

**The Sudbury Area
Sub-Committees and The
Sudbury Area Service Commit-
tee Meet on the last Saturday
of the month at Grace Family
Church- 426 Burton Avenue,
Sudbury. All Welcome.**

10:00am- Activities: (Downstairs)

**10:00am- Speaker Jam:
(Downstairs)**

**11:00am- Public Relations :
(Downstairs)**

12:00pm- Literature: (Downstairs)

12:00pm- Campout : (Downstairs)

**1:15pm - Area Service Committee
Meeting: (Downstairs)**

**To find out more information
or/and contact any of our Sub
Committees or Area trusted
servants please feel free to go
to www.sudburyareana.com
and click on "Contact Us" on
the left side of page, there you
will be redirected to where you
can send an email and some-
one will get back to you.**

Who We Are

Anyone who wants to stop using drugs may become a member of Narcotics Anonymous. (NA).

Membership is not limited to addicts using any particular drug. Those that feel they may have a problem with drugs, legal or illegal including alcohol, are welcome in NA. Recovery in NA focuses on the problem of addiction, not any particular drug.

What We Are

Narcotics Anonymous is a non-profit, international, community-based organization for recovering addicts.

Narcotics Anonymous members learn from one another how to live drug free and recover from the effects of addiction in their lives.

Where We Are

Most NA meetings are regularly held at the same time and place each week, usually in a public place.

NA meetings are formally structured. The function of the meeting is always the same, to provide a suitable and reliable environment for recovery.

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.

Meetings vary widely in format. Some formats are: participation, speaker, question and answer, topic discussion, and some have a combination of these formats. The function of any meeting is always the same: to provide a suitable and reliable environment for personal recovery.

There are two basic types of meetings, those which are open to the public, and those which are closed to the public (for addicts only).

Sudbury Area Of Narcotics Anonymous Meeting List

November 2018

1-888-811-3887

Please visit: www.sudburyareana.com
or email us at
pr@sudburyareana.com



LEGEND

**OLCS– Open Living Clean
The Journey Continues
Study**

OD- Open Discussion

CD- Closed Discussion

Q&A- Question and Answer

CSG– Closed Step Guide

**CBT- Closed Basic Text
Study**

OBT– Open Basic Text Study

OTD- Open Topic Discussion

**OIWH&WS– Open Discus-
sion/It Works How & Why
Study**

**ODGPS– Open Discussion
The Guiding Principles
Study**

Monday

Guiding Principles of NA Group
1375 Regent Street South Unit 2B, Sudbury
7:30pm to 8:45pm ODGPS

Monday

Circle Of Friends Group
Sudbury Mental Health
336 Pine Street, Sudbury (Back)
7:30pm to 9:00pm CBT

Tuesday

Espanola Northern Lights Group
Espanola United Church
137 Sheppard Street, Espanola
7:30PM to 9:00PM OTD

Tuesday

Pathway To Peace Group
St. James In The Valley United Church
4510 Tate Blvd, Val Therese
7:30pm to 9:00pm OLCS

Wednesday

Step Ahead Group
Queen Elizabeth School
32 Dell Street, Sudbury
7:30pm to 8:45pm CSG

Thursday

The Basic Blues Group
Sudbury Mental Health
336 Pine Street, Sudbury (Back)
7:30pm to 9:00pm Q&A CD

Friday

Freedom Group
Salvation Army Center
146 Larch Street, Sudbury
8:00pm to 9:15pm
OIWH&W S **Ages 18 + Only

Saturday

Saturday Night Alive Group
Sudbury Mental Health
336 Pine Street, Sudbury (Back)
Speaker Meeting Last Saturday Monthly
7:30pm to 9:00pm OTD

Saturday

Espanola Northern Lights Group
Espanola United Church
137 Sheppard Street, Espanola
7:30PM to 9:00PM OIWH&W

Sunday

Just For Tonight Group
Grace Family Church
426 Burton Avenue, Sudbury
7:30pm to 8:45pm OD

Get Phone Numbers

“We never have to use again, Just for today!!!”

“Keep Coming Back you are worth it!!!”

“Welcome, you need not be alone !!!”