

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 |
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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

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



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

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

Narcotics Anonymous World Service:
www.naws.org

Effective Date: 30 June 2019

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
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)

A New Way to Live
1st 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

Fresh Start Group
307 Granville St.
Port Hawkesbury
8:00pm – O

Tuesday (8)

We Do Recover
St Georges Round Church Hall
2222 Brunswick St., Halifax
12:00-1:00pm – 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

Road to Recovery
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)

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)

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
Nepisi 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)

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 (6)

Spirit of Recovery
Millbrook Senior Centre
841 Willow St. Millbrook FN
7:00pm –

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

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