SUNDAY

8:30 am	**Santa Maria Men's Stag** 115 S. Ben Wiley SM	M
9:00 am	**Breakfast Club** New Attitudes LOMPOC	O,M,P,CH
9:00 am	**Destiny Group** Ladies Breakfast	W,O,P,CH
12:00 pm	**Cambria Connections** 870 Main St.	O,P,NS
1:00 pm	**New Attitudes** LOMPOC	O,P,CH
5:30 pm	**Santa Maria Survivors** 1 ST STEP TO RECOVERY 115 S. Ben Wiley	O,P,CH
6:00 pm	**A-Town NA**	O,P, CH
6:00 pm	**Mommies In Recovery** Lutheran Church, Fredricks St. SLO	C,W,P
7:00 pm	**Keep It Simple** Alano Club, SLO, (last Sunday of Month BD meeting)	O,P
7:00 pm	**Five Cities Group** 990 Dolliver – Pismo Beach	O,P,S,B
7:00 pm	**New Attitude Group –Lompoc**	O,P,CH
7:30 pm	**Beach Meeting – Avila Beach** Port San Luis Beach	O,P

MONDAY

9:00 am	**Destiny Group**	O,P,CH
9:30 am	**Morning Medication**	O,P
12:00 pm	**Paso Noon @ Life Styles** – 24 th St.	O
12:00 pm	**Santa Maria's Survivors**	O
12:00 pm	**New Attitudes Group** – Lompoc	O,P,CH
12:00 pm	**Five Cities Group**	O,
6:00 pm	**New Attitudes Group** – Lompoc	O,CH,P
6:00 pm	**Never Alone Group** – Solvang	O,BS,CH
6:00 pm	**Women in Recovery**– Paso Robles 820 Sherwood Rd & Commerce Way	C,W,CH
7:00 pm	**Five Cities Group**	O,P,BS,BYOBT
7:30 pm	**Orcutt Reconnections** 420 Soares Ave, Orcutt	C,CH,P
7:30 pm	**Hard Knocks Group** – Paso Robles 820 Sherwood Rd & Commerce Way	O,P,CH
7:30 pm	**Where Life Begins** – Morro Bay 625 Harbor Blvd - Libary	,O,P
8:00 pm	**Just For Today Group** – SLO Club, 1814 Osos St., SLO	O,P,CH Alano
8:00 pm	**New Attitudes Group** – Lompoc	O,P,,CH,B

TUESDAY

9:30 am	**Morning Medication**	O,P
12:00 pm	**Five Cities Group**	O,P,T
12:00 pm	**New Attitudes Group** – Lompoc	O,P,CH
12:00 pm	**Paso Noon @ Life Styles** – 24 th St.	O
6:00 pm	**A-Town NA**	O,P,CH
6:00 pm	**Young & Cool** – Atascadero Lutheran Church on San Anselmo Dr.	O,P
6:00 pm	**Women's Meeting** – Pismo Beach 990 Doliver (No Meeting last Tues of Month)	W,P
6:30 pm	**Cambria Connection** 870 Main St., 3rd Tues. Speaker Mtg	O,P,NS,CH
6:30 pm	**Take It Or Leave It** – Santa Maria 115 S. Ben Wiley	P,C
6:30 pm	**Lockwood Group**	O,P
6:30 pm	**Never Alone – Solvang**	O,P,ST,CH
7:00 pm	**Welcome Home Group** Recovery Point, Santa Maria	O,BS,CH
7:00 pm	**New Attitudes Group** – Lompoc Birthday Last Tuesday of the Month	O,P,CH,B
7:00 pm	**For The Long Haul** – Nipomo 200 E. Dana (Candlelight, Speaker Meeting)	O,P,
7:00 pm	**Amends Stag SLO** 657 Sweeney Lane	M,P
7:00 pm	Grupo Recuperacion – Lompoc 422 West Ocean Ave	O,P
7:30 pm	**No Nonsense Group** 520 Dana St. SLO (Rear of Building)	ST,O
7:30 pm	**Never Too Young** – Young People's Meeting Life Styles 24th St. Paso Robles	C
7:30 pm	**Oak Park Stag** – Grover Beach (except last Tues. of Month)	C,1hr,T
8:00 pm	**Last Tuesday of The Month** BIRTHDAY SPEAKER MEETING Podium 706 Huasna Rd. Arroyo Grande	O,CH

