	SUNDAY
10:30AM	Little Rock Man Up, Recovery Central, 1305 West Markham Street (M)
	Meets every other Saturday (next meeting August 3, 2025)
NOON	Little Rock Recovery in the Daylight Group, Recovery Central, 1305 West Markham Street (O.D.WC)
4:00PM	Little Rock Alive & Free Group, Recovery Central, 1305 West Markham Street (LT) Meets 2nd & 4th Sunday of the month ONLY
4:00PM	Little Rock The Women's Group, Recovery Central, 1305 West Markham Street (O,W) WOMEN ONLY - Meets 1st Sunday every month
4:00PM	Cabot Who We Are Group, Pride 1 Gas Station, 3001 AR-89 (O,D,WC) Corner of Hwy 321 and Hwy 89, in the room next door with Pride 1 Stop gas station.
5:30PM	<b>Little Rock</b> Living Clean Group, Recovery Central, 1305 West Markham Street (O,D,WC)
7:30PM	North Little Rock No Matter What Group, Levy United Methodist Church, 701 W. 47th (O)
	MONDAY
NOON	<b>Little Rock</b> Recovery in the Daylight Group, Recovery Central, 1305 West Markham Street (O,BT,WC)
5:30PM	<b>Little Rock</b> Living Clean Group, Central Church of Christ Annex Building, 823 West 6th Street (O,WC,LT)
6:30PM	Conway One Disease One Program Group, 925 Mitchell Street (O,WC,HY) Room 3 (In-Person & Zoom) https://zoom.us/j/8168970027 PW: ODOP
6:30PM	Cabot Seeking Solutions Group, Grace Fellowship Church, 601 W. Elm St (O,D) behind Bank of the Ozarks behind Bank of Ozarks
7:00PM	<b>Conway</b> Vision of Hope Group, 1018 Salem Road (O,D,WC)
7:30PM	<b>Benton</b> Hope Without Dope Group, 501 N. East Street (O,D)
7:30PM	<b>Little Rock</b> Together We Can Group, Recovery Central, 1305 West Markham Street (O,D,WC)
7:30PM	<b>Cabot</b> Who We Are Group, Pride 1 Gas Station, 3001 AR-89 (O,D,WC) <i>Corner of Hwy 321 and Hwy 89, in the room next door with Pride 1 Stop gas station.</i>
	TUESDAY
NOON	<b>Benton</b> Hope Without Dope Group, 501 N. East Street (O,D)
NOON	<b>Little Rock</b> Recovery in the Daylight Group, Recovery Central, 1305 West Markham Street (O,BT,WC)
NOON	<b>Conway</b> Vision of Hope Group, 1018 Salem Road (O,D,WC)
7:00PM	<b>Conway</b> Vision of Hope Group, 1018 Salem Road (O,WC,LT)
7:30PM	<b>Little Rock</b> Together We Can Group, Recovery Central, 1305 West Markham Street (O,D,WC)

