

MONDAY

7:00PM 1.5 hour(s) Fredericton O,RF,LC

473 King Street
Carlton Street Door. Must be double vaccinated with government ID and wear a mask

WEDNESDAY

7:00PM 1.5 hour(s) Fredericton O,JT

473 King Street
Carlton Street Door. Must be double vaccinated with government ID and wear a mask

THURSDAY

7:00PM 1 hour(s) Rothesay O,D,ENG,VM

<https://zoom.us/j/83024681193> Password: recovery

FRIDAY

7:00PM 1.5 hour(s) O,BT,WEB,VM

7:30PM 1 hour(s) Moncton D,JT

51 Church Street
Use the intercom on the Church St., office door

SATURDAY

7:00PM 1 hour(s) Rothesay O,D,ENG,VM

<https://zoom.us/j/83024681193> Password: recovery

Meeting Format Legend

BT	Basic Text	D	Discussion
ENG	English speaking	JT	Just for Today
LC	Living Clean	O	Open
RF	Rotating Format	VM	Virtual Meeting
WEB	Online Meeting		

What is our message?

**The message is that an addict,
any addict, can stop using drugs,
lose the desire to use,
and find a new way to live.
Our message is hope
and the promise of freedom.**

Basic Text, page 65

SUGGESTIONS FOR EVERYONE

DON'T USE no matter what
Ask your Higher Power to keep you clean
Come early and stay late
Get a home group
Go to 90 meetings in 90 days
Read NA literature daily
Get and use a sponsor
Use the PHONE

KEEP COMING BACK. IT WORKS

PHONE NUMBERS



Narcotics Anonymous
New Brunswick Area

www.nanbasc.com