

SUNDAY		
8:00AM	1 hr	<b>Carpe Diem</b> , Vancouver Coastal Health Building, 821 Gibsons Way, Gibsons, BC, V0N 1V8 <b>(O,To)</b>
NOON	1 hr	<b>Readings, Rainbows and Unicorns Group</b> , Sunset Towers, 1655 Barclay Street, Vancouver, BC, V6G 2Y1 <b>(O,BK,WEB,HY)</b> <i>password: Unicorn</i>
12:15PM	1 hr	<b>New Attitudes Group</b> , Vancouver Recovery Club at 12th Avenue, 2775 Sophia Street, Vancouver, BC, V5T 3L1 <b>(O,To)</b>
5:00PM	1.25 hr	<b>Devious Frightened Loners</b> , Vancouver Recovery Club, 2775 Sophia Street, Vancouver, BC, V5T 3L1 <b>(O,SD)</b>
5:00PM	1.25 hr	<b>Online Devious Frightened Loners</b> , password: Recovery, Vancouver, BC, V5T 3L1 <b>(O,SD,WEB,VM)</b> <i>password: Recovery</i>
7:30PM	1.5 hr	<b>Addicts With New Hope Group</b> , Pacific Spirit United Church, Upstairs, Main Entrance., 2195 45th Ave W, Vancouver, Vancouver, BC, V6M 2J2 <b>(C)</b>
7:30PM	1.25 hr	<b>New Directions</b> , St. Clements Anglican Church, meeting entrance is at the back of the church, 3400 Institute Road, North Vancouver, BC, V7K 2K9 <b>(O,CL,St,To)</b>

MONDAY		
12:15PM	1 hr	<b>New Attitudes Group</b> , Vancouver Recovery Club at 12th Avenue, 2775 Sophia Street, Vancouver, BC, V5T 3L1 <b>(O,To)</b>
12:15PM	1 hr	<b>Staying Clean at 12:15</b> , Passcode: NA1215, Vancouver, BC, <b>(WEB,VM)</b>
1:30PM	1 hr	<b>Basic Text Line by Line</b> , Vancouver Recovery Club at 12th Avenue, 2775 Sophia Street, Vancouver, BC, V5T 3L1 <b>(O,BT)</b>
6:30PM	1 hr	<b>The Exchange Group</b> , Carnegie Centre, 3rd Floor Classroom, 401 Main Street, Vancouver, BC, V6A 2T7 <b>(D,WC)</b>
7:00PM	1 hr	<b>Never Alone Beginner's Meeting</b> , North Shore Alano Club, Room 1, 176 east 2nd Street, North Vancouver, BC, V7L 1C3 <b>(O,B,SD,WC,WEB,HY)</b>
7:30PM	1 hr	<b>Clean Freaks Group</b> , Saint Paul's Hospital, Enter off Burrard st. Providence building Level 1 Conference Room 6 (1461), 1081 Burrard Street, Vancouver, BC, V6Z 1Y6 <b>(O,To,WC)</b>

TUESDAY		
12:15PM	1 hr	<b>New Attitudes Group</b> , Vancouver Recovery Club at 12th Avenue, 2775 Sophia Street, Vancouver, BC, V5T 3L1 <b>(O,To)</b>
12:15PM	1 hr	<b>Staying Clean at 12:15</b> , Passcode: NA1215, Vancouver, BC, <b>(WEB,VM)</b>
1:30PM	1 hr	<b>Basic Text Line by Line</b> , Vancouver Recovery Club at 12th Avenue, 2775 Sophia Street, Vancouver, BC, V5T 3L1 <b>(O,BT)</b>
7:00PM	2 hr	<b>Step Up Group</b> , Vancouver Recovery Club at 12th avenue, 2775 Sophia Street, Vancouver, BC, V5T 3L1 <b>(SG)</b>
7:30PM	1.5 hr	<b>Growing Circle Group</b> , Native Friendship Centre, Chief Simon Baker Room, 1607 Hastings Street, Vancouver, BC, V5L 1S7 <b>(O,CL,WC)</b>
7:30PM	1 hr	<b>The Way Home</b> , North Shore Alano Club, Big Room, 176 East 2nd street, North Vancouver, BC, V7L 1C3

