

Local Mailing Address:

CLOASC
P.O. Box 54060
8 King St. E.
Oshawa, Ont., L1H 1A9

Websites:

World Service Organization www.na.org

Canadian Assembly www.cana-acna.org

Ontario Region www.orscna.org

Central Lake Ontario Area
www.cloana.org

Other Area Contacts:

Toronto Area 416-236-8956

Anchor Area 416-410-3689

Hamilton Area 905-522-0332

London Area 519-661-0119

Ottawa Area 613-236-4674

Golden Triangle Area 519-651-1121

Niagara Area 905-685-0075

Essex – Kent 519-977-8063

Area Service Committee

United Steelworkers Hall
2nd Sun. at 9:30am

Sub Committees at St. Gregory's Auditorium:

"PI and Helpline" 2nd Mon. at 6:30pm

"Hospitals and Institutions" 3rd Mon. at 6:30pm

"Activities" Last Mon. at 6:30pm

Narcotics Anonymous

...is a nonprofit fellowship or society of men and women for whom drugs had become a major problem. We are recovering addicts who meet regularly to help each other stay clean. There is only one requirement for membership: the desire to stop using. We have learned from experience that those who keep coming to our meetings regularly...stay clean.

For the Newcomer

You don't have to be clean when you get here, but after your first meeting we suggest you keep coming back and come clean. You don't have to wait for an overdose or jail to get help from N.A., nor is addiction a hopeless condition from which there is no recovery. It is possible to overcome the desire to use drugs.

Call a friend...

Name phone#

**NARCOTICS
ANONYMOUS**

**CENTRAL LAKE
ONTARIO AREA
MEETINGS**

(May,2010)



- Ajax**
- Belleville**
- Bowmanville**
- Campbellford**
- Cobourg**
- Lindsay**
- Oshawa**
- Peterborough**
- Pickering**
- Trenton**
- Whitby**

Helpline

Local: 905-434-2020

Toll Free: 1-877-369-2227

Ajax

Thurs. 7:30pm **New Reality** (CD)
Salvation Army
35 King's Crescent

Belleville

Wed. 8:00pm **New Experience** (OD)
St. Thomas Church
Bridge & Church St.

Bowmanville

Thurs. 8:00pm **How It Works** (CD)(Last Thurs. OS)
Memorial Park Club House
120 Liberty St.

Brooklin

Fri. 8:00pm **Never Stand Alone** (BT)
Brooklin United Church
19 Cassels Rd. E.
(Men only)

Campbellford

Thurs. 8:00pm **Severn Ties** (CD), (WC)
St. John's United Church,
50 Bridge St. W.

Cobourg

Thurs. 7:30pm **Together We Can** (CD) (WC)
Northumberland Hills Hospital
1000 Depalma Dr. Rm1A47

Lindsay

Sat. 7:30pm **River of Freedom** (CD)
Queen Street Outreach Centre
35 Lindsay St.

Marmora

Mon. 7:00pm **Finding Your Roots** (CD)
Outreach Centre
3 McGill St.

Oshawa

Mon. 8:00pm **New Hope** (OS)
St. Gregory Auditorium
192 Simcoe St. N.
(Rear of building, downstairs)
(CD 6:30-7:30pm 4th and 5th Mon.)

Oshawa cont'd

Tues. 7:00pm **Second Chance** (CD / 1st Tues. OS)
Storie Park clubhouse
101 Mill St.

Wed. 12:00pm **Free To Dream** (CD)
United Steelworkers Hall
125 Albert St.

Wed. 6:30pm **Circle of Strength** (CD)
The C.A.W. Hall
1425 Phillip Murray Ave.
(Women only)

Wed. 8:00pm **Share and Care** (CD / last Wed. OS)
St. Philips Church
1314 Oxford St. S

Thurs. 6:30pm **Keep It Simple** (CD) (WC)
Pinewood Centre
300 Centre St.
(Must be 16 yrs of age)

Fri. 8:00pm **Just For Today** (CD / First Fri. OS)
United Steelworkers Hall
125 Albert St.

Sat. 10:00am **New Attitudes** (CD)
Oshawa Community Health Centre
120 Grassmere St.

Sat. 7:00pm **Alive and Free** (CD)
United Steelworkers Hall
125 Albert St.

Sun. 7:00pm **The Journey Begins** (CD / 4th OS)
North Oshawa Club House
1139 Mary St. N.

Peterborough

Sun. 7:30pm (CD)
Mon. 7:30pm (CD / 3rd OS)
Wed. 8:00pm (1st, 3rd CD / 2nd, 4th SD)
Stepping Into Action
Murray St. Baptist Church
175 Murray St.
(Rear entrance)

Pickering

Mon. 8:00pm **Letting Go** (CD)
St. Paul's on the Hill
882 Kingston Road

Trenton

Sun. 7:00pm **Get a Grip** (CD)
Bethel Church
#2 and Herman St.

Whitby

Sun. 7:00pm **Freedom of Choice** (CD)
Christ the King Lutheran
1825 Manning Rd.

Meeting Codes:

BT = Closed Basic text Discussion
CD = Closed Discussion
OD = Open Discussion
OS = Open Speaker
SD = Step Discussion
CS = Closed Speaker
WC = Wheelchair accessible

"open" meetings are open to the general public;
"closed" and "step" meetings are for addicts only and
those who think they may have a drug problem.

Meeting locations and times subject to change
Please call the Helpline at 905-434-2020 or visit
www.cloana.org for latest information.

*"That no addict seeking
recovery need ever die...."*

*"...only one promise...freedom
from active addiction"*