	TUESDAY (CONT)
7:30PM	Cabot Who We Are Group, Pride 1 Gas Station,
	3001 AR-89 (O,D,WC) Corner of Hwy 321 and Hwy 89, in the room next door with Pride 1 Stop gas
	station.
	WEDNESDAY
NOON	Little Rock Recovery in the Daylight Group,
	Recovery Central, 1305 West Markham Street
	(O,D,WC)
5:30PM	Little Rock Living Clean Group, Central Church of
	Christ Annex Building, 823 West 6th Street
6:30PM	(O,D,WC)  Conway One Disease One Program Group, 925
0.501 14	Mitchell Street (O,WC,HY) Room 3
	(In-Person & Zoom) https://zoom.us/j/8168970027
	PW: ODOP
7:00PM	<b>Sheridan</b> Just for Today Group, 204 North Red
7:00PM	Street  Grannbrian Living Clean and Free the Club @
/ 100PM	<b>Greenbrier</b> Living Clean and Free, the Club @ Springhill, 675 US-65 (O)
7:30PM	<b>Little Rock</b> It Works How & Why Group, Recovery
	Central, 1305 West Markham Street (O,St,WC)
7:30PM	Little Rock Regardless of Age Group, Unitarian
	Universalist Church, 1818 Reservoir Road
7:30PM	(O,WC,BK) <b>Cabot</b> Who We Are Group, Pride 1 Gas Station,
7.30FM	3001 AR-89 (O,CL,D,WC) Corner of Hwy 321 and
	Hwy 89, in the room next door with Pride 1 Stop
	gas station.
	THURSDAY
NOON	<b>Little Rock</b> Recovery in the Daylight Group,
	Recovery Central, 1305 West Markham Street
NOON	Recovery Central, 1305 West Markham Street (O,D,WC)
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NOON 7:00PM	Recovery Central, 1305 West Markham Street (O,D,WC)  Cabot Who We Are Group, Pride 1 Gas Station, 3001 AR-89 (O,D,WC) Corner of Hwy 321 and Hwy 89, in the room next door with Pride 1 Stop gas station.  Conway Vision of Hope Group, 1018 Salem Road
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6:30PM	Cabot Seeking So	lutions	Group, Grace Fellowship
	Church, 601 W. Elr	n St (I\	N,BK) behind Bank of the
	Ozarks		10105   D
7:00PM	(O,CL,D,WC)	•	Group, 1018 Salem Road
7:30PM			ene Group, Recovery ham Street (C,CL,WC)
7:30PM	Benton Hope With	nout Do	ope Group, 501 N. East t Friday of the month
7:30PM	3001 AR-89 (O,WC	,LT) Co	p, Pride 1 Gas Station, orner of Hwy 321 and t door with Pride 1 Stop
9:30PM	Little Rock Regar Universalist Churcl (O,To,WC)	dless on the distribution of the distribution	of Age Group, Unitarian 8 Reservoir Road
	SAT	URDA'	Υ
9:00AM	Little Rock Vetera	ans in I	Recovery Group,
	Recovery Central,	1305 V	West Markham Street
	(C,D,WC,CN)		
NOON	Little Rock Recov	ery in	the Daylight Group,
		1305 V	West Markham Street
6:00PM	(O,D,WC)	ina tha	e Cycle Group, Wolfe
0.00FM			S. Louisiana Street (O,D)
6:30PM			covery Group, Recovery
0.501			ham Street (O,LGBT,WC)
7:00PM			
	Collway vision of	Hope (	Group, 1018 Salem Road
	(O,CL,D,WC)	•	• •
7:30PM	(O,CL,D,WC) <b>Cabot</b> Who We Are	e Grou	p, Pride 1 Gas Station,
	(O,CL,D,WC) <b>Cabot</b> Who We Ard 3001 AR-89 (O,WC	e Grou C,LT) Co	p, Pride 1 Gas Station, orner of Hwy 321 and
	(O,CL,D,WC)  Cabot Who We Ard 3001 AR-89 (O,WC  Hwy 89, in the roo	e Grou C,LT) Co	p, Pride 1 Gas Station,
7:30PM	(O,CL,D,WC) <b>Cabot</b> Who We And 3001 AR-89 (O,WC)  Hwy 89, in the root gas station.	e Grou C,LT) Co m next	p, Pride 1 Gas Station, orner of Hwy 321 and t door with Pride 1 Stop
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7:30PM	(O,CL,D,WC) <b>Cabot</b> Who We And 3001 AR-89 (O,WC)  Hwy 89, in the root gas station.	e Grou C,LT) Co m next	p, Pride 1 Gas Station, orner of Hwy 321 and t door with Pride 1 Stop Group, Recovery Central,
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7:30PM  8:00PM  LT Lite C Clo D Dis M Mei St Ste Tr Tra	(O,CL,D,WC)  Cabot Who We Ard 3001 AR-89 (O,WC)  Hwy 89, in the roogas station.  Little Rock Living 1305 West Markha  MEETING FO  Trature Study  Seed  Cussion  Trace Tr	e Grou C,LT) Cc m next Clean m Stre RMAT BT CL IW	p, Pride 1 Gas Station, orner of Hwy 321 and t door with Pride 1 Stop  Group, Recovery Central, eet (O,D,WC)  LEGEND  Basic Text Candlelight It Works -How and Why Open

Hybrid

HY

Book Study

Common Needs

BK CN

FRIDAY (CONT)

PEOPLE I CAN CALL	PEOPLE I CAN CALL

What is our message?
The 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 the promise of freedom.

Basic Text, page 65

## **NARCOTICS ANONYMOUS**



## CENTRAL ARKANSAS AREA MEETING LIST OCTOBER 2025

FREE LOCAL NUMBER (501) 373-8683 www.caasc.org

ARKANSAS REGIONAL HELPLINE (888) 501-1607 www.arscna.org

**SUGGESTIONS FOR EVERYONE** 

DON'T USE. Go to a meeting instead.
Go to a meeting even if you used that day.
Go to 1 meeting a day, 90 in 90 days.
Come to meetings early. Stay late.
Get a home group.
Avoid people, places, things you used with.
Find and use a sponsor.
Use the PHONE. Call someone instead of using.
Find a Higher Power that is loving, caring, and greater than you are.
Read NA Basic Text & NA literature EVERYDAY.
Always put your recovery FIRST.

**KEEP COMING BACK. IT WORKS** 

52 Meetings