

OTTAWA AREA OF NARCOTICS ANONYMOUS

IN-PERSON MEETING LIST

TUESDAY	FAITH IN LIFE*
TIME	7:00 – 8:30PM
CITY	OTTAWA
Glen Cairn United Church 140 Abbeyhill Drive, Kanata, ON, K2L 1H5 *Outdoor/weather permitting	

WEDNESDAY	NEW LIFE
TIME	7:00 – 8:00PM
CITY	PEMBROKE
Holy Name Church Annex 284 Trafalgar Road, Pembroke, ON, K8A 5A8 (off Trafalgar and Front St)	

FRIDAY	12 STEPS TO RECOVERY
TIME	7:00 – 8:00PM
CITY	PERTH
Elliot Street Clinic 12 Elliot Street, Perth, ON, K7H 3A3	

SATURDAY	NEW LIFE
TIME	7:00 – 8:00PM
CITY	PEMBROKE
Holy Name Church Annex 284 Trafalgar Road, Pembroke, ON, K8A 5A8 (off Trafalgar and Front St)	

WE GET TO	TUESDAY
TIME	7:00 – 8:00PM
CITY	PEMBROKE
Zion Lutheran Church 454 Miller St., Pembroke, ON, K8A5Z4 Use side entrance from Munro St.	

CPR GROUP	WEDNESDAY
TIME	7:30 – 9:00PM
CITY	CARLETON PLACE
Saint Mary's Church 28 Hawthorne Avenue, Carleton Place, ON, K7C 3A9	

WHITE BOOKLET MEETING*	SATURDAY
TIME	6:30 – 7:30PM
CITY	OTTAWA
Strathcona Park (Sandy Hill) *Outdoor/weather permitting **This is a temporary meeting put on due to COVID restrictions. Current commitment is to have hold the meeting until the end of September.	

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	815 9271 4634
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	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	064525
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	044931
TYPE	Closed Discussion, Basic Text, Steps
THURSDAY	NEW ATTITUDES
TIME	8:00PM - 9:00PM
MEETING ID	Fellowship starts @ 7:30pm
PASSWORD	892 2073 0188
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
FRIDAY	WE CHOSE FREEDOM
TIME	8:00PM - 9:30PM Fellowship starts @ 7:30pm
MEETING ID	831 0263 2465
PASSWORD	868085

	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	897 2890 7520
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	826 5215 6094
PASSWORD	123456

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