

◆ **Kitchener - Waterloo**

Monday - 7:00pm

Friendship Group
1st Mennonite Church
800 King St. E. (at Stirling Ave.), Kitchener
(WA, OD, NS)

Tuesday - 7:30pm

Lust For Life
First United Church
16 William St. W., Waterloo (At King St. S.)
Enter at back of church
(OD, WA, BT, NS)

Wednesday - 7:30pm

Freedom Group
St. John's Lutheran Church
22 Willow St at William St., Waterloo
Adult Ed. Room - 2nd floor
(OD, JFT, NS)

Thursday - 7:30pm

Clean Freaks
Calvary Memorial United Church
91 Gruhn St. (corner of Park & Glasgow), Kit.
(OD, WA, NS)

Friday - 7:00pm

The Hope Group
St. Andrews Church
54 Queen St. N., at Weber St., Kitchener
(OD, NS, WA)

Saturday - 7:00pm

Saturday Night Live
St. Andrews Church
54 Queen St. N., at Weber St., Kitchener
(OD, WA, NS)

Sunday - 7:00pm

Step Into Recovery
Olivet United Church
47 Onward Ave., Kitchener
(Near the corner of King St. E. & Ottawa)
(CD, NS)

◆ **Guelph**

Daily Monday thru Friday - 9:30am

Just for Today
Knox Presbyterian Church
Quebec & Baker St., Guelph
Chapel Lane entrance
(CD, NS, WA)



Sunday & Wednesday - 7:30pm

Inside Recovery
Homewood Health Centre
150 Delhi St., Guelph
Wed.-Lecture Theatre, MacKinnon Bldg.
Sun. -Basement, MacKinnon Bldg.
(CD, NS, WA)

Monday & Saturday - 7:30pm

Phoenix Group
1st Baptist Church
Woolwich & Norfolk, Guelph
(OD, BT, WA, NS)

Thursday - 7:30pm

Welcome Home
40 Baker St, Guelph
New Location
(CD, BT, STS, NS)

Friday - 7:30pm

More Will Be Revealed
Homewood Health Centre
150 Delhi St., Guelph
Basement, MacKinnon Bldg.
(OD, WA, NS)

Saturday - 10:00am

Awakening Group
Holy Rosary Church
175 Emma St. (rear entrance), Guelph
(OD, WA, BT, NS)

◆ **Cambridge**

Tuesday & Thursday - 7:30pm

Together We Can
Preston Mennonite Church
791 Concession Road, Cambridge
(CD, NS)

Saturday - 7:30pm

Clean Times
Trillium United Church
450 King St. (opposite the Alan Rueter Center)
Entrance on Waterloo
(BT, SS, CD, NS)

◆ **Elora**

Tuesday - 7:30pm

Recovery Rocks
St. John's Anglican Church, Elora
Corner of Smith and Henderson
(CD, JFT, NS)

◆ **Listowel**

Tuesday - 7:30pm

Changing Lanes
St. Paul's Lutheran Church
Wallace & Campbell St. (Back entrance)
(OD, NS)

◆ **Orangeville**

Tuesday - 7:30pm

Second Wind
The Baywinds (next to Fred's Tire)
236 First St, Orangeville
(OS/OD/NS/WA)

Friday & Sunday - 7:00pm

New Life Group
Westminster United Church
247 Broadway, Orangeville
(CD, TP, NS)

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.**