



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

For most current schedule, access to free literature, and **detailed instructions** on how to use Zoom, visit:

<https://nacentralohio.org/>

You can call in to any Zoom meeting from any phone. 1. Dial 1-646-558-8656 2. Enter **Zoom ID**, then press # key 3. Enter **password** when prompted.

Most indoor LIVE meetings require face masks and may have attendance limits.

SUNDAY

11:30am VIRTUAL Together We Can
Zoom ID: 848 5040 8310
Open, Discussion, Fellowship

7:00pm LIVE Hearts 1
33-35 W. 5th Ave 43201 (Short North)
Meeting in clinic building, use back entrance
Open, Discussion, Children welcome

7:45pm VIRTUAL Promise is Freedom
Zoom ID: 810 5523 1067 | Password: 111111
Open, Literature

8:00pm VIRTUAL Briggsdale Text Discussion Group
Zoom ID: 314 359 920 | Password: 161395
Open, Literature

8:00pm VIRTUAL Dopeless Hope Fiends
Zoom ID: 154 412 981 | Password: 020440
Open

8:30pm LIVE Better Late than Never
1066 Bellows Ave 43223 (West)
Open, Rotating

MONDAY

9:00am HYBRID Good Morning Group
Zoom ID: 875 9587 9028 | Password: 443095
1180 Shanley Dr. 43224 (North)
Open, Rotating

12:00pm LIVE Serenity Group
720 Mt. Vernon Ave. 43203 (Central)
Open

6-7:15pm LIVE U Grow Girl Group
720 Mt. Vernon Ave. 43203 (Central)
Open, Women's

6:30pm VIRTUAL Aging in Recovery
Zoom ID: 357 557 1707 | Password: 6142020
Closed

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

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

8:00pm LIVE Monday Miracles
H2O Church
1385 Neil Ave. 43201 (Central)
Open, Discussion, Literature

8:00pm LIVE Principles Before Personalities
1230 Oakland Park Ave 43224 (North)
Open, Rotating

8:30pm LIVE Better Late than Never
1066 Bellows Ave 43223 (West)
Open, Rotating

TUESDAY

9:00am HYBRID Good Morning Group
Zoom ID: 875 9587 9028 | Password: 443095
1180 Shanley Dr. 43224 (North)
Open, Rotating

12:00pm LIVE Serenity Group
720 Mt. Vernon Ave. 43203 (Central)
Open

6:30pm VIRTUAL Out in Recovery
Zoom ID: 886 8343 7475 | Password: 955219
Open, LGBTQ (all are welcome!)

6:30pm HYBRID Rush Hour to Recovery
Zoom ID: 961 381 129
6475 E. Main St. #134 Reynoldsburg 43068 (East) | Open

7:30pm LIVE Hope is Found Here
720 Mt. Vernon Ave. 43203 (Central)
Open, Speaker, Discussion

8:00pm VIRTUAL Southside Text Discussion Group
Zoom ID: 838 337 1374 | Password: 923294
Open, Fellowship

8:00pm VIRTUAL Dopeless Hope Fiends
Zoom ID: 346 381 975 | Password: 038335
Open

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

WEDNESDAY

9:00am HYBRID Good Morning Group
Zoom ID: 875 9587 9028 | Password: 443095
1180 Shanley Dr. 43224 (North)
Open, Rotating

12:00pm LIVE Serenity Group
720 Mt. Vernon Ave. 43203 (Central)
Open

6:00-7:15pm VIRTUAL Women in Recovery
Zoom ID: 631 700 470 – Password: 528206
Closed, Women's

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

8:00pm LIVE Text Discussion Group
1582 Ferris Rd. Columbus 43224 (North)
Open, Literature

8:00pm LIVE Trust the Literature Group
2930 W. Broad St. 43204 (West)
Open, Literature

8:30pm LIVE Better Late than Never
1066 Bellows Ave 43223 (West)
Open, Rotating

THURSDAY

9:00am HYBRID Good Morning Group
Zoom ID: 875 9587 9028 | Password: 443095
1180 Shanley Dr. 43224 (North)
Open, Rotating

12:00pm LIVE Serenity Group
720 Mt. Vernon Ave. 43203 (Central)
Open

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

6:00pm VIRTUAL Living Clean at Home
Zoom ID: 820 6515 6695
Open, Literature

7:00pm LIVE Thanks for Sharing Group
2695 Zollinger Rd. Upper Arlington 43221 (NW)
Open, Women's, Children welcome

7:00pm VIRTUAL Heart 2 Heart
Zoom ID: 464 954 773 – Password: 414034
Open, Literature, Fellowship

7:30pm VIRTUAL Never Alone Never Again
Zoom ID: 536 363 9417
Open, Literature, Rotating

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

FRIDAY

9:00am HYBRID Good Morning Group
Zoom ID: 875 9587 9028 | Password: 443095
1180 Shanley Dr. 43224 (North)
Open, Rotating

12:00pm LIVE Serenity Group
720 Mt. Vernon Ave. 43203 (Central)
Open

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

8:30pm LIVE Better Late than Never
1066 Bellows Ave 43223 (West)
Open, Rotating

SATURDAY

8:15am VIRTUAL Meshugeneh
Zoom ID: 787 914 257 – Password: bark
****If dialing in use password 942589#**
Open, Discussion

9:30-11am VIRTUAL I Can't, We Can
Zoom ID: 878 2341 6577 – Password: 640300
Open

10:00am VIRTUAL First Things First
Zoom ID: 923 218 152 – Password: 035553
Open

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

7:00pm LIVE Reynoldsburg Saturday NA Group
751 Rosehill Rd. Reynoldsburg 43068 (East) |
Open, Rotating

7:30pm VIRTUAL Gay Joyous and Free
Zoom ID: 851 6350 6808 – Password 560966
Open, LGBTQ (all are welcome!)

7:30pm LIVE Saturday School
82 E. 16th Ave. (OSU Campus)
Open, Young persons (all are welcome!)

7:30pm VIRTUAL Freedom Through Fellowship
Zoom ID: 818 4413 8704 – Password 193669
Open, Speaker

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!**

Our message is that an addict, any addict, can stop using drugs, lose the desire to use, and find a new way to live. Our message is hope and our promise is freedom. Welcome home. You never have to use again!

MEETING DESCRIPTIONS

Open: anyone may attend; Closed: only addicts may attend; Fellowship: log on early and stay late to connect with other addicts; Literature: literature study; Discussion: topic discussion; Rotating: format changes weekly