THURSDAY (CONT)

Women Meeting
7:00PM-8:30PM
(O, W, Web, VM)

Sick and Getting Better
7:15PM-8:30PM
First United Methodist Church, 961 Valley Street
(O, D, IF, TC)

Manchester, NH
Parking across street; handicap park @ church

Enough is Enough Group
7:30PM-9:00PM
Saint John’s Episcopal Church, 101 Chapel Street
(O, D, IF, RF, WC, TC)

Portsmouth, NH
Front Entrance

A New Way of Life
7:45PM-9:00PM
Tri City Co-op, 53 Summer Street
(O, B, RF, SD, WC, TC)

Rochester, NH
Use Front Entrance

Life’s Gifts
7:45PM-9:00PM
Crossway Christian Church, 33 Pine Street
(O, IP, WC, TC)

Nashua, NH
Auditorium

FRIDAY

Just For Today
11:00AM-12:00PM
Triangle Club, 120 Broadway
(O, D, JT, TC)

Dover, NH

Above the Nutch
12:00PM-1:00PM
Serenity Center, 45 Union Street
(O, RF, WC, VM, TC)

Littleton, NH

Serenity For Lunch
12:00PM-1:00PM
Hope For NH Recovery Building, 293 Wilson Street
(O, RF, WC, VM, TC)

Manchester, NH
Use Front Entrance

603 Clean & Serene
7:00PM-8:30PM
Navigating Recovery, 102 Court Street
(O, RF, WC, VM, TC)

Friday Freedom Group
7:00PM-8:30PM
First Baptist Church, 122 Main Street
(O, RF, WC)

Manchester, NH
Rear Entrance

Hope Ahead Group
7:00PM-8:30PM
Raymond Baptist Church, 145 NH-27
(O, SD, WC, VM, TC)

Raymond, NH

Living Clean in the Mountains
7:00PM-8:15PM
Serenity Center, 45 Union Street
(O, D, LC, TC)

Littleton, NH

White Mountains NA
7:00PM-8:15PM
(SD, WE, VM, TC)

(O, RF, WC)

Friday Unity
7:00PM-8:30PM
H.E.A.R.T.S. Building, 5 Pine St. Ext.
(O, RF, VP, VM, TC)

Nashua, NH

Regardless of Age
7:30PM-9:00PM
Marion Garrish Community Center, 39 West
(O, RF, VP, VM, TC)

Derry, NH

Live Clean or Die Group
8:00PM-9:30PM
Unitarian Universalist Church, 58 Lowell Street
(O, SD, VM, TC)

Nashua, NH
At the corner of Lowell & Canal Streets, Upstairs

NA Friday Unity
8:00PM-9:30PM
(O, WE, VM)

FRIDAY (CONT)

The Candlelight Meeting
6:00PM-9:30PM
Main Street Congregational Church, 145 Main Street
(O, SD, TC)

Amsbury, MA

SUNDAY

Saturday Sanity
6:00PM-9:00AM
YMCA, 30 Mechanic Street
(O, RF, WC, VM, TC)

Manchester, NH
Downtown

Stay ’N’ Grow Group
10:00AM-11:00AM
Navigating Recovery, 102 Court Street
(O, JT, WC, ME, TC)

Laconia, NH
Use Handicap Ramp at Back Door

On Center
11:00AM-12:15PM
Episcopal Church of the Transfiguration, 1 Hood Road
(O, SD, VM, TC)

Derry, NH
Passcode 355368

Portsmouth No Name Group
11:00AM-12:00PM
Safe Harbor Building, 865 Islington Street
(O, D, WC, 19)

Portsmouth, NH

Clean to Grow
6:00PM-7:00PM
Rochester Parks and Ride, Filmore Blvd
(O, BT, ST, WC)

Manchester, NH
Route 16, Off Exit 13

Empower
6:00PM-7:15PM
Hope For NH Recovery Building, 293 Wilson Street
(O, SD, WC, VM, TC)

Manchester, NH
Use Front Entrance

Me All Belong
6:00PM-7:00PM
Unitarian Universalist Church, 172 Pleasant Street
(O, ST, WC, TC)

Laconia, NH

Recovery Road
6:30PM-8:00PM
First Baptist Church, 122 Main Street
(O, DT, WC, TC)

Plaistow, NH

A New Way of Life
7:00PM-8:00PM
The United Methodist Church, 154 Main Street
(O, SD, WC, TC)

Nashua, NH
Rear Entrance off of Temple Street, meets in Basement or on 1st Floor

Clean Choice
7:00PM-8:00PM
The Elms, 51-53 Friend Street
(O, SD, WC, TC)

Amsbury, MA

Cows of NA
9:00PM-10:30PM
(O, WEB, VM)

MEETING FORMAT LEGEND

19 Restrictions due to Covid-19
B Beginners
BI Basic Text
C Closed
CW Children Welcome
D Discussion
I Informational Pamphlet
IR It Works -How and Why
JT Just for Today
LC Living Clean
M Men
MM Meditation
O Open
RF Rotating Format
SD Speaker/Discussion
SG Step Working Guide
SI Step
TI Topic
TV Tradition
VM Virtual Meeting
W Women
WC Wheelchair
WEB Online Meeting
YP Young People

NEIGHBORING AREA HELPLINES

New England Region
866-824-3578

Maine Area & Eastern Maine Area
1-888-NA-HELP-U

Green Mountain Area in VT
802-773-5775

Champlain Valley in VT
802-462-4516

Granite State Area of Narcotics Anonymous
802-974-0062

Area events & activities are also posted there.

If you want to use, use the Phone!

1-888-NA-HELP-U

PHONE NUMBERS

24 HOUR HELPLINE

Narcotics Anonymous
The Granite State and Seacoast Area Meeting List

JULY 2020

Granite State Area of Narcotics Anonymous
PO Box 511, Manchester, NH 03108

Seacoast Area Service Meeting 2nd Sunday of every month, 9:30am, Elliot Hospital, Ground Floor Conference Room CDEF, One Elliot Way, Manchester, NH

Seacoast Area of Narcotics Anonymous
PO Box 312, Greenland, NH 03840

Seacoast Area Service Meeting 2nd Sunday of every month, 6:00pm, SOS Recovery Center, 4 Broadway, Dover, NH

Meetings Weekly: 93

Unless otherwise noted, all meetings are open to non-addicts and are non-smoking meetings.
Information is subject to change. Call the helpline or visit the website for the latest updates.

www.gsana.org