

SUNDAY**5:30PM 1HR Richardson Sunday afternoon**, Richardson Community House, 33 Pritchard Circuit, Canberra, ACT, 2905 **(D)****MONDAY****12:30PM 1HR Woden Mon**, Directions ACT, Does not occur during ACT Public Holidays, Level 6 Cosmopolitan Centre (Woden Square), Canberra, ACT, 2606 **(D)****7:30PM 1.5HR Civic Monday Beginners**, Civic Youth Centre, level 1 room 6., 30 Cooyong St, cnr of Scotts Crossing, Canberra, ACT, 2601 **(B, St)****TUESDAY****12:30PM 1.5HR Civic Tue Daily Meditation Reading**, Pilgrim House, Uniting Church, 69, Northbourne Ave, Canberra, ACT, 2600 **(D)** *Corner of Northbourne Ave and Rudd St***5:30PM 1HR Civic Tue Womens, open to Any addict**, Room 4, Level 1, Griffin Centre, Genge St, Canberra, ACT, 2601 **(D, W)****WEDNESDAY****12:30PM 1HR Civic Wed Daily meditation reading**, Pilgrim House, Uniting Church, Cnr Northbourne Ave & Rudd St, Canberra, ACT, 2601 **(D)****5:30PM 1HR Meditation Meeting**, St John's Church, Wild Honey Room (Upstairs), 45 Constitution Avenue, Canberra, ACT, 2612 **(O, D)****6:00PM 1HR Queanbeyan Wednesday**, Queanbeyan Hospital, Level 2 Conference Centre, Corner of Erin Street and Collett Street, Queanbeyan, NSW, 2620 **(O, D)****THURSDAY****7:00PM 1HR Manuka Thu**, Anglican Church Hall, Captain Cook Crescent, Canberra, ACT, 2603 **(D)****FRIDAY****8:00PM 1.5HR Ainslie Fri ID/Birthday**, Corroboree Park in a weather-board hall, Paterson St, Canberra, ACT, 2602 **(D)****SATURDAY****5:30PM 1HR Civic Saturday**, Civic Youth Centre (Club 12/25), (next to the skatepark), Cnr Cooyong St and Scotts Crossing, Civic, ACT, 2601 **(D)****MEETING FORMAT LEGEND**

B	Beginners	D	Discussion
O	Open	St	Step
W	Women		

ONLINE MEETINGS

If you live in a regional area or can't attend a meeting in person, Skype meetings are available online or by phone. Online meeting times and details:
www.na.org.au/multi/online-meetings

PHONE NUMBERS

CANBERRA/A.C.T. AREA

JANUARY 2019

National Helpline and Meetings Search
1300 652 820

<http://na.org.au>

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

Meetings Weekly: 11

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.

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