WEDNESDAY

9:30 am	**Morning Medication**	O,P,BS
12:00 pm	**New Attitudes Group** – Lompoc	O,P,CH
12:00 pm	**Paso Noon @ Life Styles** 24 th St.	O,P
12:00 pm	**Five Cities Group**	O,P
5:30 pm	**Recovery Quest** Alano Club, 1814 Osos St. (Upstairs)	O,P,BS
5:30 pm	**Women Do Recover** 192 S 9th Street Grover Beach.	O,CH,W,P
6:00 pm	**New Attitudes Group** – Lompoc Stick Participation	O,CH,ST,P
6:00 pm	**Santa Maria Survivors** Birthday Speaker Last Wed of Month	O,P,CH
6:00 pm	**Men's Stag** – Atascadero 1825 San Ramon Ave	M,P
6:00 pm	**We Rock! NA** – Morro Bay 545 Shasta Episcopal church	O,P,ST
7:00 pm	**A-Town NA** Book Study	C,P,BS
7:00 pm	**Men's Meeting** – SLO 1701 Fredricks Street San Luis Obispo	M,O,BS,P
7:00 pm	**Five Cities Group**	O,P,T.
7:30 pm	**New Old Group** Lutheran Church on San Anselmo Dr., Atascadero	O,P
7:30 pm	**Hard Knocks Group** – Paso Robles 600 26th Boys And Girls Club (last Wed of Month BD Meeting)	O,LC,CH
8:00 pm	**New Attitudes Group** - Lompoc	O,P,CH.BS

THURSDAY

9:30 am	**Morning Medication**	O,P
12:00 pm	**New Attitude Group** - Lompoc	O,CH, P
12:00 pm	**Paso Noon @ Life Styles** 24th St	O,P
12:00 pm	**Five Cities Group**	O,P,ST,CH
5:00 pm	**Destiny Group** – Lompoc	O,P,CH
6:30 pm	**Women's How and Why** - Morro Bay 480 Monterey - Lutheran Church	O,W
7:00 pm	**New Attitude Group** – Lompoc Speaker Mtg., Podium Participation Last Thurs Month	O,P,CH,S,B
7:00 pm	**Grupo Recuperacion** – Lompoc 422 West Ocean Ave. Discusion Avierta	SP
7:00 pm	**A-Town NA**	O,P,NS
7:00 pm	**Spilt Milk** – SLO 10304 Los Osos Valley Rd.	O,P
7:00 pm	**Change Is Good Group** S.M. Recovery Point	O,P,CH
7:30 pm	**Surfside** – Morro Bay 625 Harbor Blvd – Library	NS,O,P
7:30 pm	**5 Cities** - Pismo Beach 990 Dolliver	O,P

FRIDAY

9:30 am	**Morning Medication**	O,P
12:00 pm	**Santa Maria Surviors**	O,P,BS
12: 00 pm	**Five Cities Group**	O,P
12:00 pm	**New Attitudes Group** – Lompoc	O,P,CH
12:00 pm	**Paso Noon @ Life Styles** – 24th St.	O,P
5:30 pm	**Never Too Young-Renegade Group** 8600 Atascadero Ave. Atascadero	O.P
6:00 pm	**Solutions in Recovery,** Women's mtg New Attitudes Group	W,P,B,CH
7:00 pm	**For The Long Haul** 200 E. Dana St. Nipomo Speaker last Friday of month Birthday	O,C,PCH
7:00 pm	**A-Town NA** – Friday Night Fix Last Friday of month Birthday Speaker Mtg	O,P,CH
7:00 pm	**Five Cities Group**	O,P
7:00 pm	**Grupo Recuperacion** – Lompoc 422 West Ocean Ave Disusion Avierta	SP
8:00 pm	**Santa Maria Survivors** Basic Text Study	O,BS,NSWB,CH
8:00 pm	**Just For Today Group** - SLO Alano Club, 1814 Osos St. Last Friday of month Birthdat	O,P,NSWB,CH
8:00 pm	**New Attitudes Group** – Lompoc Candlelight Meeting	C,P,CH
8:00 pm	**Never Alone Group** – Solvang	O,P,NS

SATURDAY

9:30 am	**Morning Medication**	O,P
8:00 am	**Wake Up Call** 115 S. Ben Wiley, Santa Maria	O,P,NS
9:15 am	**Saturday Wake Up** – Grover Beach 444 N 4th St	O,P,CH
10:00 am	**New Attitudes Group** – Lompoc	O,P,CH
4:00 pm	**New Attitudes Group** – Lompoc	O,P, CH
6:00 pm	**New Attitudes Group** – Lompoc	O,CH,P
7:00 pm	**Keep It Simple** – SLO Alano Club	O,P
7:00 pm	**Five Cities Group** – Pismo Beach 990 Dolliver Street	O,P
7:30 pm	**Rockbottom Group** Every 3rd Sat. Speaker 1701 Fredricks St. SLO (no meeting in Feb)	
7:30 pm	**Hard Knocks Group** – Paso Robles 9th & Vine North Chistian Church	O,P,CH
8:00 pm	**Bayside Group** – Morro Bay 625 Harbor - Library	O,P,CH,B
8:00 pm	**Destiny Group** – Lompoc Alano Club 119 N. "D" St. last Sat. of month Birthdays	O,CH,P,B

103 MEETINGS A WEEK

LEGEND:

