

## SUNDAY

### Dodges Ferry

**4:00 1.5 Peninsula Steps, Traditions and ID,**  
**PM HR** Okines Community House, 540 Old Forcett Road, Dodges Ferry, TAS, 7173  
**(O,CS,D,St,WC)**

### Launceston

**5:00 1HR Launceston Sunday JFT,** Church of the Apostles, to the left of church in old nunnery, 44 Margaret Street, Launceston, TAS, 7250  
**(D,JT,HY)**

## TUESDAY

### North Hobart

**5:30 1.5 Life on Lifes Terms,** Uniting Church Hall, 2 Swan Street, North Hobart, TAS, 7000 **(D)**

## WEDNESDAY

### Launceston

**6:00 1HR Wednesday Steps,** Church of the Apostles, to left of church in old Nunnery, 44 Margaret Street, Launceston, TAS, 7250 **(O,St,HY)**

## THURSDAY

### North Hobart

**7:30 1.5 Just for Today/Topic,** Uniting Church, Basement Level, 2 Swan Street, North Hobart, TAS, 7000 **(D,JT,WC,HY)**

### MEETING FORMAT LEGEND

CS	Children under Supervision	D	Discussion
HY	Hybrid Meeting	JT	Just for Today
O	Open	St	Step
WC	Wheelchair		

### ONLINE MEETINGS

If you live in a regional area or can't attend a meeting in person, meetings are available online or by phone.

Online meeting times and details:  
[www.na.org.au/multi/online-meetings](http://www.na.org.au/multi/online-meetings)

## PHONE NUMBERS



# TASMANIA AREA

## OCTOBER 2022

National Helpline and Meetings Search  
1300 652 820  
0488 811 247

<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

**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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