WEDNESDAY		
12:15PM	1 hr	<b>New Attitudes Group</b> , Vancouver Recovery Club at 12th Avenue, 2775 Sophia Street, Vancouver, BC, V5T 3L1 <b>(O,To)</b>
12:15PM	1 hr	<b>Staying Clean at 12:15</b> , Passcode: NA1215, Vancouver, BC, <b>(WEB,VM)</b>
1:30PM	1 hr	<b>Basic Text Line by Line</b> , Vancouver Recovery Club at 12th Avenue, 2775 Sophia Street, Vancouver, BC, V5T 3L1 <b>(O,BT)</b>
7:00PM	1.5 hr	<b>Hopefiends Group</b> , Colin's Hall, 1120 Miller Road, Bowen Island, BC, V0N 1G1 <b>(O,D,WC,TC)</b>
7:00PM	1 hr	<b>Never Alone Women's Meeting</b> , St. John's Anglican Church, 220 8th St W, North Vancouver, BC, V7M 1N1 <b>(To,W)</b>
7:00PM	1.25 hr	<b>Serenity in the Suburbs</b> , St. Catherines Church, located in the basement down the stairs of the church, 1058 Ridgewood Drive, North Vancouver, BC, V7R 1H8 <b>(O,M,BK)</b>
7:00PM	1 hr	<b>Walk On</b> , Roundhouse Community Centre, Vancouver (Roundhouse Community Centre - Music Room Upstairs), 181 Roundhouse Mews, Vancouver, BC, V6Z 2W3 <b>(O,D,RF,To)</b>
7:30PM	1 hr	<b>Babes supporting Babes</b> , Passcode: 457339, North Vancouver, <b>(W,WEB,VM)</b>
7:30PM	1 hr	<b>Eye Of The Storm Group</b> , Salvation Army Harbour Light, 119 Cordova Street, Vancouver, BC, V6A 1K8 <b>(O,To,WC)</b>
7:30PM	1 hr	<b>Third Tradition Group</b> , Vancouver Recovery Club, dance hall/main meeting room, 2775 Sophia St, Vancouver, BC, V5T 3L1 <b>(O,To)</b>

THURSDAY		
12:15PM	1 hr	<b>New Attitudes Group</b> , Vancouver Recovery Club at 12th avenue, 2775 Sophia Street, Vancouver, BC, V5T 3L1 <b>(O,To)</b>
12:15PM	1 hr	<b>Staying Clean at 12:15</b> , Passcode: NA1215, Vancouver, BC, <b>(WEB,VM)</b>

THURSDAY (CONT)		
1:30PM	1 hr	<b>Basic Text Line by Line</b> , Vancouver Recovery Club at 12th Avenue, 2775 Sophia Street, Vancouver, BC, V5T 3L1 <b>(O,BT)</b>
7:00PM	1 hr	<b>Women in Recovery Group</b> , Mount Saint Joseph Hospital, Please contact womeninrecovery@vascna.ca for zoom meeting instructions, 3080 Prince Edward Street, Vancouver, BC, V5T 3N4 <b>(C,CL,W,WC,WEB,TC,VM)</b> <i>Please contact womeninrecovery@vascna.ca for zoom meeting instructions</i>
7:30PM	1.5 hr	<b>New Pair of Shoes</b> , 1655 Barclay St, Garden room (enter through the gate at the left side of the building), 1655 Barclay St, Vancouver, BC, V6G 2Y1 <b>(O)</b>
7:30PM	1 hr	<b>Promise Of Freedom Group</b> , Lionsgate Hospital, Evergreen room, 231 East 15th Street, North Vancouver, BC, V7L 2L7 <b>(O,To,WC)</b>
7:30PM	1 hr	<b>South Burnaby Addicts Group</b> , Lane Entrance, No food or drinks in sanctuary, 7591 Gray Avenue, Burnaby, BC, V3N 3M5 <b>(O,CL,D,WC,WEB)</b>

