



**Central Ohio Area of Narcotics  
Anonymous  
Virtual Meeting Schedule  
24/7 Helpline 614-252-1700**

Due to Ohio's response to COVID-19, most in person meetings are temporarily canceled. Area NA groups are hosting online meetings using Zoom to stay connected. For most current schedule and **detailed instructions**, visit <https://nacentralohio.org/virtual-meetings/>

### **GET STARTED WITH ZOOM**

On smartphone: 1. Download Zoom app  
2. Click "Join Meeting" 3. Enter **Zoom ID**

On computer: 1. Go to zoom.us, click "Join Meeting", enter **Zoom ID**; OR go to link provided  
2. Computer will ask to download and run Zoom app, click OK

On telephone/landline:

1. Dial 1-646-558-8656 2. Enter **Zoom ID**, then # 3. Press # again

### **FOR HELP WITH ZOOM**

<https://nacentralohio.org/virtual-meetings/>  
Log on 15 minutes early and host will help you. Email [coascna@gmail.com](mailto:coascna@gmail.com).  
Call **614-252-1700** our 24/7 Helpline to speak to an addict – if they can't help, they will connect you to someone who can.

### **SUNDAY**

**7:00pm Clean & Cyber: We Face the World Together**

**Zoom ID: 282 893 0125**

Open, Literature, New, Fellowship

<https://zoom.us/j/2828930125>

**7:45pm Promise is Freedom**

**Zoom ID: 320 501 158**

Open, Literature, Temporary

<https://zoom.us/j/320501158>

**8:00pm Briggsdale Text Discussion Group – Zoom ID: 314 359 920**

Open, Literature, Temporary

<https://zoom.us/j/314359920>

**10:00pm Better Late than Never**

**Zoom ID: 937 226 4629**

Open, Rotating, Temporary

<https://zoom.us/j/9372264629>

### **MONDAY**

**9:00am Good Morning Group**

**Zoom ID: 595 439 147**

Open, Rotating, Temporary

<https://zoom.us/j/595439147>

**6:30pm Aging in Recovery**

**Zoom ID: 807 902 7115**

Closed, Temporary

<https://zoom.us/j/8079027115>

**7:00pm New Way of Life**

**Zoom ID: 794 563 3539**

Open, Literature, New, Fellowship

<https://zoom.us/j/7945633539>

**8:00pm Monday Miracles**

**Zoom ID: 389 988 9732**

Open, Temporary

<https://zoom.us/j/3899889732>

**10:00pm Better Late than Never**

**Zoom ID: 937 226 4629**

Open, Rotating, Temporary

<https://zoom.us/j/9372264629>

### **TUESDAY**

**9:00am Good Morning Group**

**Zoom ID: 595 439 147**

Open, Rotating, Temporary

<https://zoom.us/j/595439147>

**6:30pm Out in Recovery**

**Zoom ID: 842 040 257**

Open, LGBTQ (all are welcome!),  
Temporary

<https://zoom.us/j/842040257>

**8:00pm Southside Text Discussion Group – Zoom ID: 838 337 1374**

Open, Temporary, Fellowship

<https://zoom.us/j/8383371374>

**10:00pm Better Late than Never**

**Zoom ID: 937 226 4629**

Open, Rotating, Temporary

<https://zoom.us/j/9372264629>

### **WEDNESDAY**

**9:00am Good Morning Group**

**Zoom ID: 595 439 147**

Open, Rotating, Temporary

<https://zoom.us/j/595439147>

### **7:00pm New Way of Life**

**Zoom ID: 794 563 3539**

Open, Literature, New, Fellowship

<https://zoom.us/j/7945633539>

### **7:45pm Hope on McNaughten**

**Zoom ID: 519 724 288**

Open, Literature, Temporary

<https://zoom.us/j/519724288>

### **10:00pm Better Late than Never**

**Zoom ID: 937 226 4629**

Open, Rotating, Temporary

<https://zoom.us/j/9372264629>

## **THURSDAY**

### **9:00am Good Morning Group**

**Zoom ID: 595 439 147**

Open, Rotating, Temporary

<https://zoom.us/j/595439147>

### **7:30pm Never Alone Never Again / Heart 2 Heart**

**Zoom ID: 838 337 1374**

Open, Temporary, Fellowship

<https://zoom.us/j/8383371374>

Meeting ID 838 337 1374

### **10:00pm Better Late than Never**

**Zoom ID: 937 226 4629**

Open, Rotating, Temporary

<https://zoom.us/j/9372264629>

## **FRIDAY**

### **9:00am Good Morning Group**

**Zoom ID: 595 439 147**

Open, Rotating, Temporary

<https://zoom.us/j/595439147>

### **7:00pm Clean & Cyber: We Face the World Together**

**Zoom ID: 282 893 0125**

Open, Literature, New, Fellowship

<https://zoom.us/j/2828930125>

### **8:00pm Change or Die**

**Zoom ID: 812 717 765**

Open, Literature, Fellowship

<https://zoom.us/j/812717765>

### **10:00pm Better Late than Never**

**Zoom ID: 937 226 4629**

Open, Rotating, Temporary

<https://zoom.us/j/9372264629>

## **SATURDAY**

### **8:15am Meshugeneh**

**Zoom ID: 787 914 257**

Open, Discussion, Temporary

<https://zoom.us/j/787914257>

### **4:00pm Fun Under Quarantine**

**Zoom ID: 282 893 0125**

Open, New, Fellowship

Check the website for weekly themes!

<https://zoom.us/j/2828930125>

### **7:30pm Gay Joyous and Free**

**Zoom ID: 648 883 386**

Open, Rotating, LGBTQ (all are welcome!)

<https://zoom.us/j/648883386>

## **CONNECT WITH US**

**FB** Central Ohio Narcotics Anonymous PR

**TWITTER** @Central\_OH\_NA

**INSTA** centralohionarcoticsanonymous

## **SUGGESTIONS FOR NEWCOMERS**

1. If in jail/treatment, attend a meeting the day you get out.
2. **Go to a meeting a day for the first 90 days of recovery.**
3. Log on early and stay late to connect with other addicts.
4. Go to [na.org/ips](http://na.org/ips) to download and read Am I An Addict, Sponsorship, Welcome to Narcotics Anonymous, White Booklet.
5. Call our 24/7 Helpline 614-252-1700 and ask for a phone list.
6. Get a copy of our Basic Text. Read it!
7. **Let people in meetings know you are new, get phone numbers and call them.**
8. Look for a sponsor as soon as you get acquainted with members in your area.
9. Find a home group to attend regularly and build a foundation of support in your recovery.
10. **Don't use no matter what!**

## **OTHER RESOURCES**

<https://virtual-na.org/>

<https://na.org/>

<https://nacentralohio.org/>

## **MEETING DESCRIPTIONS**

Open: anyone may attend; Closed: only addicts may attend; New: new virtual meeting; Temporary: meeting is usually in person; Fellowship: join early and stay late to connect with other addicts