

SUNDAY

9:30AM 1.5HR Morning Meditation, Red Deer, AB, **(O,JT,NS,VM)**

7:00PM 1HR Living Clean, Alliance Church, North Entrance, 4804 42Ave, Innisfail, AB,

7:30PM 1HR , Red Deer Recovery Center, 27227 Township Rd. 391, Blackfalds, AB,

MONDAY

9:30AM 1.5HR Morning Meditation, Red Deer, AB, **(VM)**

7:00PM 1.5HR Serenity Valley Group, Alliance Church, 5014-56 Ave, Drayton Valley, AB,

7:30PM 1.5HR Unity Group, JHS, 150 4828 53 st, Red Deer, AB, **(HY)**

8:00PM 1.5HR iRecover Treatment Center, iRecover Treatment Center, 41003 range road #235A, Tees, AB,

TUESDAY

9:30AM 1.5HR Morning Meditation, Red Deer, AB, **(VM)**

5:30PM 1HR Warrior Women, #347 5344 - 76st, Red Deer, AB, T4P 2A6 **(O,W)**

7:00PM 1.5HR Ties That Bind, The Lighthouse, 5509-48 Ave, Camrose, AB,

7:30PM 1.25HR Band of Brothers, Northside Community Center YMCA, 6391 76 St, Red Deer, AB, T4P 3E9 **(M,To)**

7:30PM 1HR Gateway Recovery Group, Adventist Community Center, 5204 48th St, Rocky Mountain House, AB,

7:30PM 1.5HR New Alternatives, St. John's Anglican Church, pass: 820300, 4821 50th st, Olds, AB, **(HY)**

WEDNESDAY

9:30AM 1.5HR Morning Meditation, Red Deer, AB, **(VM)**

7:00PM 1.5HR Wetaskiwin Living Clean Group, Alano Club, 5801-52 st, Wetaskiwin, AB,

7:30PM 1.5HR The Group, St. Cyprian's Anglican Church, 5005 Calgary Edmonton Trail, Lacombe, AB,

8:00PM 1HR Welcome Wednesday, Potter's Hands Kitchen, 4935 51st, Red Deer, AB,

THURSDAY

9:30AM 1.5HR Morning Meditation, Red Deer, AB, **(VM)**

7:00PM 1HR How it Works, The Lighthouse, 5509-48 Ave, Camrose, AB,

7:00PM 1.5HR Serenity Valley Group, Alliance Church, 5014-56 Ave, Drayton Valley, AB,

8:00PM 1.5HR The Journey Continues, Potter's Hands Soup Kitchen, 4935 51 Street, Red Deer, AB,

FRIDAY

9:30AM 1.5HR Morning Meditation, Red Deer, AB, **(VM)**

7:30PM 1HR New Alternatives FRIDAY Living Clean, Olds, AB, **(VM)**

7:30PM 1.5HR Unity Group, West Park Church of the Nazarene, 3920 57 Ave, Red Deer, AB,

SATURDAY

9:30AM 1.5HR Morning Meditation, Red Deer, AB, **(VM)**

6:30PM 1HR Surrender in Sylvan, Alliance Community Church, 4404 47th Ave, Sylvan Lake, AB,

7:00PM 1HR New Hope Group, The Lighthouse, 5509-48 Ave, Camrose, AB,

7:30PM 1HR Saturday Night Live, West Park Church of the Nazarene, 3920 57 Ave, Red Deer, AB, T4N 4R9 **(O,WC)**

MEETING FORMAT LEGEND

JT	Just for Today	M	Men
O	Open	To	Topic
W	Women	WC	Wheelchair
NS	No Smoking	VM	Virtual Meeting
HY	HY		

PHONE NUMBERS

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



CENTRAL ALBERTA

Meeting List

FEBRUARY 2026

24 HOUR HELPLINE

1-877-463-3537

<https://na.org>

SUGGESTIONS FOR EVERYONE

DON'T USE no matter what

Ask your Higher Power to keep you clean

Come early and stay late

Get a home group

Go to 90 meetings in 90 days

Read NA literature daily

Get and use a sponsor

Use the PHONE

KEEP COMING BACK. IT WORKS