

## 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.

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### Meeting Codes:

O	Open ( <i>open to the public and addicts</i> )
C	Closed ( <i>for addicts or those who think they may have a drug problem</i> )
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

Activities: Sat 3:00pm

Literature: Sun 10:00

(Literature Sales – Sun 11:30am-1:00pm)

Public Relations: Sun 11:00am

Area Service: Sun 2:00pm

**at 322 Herring Cove Rd., Halifax**

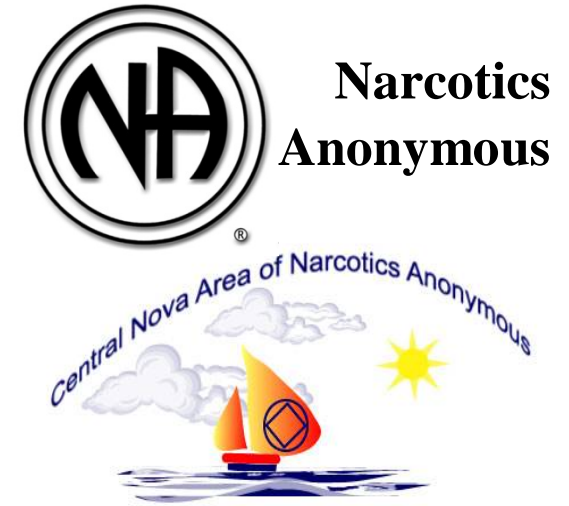
Committees meet on the last Saturday/Sunday of every month, except July & Dec. For updates call our phone line or see our website:

**[www.centralnovaarea.ca](http://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*



### Meeting List

Automated Meeting Information

Toll Free: 1-800-205-8402

To talk to a member / Help / 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](http://www.centralnovaarea.ca)**  
Canada Atlantic Region: **[www.carna.ca](http://www.carna.ca)**  
Narcotics Anonymous World Service:  
**[www.naws.org](http://www.naws.org)**

***Effective Date: 31 March 2019***

If this list is more than 3 months old,  
please check our online meeting list at  
**[www.centralnovaarea.ca](http://www.centralnovaarea.ca)**.

Groups: Send meeting update info to  
**[meetinglistcnana@gmail.com](mailto:meetinglistcnana@gmail.com)**

**Sunday (8)**

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Nothing to Fear  
All Nations Church  
2535 Robie St., Halifax  
2:00pm – O/T

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

Supernova  
Regional Hospital (cafeteria)  
60 Vancouver St., Yarmouth  
7:00pm – O/D/W

90 in 90  
Brunswick United Church  
2107 Brunswick St., Halifax  
7:30pm – O/T

Strength in Numbers  
St. James Church Hall  
181 Portland St., Dartmouth  
7:30pm – O/T

Foundation  
Miners Hall  
85 Main St., Springhill  
7:30pm – O/D

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

Taking Care of Business  
Trinity United Church  
151 Temperance St.  
New Glasgow *(side entrance)*  
8:00pm – O/D

**Monday (4)**

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A New Way To Live  
1<sup>st</sup> Floor Boardroom  
Northwood Manor  
2630 Gottingen St., Halifax  
11:45am – O/T/W

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

Shelter from the Storm  
All Nations Church  
2535 Robie St., Halifax  
7:30pm – O/T

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

**Tuesday (8)**

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We Do Recover  
St Georges Round Church Hall  
2222 Brunswick St., Halifax  
12:05-12:55pm – O/T  
*(park at back: enter from Cornwallis St)*

Pathway to Peace  
120 St. Ninian St.  
Antigonish  
*(behind St. Ninian's Cathedral)*  
6:30pm – O/D/W

Pride in Our Recovery  
YMCA Community Room  
2269 Gottingen St., Halifax  
*(use Prince William St. entrance)*  
7:00pm – O/T/W/SI-LGBT+

Never Alone  
Dal Student Union, Room 224  
6136 University Ave. Halifax  
7:00-8:30pm – C/T/W/IP

Young and Free  
Holy Trinity Church  
30 Alfred St., Dartmouth  
7:30pm – O

Survivors  
Knox United Church  
567 Sackville Dr., Sackville  
7:30pm – O/T  
*(park at back: enter at back)*

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

Talking Circle  
Theresa Cremo Health Ctr  
93 Reservation Rd.  
Waycobah First Nation, CB  
8:00pm – O/D

**Wednesday (5)**

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We Do Recover  
*(Same as Tuesday 12:05pm)*

Shelter from the Storm  
All Nations Church  
2535 Robie St., Halifax  
7:30pm – O/T

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

Serenity Seekers  
Sonlife Church  
152 Windmill Rd., Dartmouth  
7:30pm – O/D/W  
*(split men's/women's meeting)*

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

**Thursday (9)**

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We Do Recover  
*(Same as Tuesday 12:05pm)*

Supernova  
Regional Hospital (cafeteria)  
60 Vancouver St., Yarmouth  
7:00pm – O/D/W

Nature of Recovery  
St Georges Round Church Hall  
2222 Brunswick St., Halifax  
7:30-9:00pm – O/BT  
*(park at back: enter from Maitland St)*

Get Honest or Die  
Church Hall  
3 Crichton Ave., Dartmouth  
7:30pm – O/D/W

I Can't We Can  
St. Matthew's United Church  
1479 Barrington St., Halifax  
7:30pm – C/D/W

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

Taking Care of Business  
Trinity United Church  
151 Temperance St.  
New Glasgow *(side entrance)*  
8:00pm – O/D

Circle of Hope  
Nepesi Bldg, 70 Gabriel St.  
Eskasoni First Nation, CB  
8:00pm – W

NA Hope  
United Baptist Church  
411 King St., Windsor  
8:00pm – C/D/W

**Friday (4)**

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We Do Recover  
*(Same as Tuesday 12:05pm)*

You Have a Choice Today  
St. James Church Hall  
181 Portland St., Dartmouth  
7:30pm – O/D

Starting Point  
St. John the Baptist Church  
26 Purcell's Cove Rd.  
8:00pm – O/T

Phoenix  
Heritage Church  
500 Charlotte St., Sydney  
*(entrance at back of church)*  
8:00pm – C/D/W

**Saturday (7)**

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Spirit of Recovery  
Millbrook Senior Centre  
841 Willow St. Millbrook FN  
7:00pm –  
*(every 2 weeks Apr 13,27 May 11)*

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

Open Arms  
St. Bernard's Catholic Church  
253 Highway 2, Enfield  
*(entrance between church & house)*  
7:00pm – O/D/L

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

Road to Recovery  
Holy Trinity Church  
30 Alfred St., Dartmouth  
7:30pm – O/T

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

Clean If You Want to Be  
Holy Trinity Church Hall  
78 Alexandra Ave.  
Bridgewater  
8:00pm – C/W