



Central Ohio Area of Narcotics Anonymous Meeting Schedule

24/7 Helpline 614-252-1700

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ALL MEETINGS LISTED ARE **IN-PERSON** UNLESS LABELED **VIRTUAL**. In-person meetings may have face mask requirements based on the group or facility.

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 #; 3. Enter **password** if needed.

MEETING DESCRIPTION KEY

Open: Anyone may attend

Closed: Only addicts or those who think they have a drug problem may attend

Discussion: Topics are brought up and discussed

Literature: NA literature is read/discussed

LGBTQ: Lesbian, Gay, Bisexual, Transgender, Queer Community meeting but all are welcome

Men's: Men-only meeting

Rotating: Format changes week to week

Speaker: One addict shares their experience

Women's: Women-only meeting

Young Persons: Young persons' special interest meeting but all are welcome

MONDAY

9:00a-10:00a Good Morning Group

1180 Shanley Dr, 43224 (North); Open, Rotating

12:00p-1:30p Serenity Group

Damascus House, 332 Hamilton Ave, 43203 (King-Lincoln/Bronzeville); Open

6:30p-7:30p Aging in Recovery

St Luke's UMC 1150 W 5th Ave, 43212 (Grandview) Closed

7:00p-8:00p Monday Blues Group

5521 Groveport Rd, 43125 (Groveport) Closed, Discussion

7:00p-8:30p We Carry the Message

Damascus House, 332 Hamilton Ave, 43203 (King-Lincoln/Bronzeville); Open, Men's

7:30p-8:30p VIRTUAL Guiding Principles

Zoom ID: 750 974 675

Open, Literature, Fellowship

7:30p-8:30p Wecoverly Group

2930 W Broad St, (West); Open

8:00p-9:00p VIRTUAL Clean Machine

Zoom ID: 260 401 7936; Open

8:00p-9:00p Monday Miracles

H20 Church, 1385 Neil Ave, 43201 (Victorian Village) Open, Discussion, Literature

8:00p-9:00p Principles Before Personalities

1230 Oakland Park Ave 43224 (North) Open, Rotating

10:00p-11:00p Better Late than Never

1066 Bellows Ave 43223 (Franklinton); Open, Rotating

TUESDAY

9:00a-10:00a Good Morning Group

1180 Shanley Dr, 43224 (North); Open, Rotating

12:00p-1:30p Serenity Group

Damascus House, 332 Hamilton Ave, 43203 (King-Lincoln/Bronzeville); Open

6:30p-7:30p Out in Recovery

Summit on 16th, 82 East 16th Ave, 43201 (OSU Campus) Open, Rotating, LGBTQ (all are welcome!)

6:30p-7:30p Rush Hour to Recovery

1416 Jackson St., Reynoldsburg 43068 (East) Open

7:30p-8:30p Hope is Found Here

720 Mt. Vernon Ave, 43203 (Central) Open, Speaker, Discussion

8:00p-9:00p Grateful Not Deadheads

333 S Drexel Ave, 43209 (Bexley) Closed, Discussion

8:00p-9:00p Southside Text Discussion

United Methodist Church, 119 E Gates St, 43207 Open, Discussion, Literature, Children Welcome

8:00p-9:00p Newer Beginnings Group

2930 W Broad St, 43204 (West); Open, Discussion

10:00p-11:00p Better Late than Never

1066 Bellows Ave 43223 (Franklinton); Open, Rotating

WEDNESDAY

9:00a-10:00a Good Morning Group

1180 Shanley Dr, 43224 (North); Open, Rotating

12:00p-1:30p Serenity Group

Damascus House, 332 Hamilton Ave, 43203 (King-Lincoln/Bronzeville); Open

6:00p-7:15p VIRTUAL Women in Recovery

Zoom ID: 631 700 470 – Password: 528206 Closed, Women's

7:00p-8:30p Another Day, Another Way

Damascus House, 332 Hamilton Ave, 43203 (King-Lincoln/Bronzeville); Open

7:30p-8:30p 11th Step Candlelight

1235 Northwest Blvd. (Central); Closed

7:45p-8:45p Hope on McNaughten

530 McNaughten Rd, 43213 (East); Open, Discussion

8:00p-9:00p Text Discussion Group

1582 Ferris Rd, Columbus 43224 (North) Open, Literature

8:00p-9:00p Trust the Literature Group

2930 W Broad St, 43204 (West) Open, Literature

THURSDAY

9:00a-10:00p Good Morning Group

1180 Shanley Dr, 43224 (North); Open, Rotating

12:00p-1:30p Serenity Group

Damascus House, 332 Hamilton Ave, 43203 (King-Lincoln/Bronzeville); Open

5:00p-6:30p We Feel, We Deal, We Heal

Damascus House, 332 Hamilton Ave, 43203 (King-Lincoln/Bronzeville); Open, Women's

6:00p-7:00p VIRTUAL Steps Light the Way

Zoom ID: 838 619 374; Open, Literature

7:00p-8:30p Another Day, Another Way

Damascus House, 332 Hamilton Ave, 43203 (King-Lincoln/Bronzeville); Open

(Thursday continued)

