

SUNDAY

10:00-11:15 am
C|P|T|NS

NA IN THE AM STONERS
1111 Garden Street,
Santa Barbara

12:30-2:00 pm
C|NS|P|WC

LA RECUPERACION ES POSIBLE
1111 Garden Street,
Santa Barbara

7:00-8:30 pm
O|P|T|NS|SP

SUNDAY NIGHT WE DO RECOVER
Marine Center Classroom,
125 Harbor Way,
Santa Barbara

MONDAY

6:45-7:45 am
O|P|NS|WC
Format: Leader's Choice

THE WHEELS FELL OFF
235 E. Cota St. at Garden,
Winchester Room (Downstairs)
Santa Barbara

12:00 noon-1:00 pm
O|P|NS|WC

DAYTIME DOWNTOWN
127 E. Carrillo St.
(County DRC)
Santa Barbara

8:00-9:00 pm
O|P|NS

NA IN THE HOUSE
New House III, 2434 Bath St.
Santa Barbara

TUESDAY

6:45-7:45 am
O|P|NS|WC
Format: Leader's Choice

THE WHEELS FELL OFF
235 E. Cota St. at Garden,
Winchester Room (Downstairs)
Santa Barbara

12:00 noon-1:00 pm
O|P|NS|WC

UNLOADED
New House II
227 W. Haley
Street, Santa Barbara

6:30-7:30 PM
O|B|NS|L|WC

MEAT & POTATOES
235 E. Cota St. at Garden,
Winchester Room (Downstairs)
Santa Barbara

7:00-8:00 pm
O|W|P

JUST FOR TONIGHT
Casa Serena, 1515 Bath St.
Santa Barbara

7:30-8:30 pm
O|P|NS|WC

OUR MEETING
Church-Fellowship Hall,
909 La Cumbra Road at
Foothill Road,
Santa Barbara

7:30-8:30 pm
O|M|NS|P

SPACE COWBOYS
Church – Fireside Room
2101 State Street at Padre
Santa Barbara

8:00-9:00 PM
O|P|NS|WC

PARTICIPATION MEETING
Church - Couch Room, 909 La
Cumbre Rd. at Foothill
Santa Barbara

WEDNESDAY

6:45-7:45 am
O|P|NS|WC
Format: Leader's Choice

THE WHEELS FELL OFF
235 E. Cota St. at Garden,
Winchester Room (Downstairs)
Santa Barbara

12:00 noon-1:00 pm
O|P|NS|WC

I CAN'T BUT WE CAN
235 E. Cota St.
at Garden, Winchester Room
(Downstairs)
Santa Barbara

5:45-6:45 pm
O|P

CARPE DIEM
1111 Vallecito, Carpenteria-
Church behind Rusty's Pizza

7:30-9:00 pm
O|P|NS|WC|SP
1ST & 3RD Wed./mo. Are
Speaker Meetings

MOTHER GROUP
Church-Garden Room, 21 E.
Constance Ave. at State St.
Santa Barbara

THURSDAY

6:45-7:45 am
O|P|NS|WC
Format: Leader's Choice

THE WHEELS FELL OFF
235 E. Cota St. at Garden,
Winchester Room (Downstairs)
Santa Barbara

12 noon-1:00 pm
O|P|NS|WC

H.O.W.
235 E. Cota St. at Garden,
Winchester Room (Downstairs)
Santa Barbara

6:30-7:30 pm
C|W|D|P|NS|WC

WOMEN DO RECOVER
Church-Couch Room,
909 La Cumbra Road at
Foothill Road,
Santa Barbara

FRIDAY

6:45-7:45 am
O|P|NS|WC
Format: Leader's Choice

THE WHEELS FELL OFF
235 E. Cota St. at Garden,
Winchester Room (Downstairs)
Santa Barbara

12:00-1:00 pm
O|P|NS|WC

NEVER ALONE
235 E. Cota St. at Garden,
Winchester Room (Downstairs)
Santa Barbara

7:00-8:00 pm
C|NS|P|WC

LA RECUPERACION ES POSIBLE
1111 Garden Street,
Santa Barbara

7:30-8:30 PM
O|P|NS|CL
*Please note: no pets allowed on
premises*

CANDLELIGHT MEETING
Church, Wesley Hall, Garden
& Anapamu Streets
305 E. Anapamu St.
Santa Barbara

9:00-10:00 pm
O|L|NS

SLEEPWALKERS
New House II
227 W. Haley Street
Santa Barbara

SATURDAY

10:00-11:15 am
O|P|S|WC

HOPE WITHOUT DOPE
Ledbetter Beach
Cabrillo Blvd & Loma Alta Rd.
Santa Barbara

7:30-9:00 pm
O|P|NS|SP

UNITY MEETING
Marine Center Classroom
125 Harbor Way
Santa Barbara

B = Book Study
C = Closed –Addicts Only
CL = Candlelight
D = Discussion

L = Literature Study
M = Men's Meeting
NS = Non Smoking
O = Open

S = Smoking
SP = Speaker
SS = Step Study
P = Participation

T = Topic
TR = Traditions
W = Women's Meeting
WC = Wheelchair Access

WHAT IS THE NARCOTICS ANONYMOUS PROGRAM?

NA is a nonprofit fellowship or society of men and women for whom drugs had become a major problem. We are recovering addicts who meet regularly to help each other stay clean. This is a program of complete abstinence from all drugs. There is only one requirement for membership, the desire to stop using. We suggest that you keep an open mind and give yourself a break. Our program is a set of principles written so simply that we can follow them in our daily lives. The most important thing about them is that they work.

There are no strings attached to NA. We are not affiliated with any other organizations. We have no initiation fees or dues, no pledges to sign, no promises to make to anyone. We are not connected with any political, religious, or law enforcement groups, and are under no surveillance at any time. Anyone may join us regardless of age, race, sexual identity, creed, religion, or lack of religion.

We are not interested in what or how much you used or who your connections were, what you have done in the past, how much or how little you have, but only in what you want to do about your problem and how we can help. The newcomer is the most important person at any meeting, because we can only keep what we have by giving it away. We have learned from our group experience that those who keep coming to our meetings regularly stay clean.