

## 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**

Meetings Weekly: 28