O = OPEN TO ALL **S = SPEAKER MEETING**
C = CLOSED (ADDITCS ONLY) **NS = NO SMOKING**
P = PARTICIPATION **W = WOMENS**
BS = BOOK STUDY **M = MENS**
BYOBT = BRING YOUR OWN BASIC TEXT
ST = STICK MEETING **T = TOPIC B = BREAK**
CH = CHIPS PRESENTED FOR VARIOUS LENGTH OF CLEAN TIME
SP = SPANISH SPEAKING **LC = LEADER'S CHOICE**

MEETING ADDRESS:

SLO ALANO CLUB
1814 Osos St. SLO 543-9817 ACROSS FROM TRAIN STATION

FOR THE LONG HAUL – NIPOMO SENIOR CENTER
200 E. DANA ST. (CORNER OF E. DANA & BEECHNUT)

NEW ATTITUDES GROUP – LOMPOC
129 N "I" ST., STE E (OLD GREYHOUND BUS STATION)

FIVE CITIES GROUP – GROVER BEACH
NOON – 386 N. OAK PARK BLVD M - F
EVENING – 192 S 9TH ST. GROVER BEACH M-W-F
EVENING – 990 DOLLIVER ST PISMO BEACH THR-SAT-SUN

A-TOWN NA. @ NORTH COUNTY CONNECTION – ATASCADERO
8600 ATASCADERO AVE., 462-8600

SANTA MARIA SURVIVORS – ALANO CLUB
115 S. BEN WILEY, 739-1980

NEVER ALONE GROUP – SOLVANG
1676-B OAK ST.

MORRO BAY MEETINGS – MORRO BAY
CORNER OF SHASTA AND HARBOR – LIBRARY – MON, THURS, AND SAT
CORNER OF ANCHOR AND MONTERY – WED AND MON

HARD KNOCKS GROUP – PASO ROBLES
320 SHERWOOD RD @ COMMERCE WAY - MONDAY NIGHT
600 26TH ST – WEDNESDAY NIGHTS
9TH & VINE – SATURDAY NIGHTS

PASO NOON RECOVERY IN ACTION – PASO ROBLES
715 24TH ST. STE B

CHANGE IS GOOD GROUP – SANTA MARIA
WELCOME HOME, RECOVERY POINT
731 S. LINCOLN AVE.

LOCKWOOD GROUP
CALL STAN S. 472-9427, LOCKWOOD & JOLON RD

DESTINY GROUP – LOMPOC
119 NORTH "D" ST.

GRUPO RECUPERACION – LOMPOC
422 WEST OCEAN AVENUE

MORNING MEDICATION – SAN LUIS OBISPO
1814 OSOS STREET, SAN LUIS OBISPO 543-9817

REGIONAL WEBSITE**:** **www.ccrna.net**

CENTRAL COAST AREA LITERATURE
Chair Jeff M. # 215-0565
PO Box15885 SLO 93401

CENTRAL COAST AREA SERVICE COMMITTEES
Meets the 1st Sunday of each month
3:30 pm – 5:00 p,
1814 Osos St. SLO @ Alano Club
Chair: Kirk #473-9009
Vice-Chair – Wes D, #805-434-8449
E-mail changes to:
ffubwes@yahoo.com

HOSPITALS & INSTITUTUIONS COMMITTEES
Meets the 3rd Sunday of each month
1814 Osos St. SLO @ Alano Club
5:00 pm
Chair: Lori L. #805-440-7966 lavl2rose@yahoo.com

AREA ACTIVITY COMMITTEE
Meets the 3rd Sunday of each month
1814 Osos St. SLO @ Alano Club
2:00 pm
Chair – Leanne # 471-1142

PUBLIC INFORMATION COMMITTEE
Meets the 3rd Sunday each month
1814 Osos St. SLO @ Alano Club
4:00 pm
Chair – Joe # 712-7920
barclayclan@att.net

REGIONAL SERVICE COMMITTEE
Meets the 3rd Sunday every other month
(Jan, Mar, May, July, Sept, Nov)
962 Main St., Ventura
RCMs: Stuart # 878-2372
Mike # 215-4215
Area Secretary: Scott R. #291-0058
SCOTT.REARDON@verizon.net

WEBMASTER - Robin A. 805-286-6039
E-Mail nurserobin66@ad.com

JUST FOR TODAY, my thoughts will be on my recovery, living and enjoying life without the use of drugs.
JUST FOR TODAY, I will have faith in someone in NA who believes in me and wants to help me in my recovery.
JUST FOR TODAY, I will have a program. I will try to follow it to the best of my ability.
JUST FOR TODAY, through NA, I will try to get a better perspective on my life.
JUST FOR TODAY, I will be unafraid. My thoughts will be on my new associations, people who are not using and who have found a new way of life. So long as I follow that way, I have nothing to fear.

CENTRAL COAST AREA

NARCOTICS ANONYMOUS MEETINGS

UPDATED: AUGUST 2009
SLO HOTLINE: 549-7730
TOLL - FREE SLO: 1-800-549-7730

WHAT IS THE NARCOTICS ANONYMOUS PROGRAM

NA is a non-profit 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, a desire to stop using.

NAMES & PHONE NUMBERS –

Call us BEFORE you use!

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