FRIDAY		
12:15PM	1 hr	<b>New Attitudes Group</b> , Vancouver Recovery Club at 12th avenue, 2775 Sophia Street, Vancouver, BC, V5T 3L1 <b>(O,To)</b>
12:15PM	1 hr	<b>Staying Clean at 12:15</b> , Passcode: NA1215, Vancouver, BC, <b>(O,WEB,VM)</b>
6:00PM	1.5 hr	<b>Victory group</b> , Belkin House, between Dunsmuir and Pender, 555 Homer Street, Vancouver, BC, V6B 1K8 <b>(O,WC)</b>
7:00PM	1 hr	<b>Never Alone Group</b> , Delbrook Community Recreational Center, 851 W Queens Rd, North Vancouver, BC, V7N 4E3 <b>(O,D,WC,WEB,HY)</b>
7:30PM	1.5 hr	<b>Return To Grace Group</b> , Salvation Army Harbour Light, 119 Cordova Street, Vancouver, BC, V6A 1K8 <b>(O,WC)</b>

SATURDAY		
12:15PM	1 hr	<b>New Attitudes Group</b> , Vancouver Recovery Club at 12th Avenue, 2775 Sophia Street, Vancouver, BC, V5T 3L1 <b>(O,To)</b>
12:30PM	1.5 hr	<b>Lust For Life Group</b> , Health Clinic The Kettle Society Second Floor, New zoom code: 914 4735 9818 Password: 868961, 1725 Venables Street, Vancouver, BC, <b>(O,WC,WEB,HY)</b>
6:00PM	1.25 hr	<b>Finally Connected NA</b> , QMUNITY, 1170 Bute St., Vancouver, BC, V6E 1Z6 <b>(C,CL,RF,SD,LGBTQ+)</b>
7:30PM	1.5 hr	<b>Alternative Group</b> , Vancouver Recovery Club, at 12th Avenue, 2775 Sophia Street, Vancouver, BC, V5T 3L1 <b>(O,CL)</b>
8:00PM	1 hr	<b>New Wave</b> , West Vancouver United Church 2 from October to May, Ambleside beach West Vancouver in front of the Totum Pole June to September (from October to May at United Church), 2062 Esquimalt Ave, West Vancouver, BC, V7V 1S4 <b>(O,To)</b>

MEETING FORMAT LEGEND			
B	Beginners	BK	Book Study
BT	Basic Text	C	Closed
CL	Candlelight	D	Discussion
HY	HY	LGBTQ+	LGBTQ+
M	Men	O	Open
RF	Rotating Format	SD	Speaker/Discussion
SG	Step Working Guide	St	Step
TC	Temporary closed	To	Topic
VM	Virtual Meeting	W	Women
WC	Wheelchair	WEB	Online Meeting

HELPLINES			
Central Okanagan Area	Kelowna	1-877-604-7613	
Central Vancouver Island Area	Nanaimo	1-800-494-2404	
Fraser Valley Area	Greater Vancouver	1-866-683-6819	
Kamloops Area	Kamloops	1-855-349-2722	
Northern B.C. Area	Prince George	1-888-543-2499	
North Okanagan Area	Vernon	1-866-778-4772	
Richmond South Delta Area	Greater Vancouver	1-866-683-6819	
South Of Fraser Area	Greater Vancouver	1-866-683-6819	
South Okanagan Area	Penticton	1-855-852-5687	
South Vancouver Island Area	Victoria	1-250-383-3553	
Squamish Info Line	Squamish	1-604-740-3010	
Van. IIs. N & Powell River	Van. Isl. N & Powell River	1-844-484-6772	
Tri Cities Area	Greater Vancouver	1-866-683-6819	
Upper Fraser Valley Area	Mission/Abbotsford	1-866-683-6819	
Vancouver Area	Greater Vancouver	1-866-683-6819	
West Kootenay Area	Castlegar/Trail/Nelson	1 855-444 2262	

SERVICE MEETINGS			
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**VANCOUVER AREA  
MEETING LIST  
APRIL 2024**

**24 HOUR HELPLINE**

**1-866-683-6819**

**604-873-1018**

**Regional Helpline  
1-855-444 BCNA (2262)**

**Vancouver Area Service Committee  
PO Box 1695, Station "A"  
Vancouver, BC, V6C 2P7**

**<https://vascna.ca>**

**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.**

**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**