7:00p-8:00p Spiritual Not Religious
333 S Drexel Ave, Bexley 43209 (East)
Open, Literature, Rotating

7:00p-8:00p Urbancrest/Grove City NA Group
2650 Columbus St, 43123; Open, Participation

7:00p-8:00p VIRTUAL Heart 2 Heart
Zoom ID: 464 954 773 – Password: 414034
Open, Literature, Fellowship

7:00p-8:00p Living Clean Group of NA
Crosswalk Church, 751 Rosehill Rd, Reynoldsburg, OH 43068, Literature (Living Clean Book), Open

7:30p-8:30p Never Alone Never Again
51 N State St, 43081 (Westerville)
Open, Discussion

10:00p-11:00p Better Late than Never
1066 Bellows Ave 43223 (Franklinton); Open, Rotating

FRIDAY

9:00a-10:00a Good Morning Group
1180 Shanley Dr, 43224 (North); Open, Rotating

12:00p-1:30p Serenity Group
Damascus House, 332 Hamilton Ave, 43203 (King-Lincoln/Bronzeville); Open

5:00p-6:30p We Feel, We Deal, We Heal
Damascus House, 332 Hamilton Ave, 43203 (King-Lincoln/Bronzeville); Open, Women's

7:00p-8:30p Another Day, Another Way
Damascus House, 332 Hamilton Ave, 43203 (King-Lincoln/Bronzeville); Open

7:00p-8:00p Free at Last Group
1500 E 17th Ave, 43219 (Central); Open, Rotating

7:30p-8:30p The Journey Continues
200 E Livingston Ave, 43215 (Central); Open

8:00p-9:00p VIRTUAL Meeting Up North
Zoom ID: 642 997 1209; Open

8:00p-9:00p Talking Heads Group
2350 Indianola Ave, 43202 (OSU Campus)
Open, Discussion

10:00p-11:00p Better Late than Never
1066 Bellows Ave 43223 (Franklinton)
Open, Rotating

SATURDAY

8:15a-9:15a VIRTUAL Meshugeneh
Zoom ID: 787 914 257 – Password: bark
****If dialing in use password 942589#**
Open, Discussion

9:30a-11:00a I Can't, We Can
4177 E Broad St, 43205 (Whitehall)
Open, Discussion

10:00a-11:00a VIRTUAL First Things First
Zoom ID: 923 218 152 – Password: 035553
Open

11:00a-12:00p Bring Your Own Text Book Group
1205 Hildreth Ave, 43203 (East); Open, Literature

3:00p-4:30p We Came to Believe
955 Oak St, 43205 (Olde Towne East); Open, Discussion

5:00p-6:15p Right Living Group
873 Bryden Rd, 43205 (Old Town East) | Open

7:00p-8:30p Another Day, Another Way
Damascus House, 332 Hamilton Ave, 43203 (King-Lincoln/Bronzeville); Open

7:00p-8:00p Reynoldsburg Saturday NA Group
751 Rosehill Rd, Reynoldsburg 43068 (East)
Open, Rotating

7:30p-8:30p Gay Joyous and Free
Trinity Evangelical Lutheran Church, 404 S 3rd St, 43215 (Downtown); Open, LGBTQ (all are welcome!)

7:30p-8:30p Saturday School
82 E 16th Ave, 43201 (OSU Campus)
Open, Young Persons (all are welcome!)

7:30p-8:30p VIRTUAL Freedom Through Fellowship
Zoom ID: 818 4413 8704 – Password 193669
Open, Speaker

10:00p-11:00p VIRTUAL Smorgasbord of Recovery
Zoom ID: 937 226 4629; Open, Rotating

10:00p-11:00p Animal House
30 W Woodruff Ave, 43210 (OSU Campus)
Open, Discussion

SUNDAY

11:30a-1:00p HYBRID Together We Can
815 W Broad St, 2nd Floor, 43222 **Zoom ID: 848 5040 8310**; Open, Discussion

5:00p-6:30p U Grow Girl
Damascus House, 332 Hamilton Ave, 43203 (King-Lincoln/Bronzeville)
Open, Women's, Rotating

7:00p-8:30p Another Day, Another Way
Damascus House, 332 Hamilton Ave, 43203 (King-Lincoln/Bronzeville); Open

7:00p-8:00p Hearts 1
33-35 W 5th Ave, 43201 (Short North)
Use back entrance
Open, Discussion, Children welcome

7:45p-8:45p Promise is Freedom
1340 Crest Rd, 43068 (Reynoldsburg)
Open, Literature

8:00p-9:00p VIRTUAL Briggsdale Text Discussion
Zoom ID: 314 359 920 | Password: 161395
Open, Literature

SUGGESTIONS FOR NEWCOMERS

1. If in jail/treatment, attend a meeting the day you get out.
2. Go to a meeting **every day for the first 90 days**.
3. Log on/show up early and stay late to connect with other addicts.
4. Go to na.org/ips to download and read **IP #7: Am I an Addict?**, **IP #11: Sponsorship**, **IP #22: Welcome to NA**, **IP #29: Introduction to NA Meetings, White Booklet**.
5. Call our 24/7 Helpline 614-252-1700.
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.
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!