

OTTAWA AREA OF NARCOTICS ANONYMOUS

ONLINE MEETING LIST

| MONDAY | |
|------------|---|
| MONDAY | JFT EXPRESS |
| TIME | 10:00AM - 10:40AM |
| MEETING ID | 834 6371 6774 |
| PASSWORD | 330231 |
| TYPE | Closed Discussion, Just for Today, Meditation |
| MONDAY | NA NOON GROUP |
| TIME | 11:45AM - 1:15PM |
| MEETING ID | 729 653 327 |
| PASSWORD | nooner |
| TYPE | Closed Discussion, Step or Tradition |
| MONDAY | FOR NEWCOMERS: AN INTRO TO NA |
| TIME | 7:00PM |
| MEETING ID | 875 5602 2689 |
| PASSWORD | |
| TYPE | Open Speaker, Q and A |
| MONDAY | EVOLVING SOULS |
| TIME | 7:30PM - 9:00PM |
| MEETING ID | 983 597 2674 |
| PASSWORD | 123456 |
| TYPE | Gay, Lesbian, Bi, Trans, Straight Inclusive, Open to all, Open Speaker and Closed Discussion, Candlelight |
| MONDAY | FREEDOM GROUP |
| TIME | 7:30PM |
| MEETING ID | 423 506 3665 |
| PASSWORD | 123456 |
| TYPE | Closed Discussion, Candlelight, Open Speaker Celebration 2nd Mon/month |
| MONDAY | WE KICKED THE HABIT |
| TIME | 7:30PM |
| MEETING ID | 772 485 5933 |
| PASSWORD | 123456 |
| TYPE | Open/Closed Discussion, Open Speaker last Mon/month |

| TUESDAY | |
|------------|--|
| TUESDAY | JFT EXPRESS |
| TIME | 10:00AM - 10:40AM |
| MEETING ID | 834 6371 6774 |
| PASSWORD | 330231 |
| TYPE | Closed Discussion, Just for Today, Meditation |
| TUESDAY | NA NOON GROUP |
| TIME | 11:45AM - 1:15PM |
| MEETING ID | 729 653 327 |
| PASSWORD | nooner |
| TYPE | Closed Discussion, Step or Tradition |
| TUESDAY | ADDICTS HELPING NEWCOMERS |
| TIME | 4:00PM - 5:00PM |
| MEETING ID | 914 7170 2608 |
| PASSWORD | 123456 |
| TYPE | Closed Discussion |
| TUESDAY | SOUL SISTERS |
| TIME | 7:00PM |
| MEETING ID | 564 004 177 |
| PASSWORD | 123456 |
| TYPE | Focus on women's need, Closed Discussion, Literature, Open Discussion 2nd Tues/month |
| TUESDAY | BROKEN ELEVATOR |
| TIME | 7:30PM - 9:00PM |
| MEETING ID | 811 6824 3633 |
| PASSWORD | 14141 |
| TYPE | Open Discussion, Candlelight, Literature, Celebrations 3rd Tues/month |

| *** DIAL IN NUMBERS *** |
|-----------------------------|
| 778-907-2071 |
| 204-272-7920 |
| 438-809-7799 |
| 587-328-1099 |
| 647-374-4685 / 647-558-0588 |

| WEDNESDAY | |
|------------------|--|
| WEDNESDAY | JFT EXPRESS |
| TIME | 10:00AM - 10:40AM |
| MEETING ID | 834 6371 6774 |
| PASSWORD | 330231 |
| TYPE | Closed Discussion, Just for Today, Meditation |
| WEDNESDAY | NA NOON GROUP |
| TIME | 11:45AM - 1:15PM |
| MEETING ID | 729 653 327 |
| PASSWORD | nooner |
| TYPE | Closed Discussion, Step or Tradition |
| WEDNESDAY | COME AS YOU ARE |
| TIME | 7:30PM |
| MEETING ID | 817 909 0482 |
| PASSWORD | 756166 |
| TYPE | Open Discussion |
| WEDNESDAY | CONSCIOUS CONTACT |
| TIME | 8:00PM - 9:00PM |
| MEETING ID | 997-960-181 |
| PASSWORD | 64525 |
| TYPE | Open Meditation |
| WEDNESDAY | TOGETHER WE CAN |
| TIME | 8:00PM |
| MEETING ID | 535 453 011 |
| PASSWORD | 123456 |
| TYPE | Closed Discussion, Focus on men's needs, Open Speaker Celebrations 3rd Wed/month |

