

SUNDAY	
NOON	Little Rock Recovery in the Daylight Group, Recovery Central, 1305 West Markham Street (O,D,WC)
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) <i>Corner of Hwy 321 and Hwy 89, in the room next door with Pride 1 Stop gas station.</i>
5:30PM	Little Rock 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	Little Rock Recovery in the Daylight Group, Recovery Central, 1305 West Markham Street (O,BT,WC)
6:00PM	Little Rock 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) <i>Room 3</i> (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) <i>behind Bank of the Ozarks</i> behind Bank of Ozarks
7:00PM	Conway Vision of Hope Group, 1018 Salem Road (O,D,WC)
7:30PM	Benton Hope Without Dope Group, 501 N. East Street (O,D)
7:30PM	Little Rock Together We Can Group, Recovery Central, 1305 West Markham Street (O,D,WC)
7:30PM	Cabot Who We Are Group, Pride 1 Gas Station, 3001 AR-89 (O,D,WC,HY) <i>Corner of Hwy 321 and Hwy 89, in the room next door with Pride 1 Stop gas station.</i> (In-Person & Zoom) Meeting ID: 81250447970 PW: 509518

TUESDAY	
NOON	Little Rock Recovery in the Daylight Group, Recovery Central, 1305 West Markham Street (O,D,WC)
6:00PM	North Little Rock What Can I Do Group, Levy United Methodist Church, 701 W. 47th Street (O,BT,WC,LT) <i>Bring a Basic Text!</i>
7:00PM	Conway Vision of Hope Group, 1018 Salem Road (O,WC,LT)
7:30PM	Little Rock Together We Can Group, Recovery Central, 1305 West Markham Street (O,D,WC)
7:30PM	Cabot 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>

WEDNESDAY	
NOON	Little Rock Recovery in the Daylight Group, Recovery Central, 1305 West Markham Street (O,D,WC)

WEDNESDAY (CONT)	
5:15PM	Little Rock Living Clean Group, Central Church of Christ Annex Building, 823 West 6th Street (O,D,WC)
6:30PM	Conway One Disease One Program Group, 925 Mitchell Street (O,WC,HY) <i>Room 3</i> (In-Person & Zoom) https://zoom.us/j/8168970027 PW: ODOP
6:30PM	Cabot Seeking Solutions Group, Cabot Community Pond, 1881 Kerr Station Rd (O,D) <i>next to Pavilion B</i> Next to Pavilion B off Campground road
7:00PM	Greenbriar Living Clean and Free, the Club @ Springhill, 675 US-65 (O)
7:30PM	Little Rock 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 (O,WC,BK)
7:30PM	Cabot Who We Are Group, Pride 1 Gas Station, 3001 AR-89 (O,CL,D,WC,HY) <i>Corner of Hwy 321 and Hwy 89, in the room next door with Pride 1 Stop gas station.</i> (In-Person & Zoom) Meeting ID: 81250447970 PW: 509518

THURSDAY	
NOON	Little Rock Recovery in the Daylight Group, Recovery Central, 1305 West Markham Street (O,D,WC)
NOON	Cabot 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>
7:00PM	Conway Vision of Hope Group, 1018 Salem Road (O,D,WC)
7:30PM	Little Rock Clean & Serene Group, Recovery Central, 1305 West Markham Street (O,WC)
7:30PM	Benton Hope Without Dope Group, 501 N. East Street (O,D,Tr)
7:30PM	North Little Rock No Matter What Group, Levy United Methodist Church, 701 W. 47th (O)
7:30PM	Cabot 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>

FRIDAY	
NOON	Little Rock Recovery in the Daylight Group, Recovery Central, 1305 West Markham Street (O,D,WC)
6:00PM	Little Rock Living Clean Group, Central Church of Christ Annex Building, 823 West 6th Street (O,D,WC) <i>Speaker first Friday of the month; Birthday celebration last Friday of the month</i>
6:30PM	Conway One Disease One Program Group, 925 Mitchell Street (O,WC,LT,HY) <i>Room 3</i> (In-Person & Zoom) https://zoom.us/j/8168970027 PW: ODOP
6:30PM	Cabot Seeking Solutions Group, Grace Fellowship Church, 601 W. Elm St (IW,BK) <i>behind Bank of the Ozarks</i>
7:00PM	Conway Vision of Hope Group, 1018 Salem Road (O,CL,D,WC)

FRIDAY (CONT)	
7:30PM	Little Rock Clean & Serene Group, Recovery Central, 1305 West Markham Street (C,CL,WC)
7:30PM	Benton Hope Without Dope Group, 501 N. East Street (O,D) <i>Speaker first Friday of the month</i>
7:30PM	Cabot Who We Are Group, Pride 1 Gas Station, 3001 AR-89 (O,WC,LT,HY) <i>Corner of Hwy 321 and Hwy 89, in the room next door with Pride 1 Stop gas station.</i> (In-Person & Zoom) Meeting ID: 81250447970 PW: 509518
9:30PM	Little Rock Regardless of Age Group, Unitarian Universalist Church, 1818 Reservoir Road (O,To,WC)

SATURDAY	
9:00AM	Little Rock Veterans in Recovery Group, Recovery Central, 1305 West Markham Street (C,D,WC,CN)
NOON	Little Rock Recovery in the Daylight Group, Recovery Central, 1305 West Markham Street (O,D,WC)
6:00PM	Little Rock Breaking the Cycle Group, Wolfe Street Foundation, 1015 S. Louisiana Street (O,D)
6:30PM	Little Rock Rainbow Recovery Group, Recovery Central, 1305 West Markham Street (O,LGBT,WC)
7:00PM	Conway Vision of Hope Group, 1018 Salem Road (O,CL,D,WC)
7:30PM	Cabot Who We Are Group, Pride 1 Gas Station, 3001 AR-89 (O,WC,LT) <i>Corner of Hwy 321 and Hwy 89, in the room next door with Pride 1 Stop gas station.</i>
8:00PM	Little Rock Living Clean Group, Recovery Central, 1305 West Markham Street (O,D,WC)

MEETING FORMAT LEGEND			
BK	Book Study	BT	Basic Text
C	Closed	CL	Candlelight
CN	Common Needs	D	Discussion
HY	Hybrid	IW	It Works -How and Why
LGBT	Lesbian,Gay,Bisexual,Transgender	LT	Literature Study
O	Open	St	Step
To	Topic	Tr	Tradition
W	Women	WC	Wheelchair

PEOPLE I CAN CALL

PEOPLE I CAN CALL

NARCOTICS ANONYMOUS



CENTRAL ARKANSAS AREA

MEETING LIST

MAY 2024

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

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