MONDAY

8:00PM	**1.5HR**	**Palmerston (Darwin) Monday**, Sacred Heart Catholic School,, 34 Emery Ave,, Palmerston, NT, 0830

WEDNESDAY

6:30PM	**1HR**	**Darwin Wed**, St Pauls Centre, 2 Waters St, Darwin, NT, 0810 **(D)**

THURSDAY

7:00PM	**1HR**	**Alice Springs Thursday Recovery**, Finke River Mission Hall, 51A Gap Rd, Alice Springs, NT, 0870

FRIDAY

7:30PM	**1HR**	**Dawin - Literature**, FORWAARD, 33 Charles Steet, Darwin, NT, 0820 **(O, B, D)**

SATURDAY

5:00PM	**1HR**	**Darwin Sat Spritual Concepts**, Christ Cathedral, Wave pool end of Smith St, in the Yoga room, Smith St, Darwin, NT, 0800 **(D, WC, SC)**

MEETING FORMAT LEGEND

B	Beginners	D	Discussion
O	Open	SC	Spiritual Concepts
WC	Wheelchair		

HELPLINES

Adelaide SA	08 8231 4233
Brisbane QLD	07 3391 5045
Gold Coast QLD	07 5591 4522
Cairns QLD	07 4054 3483
Toowoomba QLD	0416 811 598
Townsville QLD	07 4755 2489
Sydney NSW	02 9519 6200
Central Coast NSW	02 4325 0524
Coffs Coast NSW	0459 432 270
Byron Bay NSW	02 6680 7280
Canberra	0484 386 301
Melbourne VIC	03 9525 2833
Perth WA	08 9227 8361

PHONE NUMBERS

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*

NORTHERN TERRITORY 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: 5