| THURSDAY | |
|-----------------|--|
| THURSDAY | JFT EXPRESS |
| TIME | 10:00AM - 10:40AM |
| MEETING ID | 834 6371 6774 |
| PASSWORD | 330231 |
| TYPE | Closed Discussion, Just for Today, Meditation |
| THURSDAY | NA NOON GROUP |
| TIME | 11:45AM - 1:15PM |
| MEETING ID | 729 653 327 |
| PASSWORD | nooner |
| TYPE | Closed Discussion, Step or Tradition |
| THURSDAY | GAY MEN IN RECOVERY |
| TIME | 7:00PM |
| MEETING ID | Email for the link gmrnaottawa@gmail.com |
| PASSWORD | |
| TYPE | Focus on gay men's needs, Celebrations 1st Thurs/month |
| THURSDAY | WE DO RECOVER |
| TIME | 8:00PM |
| MEETING ID | 842 6297 9787 |
| PASSWORD | 123456 |
| TYPE | Closed Discussion, Open Speaker Celebrations last Thurs/month |
| THURSDAY | FAITH IN LIFE |
| TIME | 8:00PM - 9:00PM |
| MEETING ID | 533 196 018 |
| PASSWORD | 44931 |
| TYPE | Closed Discussion, Basic Text, Steps |
| THURSDAY | NEW ATTITUDES |
| TIME | 8:00PM - 9:00PM |
| MEETING ID | Fellowship starts @ 7:30pm |
| PASSWORD | 853 8697 1012 |
| TYPE | 123456 |
| THURSDAY | FREEDOM TODAY, HOPE FOR TOMORROW |
| TIME | 8:00PM |
| MEETING ID | 770 0022 1869 |
| PASSWORD | 123456 |
| TYPE | Closed Discussion, It Works How and Why, Open Speaker Celebrations |

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| FRIDAY | |
|------------|---|
| FRIDAY | JFT EXPRESS |
| TIME | 10:00AM - 10:40AM |
| MEETING ID | 834 6371 6774 |
| PASSWORD | 330231 |
| TYPE | Closed Discussion, Just for Today, Meditation |
| FRIDAY | NA NOON GROUP |
| TIME | 11:45AM - 1:15PM |
| MEETING ID | 729 653 327 |
| PASSWORD | nooner |
| TYPE | Closed Discussion, Step or Tradition |
| FRIDAY | RECOVERY IS POSSIBLE |
| TIME | 7:00PM - 8:30PM |
| MEETING ID | 256 422 267 |
| PASSWORD | Welcome |
| TYPE | Closed Discussion |
| FRIDAY | ADDICTS HELPING ADDICTS |
| TIME | 7:30PM - 8:45PM |
| MEETING ID | 358 187 814 |
| PASSWORD | 123456 |
| TYPE | Closed Discussion |
| FRIDAY | JUST FOR TODAY |
| TIME | 8:00PM - 9:30PM Fellowship starts @ 7:30pm |
| MEETING ID | 742 013 927 |
| PASSWORD | 123456 |

| SATURDAY | |
|------------|--|
| SATURDAY | JFT EXPRESS |
| TIME | 10:00AM - 10:40AM |
| MEETING ID | 834 6371 6774 |
| PASSWORD | 330231 |
| TYPE | Closed Discussion, Just for Today, Meditation |
| SATURDAY | NA NOON GROUP |
| TIME | 11:45AM - 1:15PM |
| MEETING ID | 729 653 327 |
| PASSWORD | nooner |
| TYPE | Closed Discussion, Step or Tradition |
| SATURDAY | NEW BEGINNINGS |
| TIME | 7:30PM |
| MEETING ID | 130 132 254 |
| PASSWORD | 123456 |
| TYPE | Steps, In Times of Illness, Open Speaker last Sat/month |
| SATURDAY | FELLOWSHIP GROUP |
| TIME | 8:00PM |
| MEETING ID | 608 796 5781 |
| PASSWORD | 7800930 |
| TYPE | Closed Discussion, Open Speaker Celebrations 2nd Sat/month |

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| SUNDAY | |
|---------------|--|
| SUNDAY | JFT EXPRESS |
| TIME | 10:00AM - 10:40AM |
| MEETING ID | 834 6371 6774 |
| PASSWORD | 330231 |
| TYPE | Closed Discussion, Just for Today, Meditation |
| SUNDAY | SPRITUAL PRINCIPLES |
| TIME | 1:00PM - 2:00PM |
| MEETING ID | 251 060 588 |
| PASSWORD | 123456 |
| TYPE | Closed Discussion, Step Working Guide, Open Speaker Celebrations 3rd Sun/month |
| SUNDAY | HOW IT WORKS |
| TIME | 6:10PM - 7:20PM Fellowship starts @ 5:45pm |
| MEETING ID | 824 678 5566 |
| PASSWORD | 123456 |
| SUNDAY | HIGHER POWER HOUR |
| TIME | 8:00PM |
| MEETING ID | 725 298 2123 |
| PASSWORD | 123456 |
| TYPE | Closed Discussion, Open Discussion or Celebrations 4th Sun/month |
| SUNDAY | NEW ATTITUDES |
| TIME | 8:00pm - 9:00pm Fellowship starts @ 7:45pm |
| MEETING ID | 872 7821 1612 |
| PASSWORD | 123456 |

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