



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

Area NA groups are hosting online meetings using Zoom to stay connected. For updated schedule and **detailed instructions**, visit: <https://nacentralohio.org/virtual-meetings/>

If you find that a meeting is not meeting as listed, or requires a password that's not provided, **please try another one**. Things are changing daily. Keep calling back!

GET STARTED WITH ZOOM

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

On computer: 1. Go to zoom.us, click "Join Meeting", enter **Zoom ID**. 2. Computer will ask to download and run Zoom app, click OK. 3. Enter password when prompted.

On telephone/landline:

1. Dial 1-646-558-8656 2. Enter **Zoom ID**, then press # key. 3. Enter password when prompted.

FOR HELP WITH ZOOM

Log on 15 minutes early and host will help you. Email coascna@gmail.com. Call **614-252-1700** to speak to an addict – if they can't help, they will connect you to someone who can.

SUNDAY

11:30am Together We Can
Zoom ID: 875 2190 0203
Open, Discussion, Temp

7:45pm Promise is Freedom
Zoom ID: 857 8382 1102
Open, Literature, Temp

8:00pm Briggsdale Text Discussion Group
Zoom ID: 314 359 920 – Password: 161 395
Open, Literature, Temp

8:00pm Dopeless Hope Fiends
Zoom ID: 154 412 981 – Password: 020 440
Open, Temp

10:00pm Better Late than Never
Zoom ID: 937 226 4629
Open, Rotating, Temp

MONDAY

9:00am Good Morning Group
Zoom ID: 875 9587 9028 – Password: 443 095
Open, Rotating, Temp

6:30pm Aging in Recovery
Zoom ID: 357 557 1707 – Password: Recovery
Closed, Temp

7:30pm Guiding Principles
Zoom ID: 750 974 675
Open, Literature, Temp, Fellowship

8:00pm Clean Machine
Zoom ID: 260 401 7936
Open, Temp

10:00pm Better Late than Never
Zoom ID: 937 226 4629
Open, Rotating, Temp

TUESDAY

9:00am Good Morning Group
Zoom ID: 875 9587 9028 – Password: 443 095
Open, Rotating, Temp

6:30pm Out in Recovery
Zoom ID: 886 8343 7475 – Password: 955 219
Open, LGBTQ (all are welcome!), Temp

6:30pm Rush Hour to Recovery
Zoom ID: 961 381 129
Open, Temp

8:00pm Southside Text Discussion Group
Zoom ID: 838 337 1374 – Password: 923 294
Open, Temp, Fellowship

8:00pm Dopeless Hope Fiends
Zoom ID: 346 381 975 – Password: 038 335
Open, Temp

10:00pm Better Late than Never
Zoom ID: 937 226 4629
Open, Rotating, Temp

WEDNESDAY

9:00am Good Morning Group
Zoom ID: 875 9587 9028 – Password: 443 095
Open, Rotating, Temp

6:00-7:15pm Women in Recovery
Zoom ID: 631 700 470 – Password: 528 206
Closed, Women's, Temp

7:30pm 11th Step Candlelight
Zoom ID: 754 734 424
Closed, Temp, Fellowship

8:00pm Text Discussion Group
Zoom ID: 943 6222 1744 – Pword: 5583 4321
Open, Literature, Temp

10:00pm Better Late than Never
Zoom ID: 937 226 4629
Open, Rotating, Temp

THURSDAY

9:00am Good Morning Group
Zoom ID: 875 9587 9028 – Password: 443 095
Open, Rotating, Temp

6:00pm Steps Light the Way
Zoom ID: 838 619 374
Open, Temp

7:00pm Clean & Cyber: We Face the World Together
Zoom ID: 997 3578 4838
Open, Literature, New, Fellowship

7:00pm Heart 2 Heart
Zoom ID: 464 954 773 – Password: 414 034
Open, Literature, Temp, Fellowship

10:00pm Better Late than Never
Zoom ID: 937 226 4629
Open, Rotating, Temp

FRIDAY

9:00am Good Morning Group
Zoom ID: 875 9587 9028 – Password: 443 095
Open, Rotating, Temp

8:00pm Meeting Up North
Zoom ID: 642 997 1209
Open, Temp

10:00pm Better Late than Never
Zoom ID: 937 226 4629
Open, Rotating, Temp

SATURDAY

8:15am Meshugeneh
Zoom ID: 787 914 257 – Password: 335 005
Open, Discussion, Temp

9:30-11am I Can't, We Can
Zoom ID: 878 2341 6577 – Password: 640 300
Open, Temp

10:00am First Things First
Zoom ID: 923 218 152 – Password: 035 553
Open, Temp

3:00-4:30pm We Came to Believe
Zoom ID: 342 351 9043
Open, Temp

7:30pm Gay Joyous and Free
Zoom ID: 895 5418 8019 – Password 560 966
Open, LGBTQ (all are welcome!), Temp

7:30pm Freedom Through Fellowship
Zoom ID: 818 4413 8704 – Password 193 669
Open, Speaker, Temp

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 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; Temp: meeting is usually in person; Fellowship: join early and stay late to connect with other addicts