Central Nova Area
PO Box 65 Halifax Central Post Office
Halifax, NS B3J 2L4

Central Nova Area:
www.centralnovaarea.ca

Canada Atlantic Region: **www.carna.ca**

Narcotics Anonymous World Service:
www.naws.org

Effective Date: 29 January 2023

If this list is more than 3 months old, please check our online meeting list at **www.centralnovaarea.ca**.

Groups: Send meeting update info to
meetinglistcnana@gmail.com

Sunday (8)

Nothing to Fear
All Nations Church
2535 Robie St., Halifax
1:00pm – O/T
(entrance at rear of church)

Survivors
Knox United Church
567 Sackville Dr., Sackville
7:00pm – O/T
(park at back: enter at back)

Taking Care of Business
St Andrew's Church
37 Mountain Rd.,
New Glasgow
7:00pm – O/BT

Phoenix (CB)
Zoom: 871 2037 2573
PW: 123
7:00pm – C/D

90 in 90
Zoom: 664 566 277
PW: 909090
7:30pm – O/T

Strength in Numbers
St. James Church basement
181 Portland St., Dartmouth
(entrance at left front of church)
7:30pm – O/T/W

Freedom
St James Church
289 Granville St.
Bridgetown
7:30pm – O/D

New Vision
St. Andrews Church
55 King St., Truro
8:00pm – O/D/W

Foundation Group
85 Main Street
Spring Hill, NS
7:30pm - O/D
(Side Door)

Monday (6)

We Do Recover
St Georges Round Church Hall
5429 Cornwallis St., Halifax
12:00 noon – O/T
(park at back: enter from Cornwallis St)

A New Beginning
First Presbyterian Church
242 Foord St., Stellarton
7:00pm – C/D/BT
(entrance at left front of church)

Cape Breton IP group
Zoom: 871 2037 2573
PW: 123
7:00pm – D/L

Liberation
St. Catherine's Church
6476 Bayers Rd., Halifax
7:30pm – O/T/BT

Shelter from the Storm
St Georges Round Church Hall
5429 Cornwallis St., Halifax
7:30pm – O/T
(park at back: enter from Cornwallis St)

Sharing the Message
Baptist Church, 6 Regal Rd.
Dartmouth
7:30pm – O/D/W

Tuesday (5)

Pride in Our Recovery
Zoom: 870 6977 1464
PW: Pride
7:00pm – O/T/SI-LGBT+

Survivors
(Same as Sunday 7:00 pm)

CB Spin-the-Wheel group
Zoom: 871 2037 2573
PW: 123
7:00pm – D

Nature of Recovery
Emmanuel Church
322 Herring Cove Rd. Hfx
7:30-9:00pm – O/BT

Progress not Perfection
Old School Comm Hall
7962 Highway 7
Musquodoboit Harbour
7:30pm – O/D

Wednesday (4)

We Do Recover
(Same as Monday 12:00 noon)

Serenity Seekers
Sonlife Church
152 Windmill Rd., Dartmouth
6:30pm – O/D/W
(first Wed of month splits in two)

Breaking Free
Emmanuel Church
322 Herring Cove Rd. Hfx
7:30pm – O/D

Love Life
Northside Learning Centre
55 King St., Sydney Mines
8:00pm – O/D/W

Thursday (6)

I Can't We Can
All Nations Church
2535 Robie St., Halifax
7:00pm – C/D
(entrance at rear of church)

Taking Care of Business
(Same as Sunday 7:00 pm)

Cape Breton IP group
Zoom: 871 2037 2573
PW: 123
7:00pm – D/L

Phoenix (Valley)
2080 Bishop Mountain Rd.
Multi-Addiction Center
Kingston
7:00pm – O/D

Get Honest or Die
Zoom: 892 4128 6310
PW: cnana
7:30pm – O/D

Living Clean
Holy Trinity Church Hall
78 Alexandra Ave.
Bridgewater
7:30pm – C/W

Friday (5)

We Do Recover
(Same as Monday 12:00 noon)

Phoenix (CB)
Heritage Church
500 Charlotte St., Sydney
(entrance at back of church)
7:00pm – C/D/W

You Have a Choice Today
St. James Church basement
181 Portland St., Dartmouth
(entrance at left front of church)
7:30pm – O/SS

Starting Point
Fairview United Church
3524 Dutch Village Rd
8:00pm – O/T

Boomerang
Zoom: 782 035 0550
PW: 247247
8:00pm – O/D

Saturday (4)

Just for Today
Lutheran Church
2096 Windsor St., Halifax
(entrance on Allan St.)
11:30am – C/T/W

Taking Care of Business
(Same as Sunday 7:00 pm)

You're Not Alone
Alano Club
Rear 10 McKeen St.
Glace Bay
7:00pm – C/W

Last Chance
Calvin Presbyterian Church
3311 Ashburn Ave., Halifax
8:00pm – O/T/W

Note

The use of the Zoom platform does not constitute an endorsement by Central Nova Area or its subcommittees, CARNA, or NA.