

NANAIMO

MONDAY @ 7PM

Steps to Recovery
285 Prideaux Street

TUESDAY @ 7PM

Just Do It!
2371 Arbot Road (hall)

WEDNESDAY @ 7PM

We Can!
285 Prideaux Street

WEDNESDAY @ 7:30PM (Zoom)

No Bitchin' More Steppin'
Meeting ID: 854 1525 0783 PW: 813074

THURSDAY @ 12PM (Zoom)

Save Our Serenity
Meeting ID: 851 660 1028 PW: Nooner

THURSDAY @ 7PM

Time to Shine
1984 Woobank Road (school)

FRIDAY @ 7PM

Freedom Friday
740 Howard Avenue (park)

SATURDAY @ 12PM (Zoom)

Save Our Serenity
Meeting ID: 851 660 1028 PW: Nooner

SUNDAY @ 8:30AM

Men's Meeting
285 Prideaux Street (club)

SUNDAY @ 7:30PM (Hybrid)

New Beginnings
2371 Arbot Road (hall)
Meeting ID: 951 6882 1263 PW: 565745

The Twelve Steps of NA

1. We admitted that we were powerless over our addiction, that our lives had become unmanageable.
2. We came to believe that a Power greater than ourselves could restore us to sanity.
3. We made a decision to turn our will and our lives over to the care of God as we understood Him.
4. We made a searching and fearless moral inventory of ourselves.
5. We admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. We were entirely ready to have God remove all these defects of character.
7. We humbly asked Him to remove our shortcomings.
8. We made a list of all persons we had harmed and became willing to make amends to them all.
9. We made direct amends to such people wherever possible except when to do so would injure them or others.
10. We continued to take personal inventory and when we were wrong promptly admitted it.
11. We sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as a result of these steps, we tried to carry this message to addicts, and to practise these principles in all our affairs.

ERRINGTON

SATURDAY @ 6PM

Basic Text Meeting
1390 Errington Road (hall)

LADYSMITH

SUNDAY @ 7PM

Steps & Traditions
232 High Street

THURSDAY @ 7PM

Living Clean
232 High Street

PARKSVILLE

MONDAY @ 7:30PM

Alive & Well
1420 Alberni Highway (church)

TUESDAY @ 7:30PM

Lost & Found (Closed Meeting)
186 Shelly Road

THURSDAY @ 7PM

Seaside Serenity
550 Pym Street (side building)

PORT ALBERNI

MONDAYS, WEDNESDAYS, FRIDAYS @ 7PM

Visions of Hope
3028 2nd Avenue (club)

SATURDAY @ 7:30PM

Visions of Hope
3028 2nd Avenue (club)



All meetings are currently accessible.