

Local Mailing Address:
C.L.O.A.S.C.
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 Region
www.cloana.org

Other Helpline Numbers:

Toronto Area 416-236-8956

Hamilton Area 905-522-0332

Kingston Area 613-531-7212

London Area 519-661-0119

Ottawa Area 613-236-4674

Area Committees

Area Service Committee
2nd Sunday, 9:30am
United Steelworkers Hall

Public Information and Helpline
2nd Monday, 6:30pm
St. Gregory Auditorium

Hospitals and Institutions
3rd Monday, 6:30pm
St. Gregory Auditorium

Activities Subcommittee
Last Wednesday, 6:30pm
St. Gregory Auditorium

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 meetingsstay 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

(March 08)



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

Helpline

Local: 905-434-2020
Toll Free: 1-877-369-2227

Ajax
Thursday 7:30pm
New Reality
35 King's Crescent (Salvation Army)
Ajax, Ont.(CD)

Bancroft
Wednesday 8:00pm
New Freedom
1 Woodview Lane.
Bancroft, Ont. (OD)

Belleville
Wednesday 8:00pm
New Experience Group
St.Thomas Church
Bridge & Church St.
Belleville, Ont.
(OD)

Bowmanville
Tuesday 8:00pm
How It Works Group
185 Church St.
Bowmanville, Ont.
(CD)

Thursday 8:00pm
How It Works Group
120 Liberty St.
Memorial Park Club House
Bowmanville, Ont.
(CD)(Last Thursday OS)

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

Cobourg
Thursday 7:30pm
Together We Can Group
1000 Depalma Dr. Rm1A47
Cobourg, Ont.
(CD) (WC)

Lindsay
Saturday 7:00pm.
River Of Freedom Group
Queen Street Outreach Centre
35 Lindsay St., Lindsay, Ont.
(CD)

Oshawa
Monday 8:00pm
New Hope Group
St. Gregory Auditorium
(Rear of building, downstairs)
192 Simcoe St. N., Oshawa, Ont.
(OS)
(6:30-7:30pm Every 4th and 5th Monday
of the month CD)

Tuesday 7:00pm
Second Chance Group
Christ Church of Today
42 Nassau St, Oshawa Ont.
(CD / 1st Tues. OS)

Wednesday 12:00pm
Free To Dream Meeting
United Steelworkers Hall
125 Albert St., Oshawa Ont.
(CD)

Wednesday 8:00pm
Share and Care Group
St. Phillips Church
1314 Oxford St. S, Oshawa, Ont.
(CD / last Wed. OS)

Thursday 6:30pm
Keep It Simple Group
Pinewood Centre
300 Centre St., Oshawa Ont.
(must be 16 yrs of age) (CD) (WC)
(Every 1st Thurs. of Odd month CS)

Friday 8:00pm
Just For Today Group
United Steelworkers Hall
125 Albert St., Oshawa, Ont.
(CD / Last Fri. OS)

Saturday 10:00am
New Attitudes Group
Oshawa Community Health Centre
Lake Vista Square (upstairs)
199 Wentworth St. W, Oshawa, Ont.
(CD)

Saturday 7:00pm
Alive and Free
Christ Church of Today
42 Nassau St., Oshawa, Ont.
(3rd Sat.CD, all others OD)

Peterborough
Sunday 7:30pm
Starting Over Group
Murray St. Baptist Church
(rear entrance)
175 Murray St., Peterborough, Ont. (CD)

Monday 7:30pm
Stepping Into Action Group
Church of the Open Bible
459 George St., Peterborough, Ont.
(CD / 3rd OS)

Wednesday 8:00pm
Stepping Into Action Group
Church of the Open Bible
459 George St., Peterborough, Ont.
(1st, 3rd CD / 2nd, 4th SD)

Friday 7:30pm
Starting Over Group
Salvation Army
(Rear Entrance on Aylmer St.)
(CD)

Pickering
Monday 8:00pm
Letting Go Group
St. Paul 's on the Hill
882 Kingston Road, Pickering, Ont.
(CD)

Trenton
Sunday 8:00pm
Get a Grip Group
Bethel Church
HWY#2 and Herman St, Trenton, Ont.
(CD)

Whitby
Sunday 7:00pm
Freedom Of Choice Group
St. Andrews Church
Cochrane St. North of Hwy 2., Whitby, Ont.
(CD) (WC)

Meeting Codes:
CD = Closed Discussion
OD = Open Discussion
OS = Open Speaker
SD = Step Discussion
CS = Closed Speaker
WC = Wheelchair accessible

*"that no addict seeking recovery need ever die...."
"...only one promise...freedom from active addiction"*

NOTE: Meeting Dates and times subject to change, please contact PI helpline or www.cloana.org for latest information.