

| SUNDAY | |
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| 9:00AM | The Breakfast Club (In person & online) Zoom Link: https://zoom.us/j/96384286255 PW: NA 929 205 6099 Phone Password: 440731 36 Carpenter St. Keene, NH, 03431 (BT,O,St,Tr,WEB,HY) |
| 5:00PM | Last Straw Group (In Person Only) 1st Congregational Church, Rm 102 3624 Main St Manchester Village, VT, 05255 (O,BK) |
| 6:00PM | New Beginnings (Online Only) Dial by phone 646 931 3860 Zoom link: https://us06web.zoom.us/j/6823177351 PW: NA Bethel, VT, 05032 (D,IP,O,WC,BK,VM) |
| 7:00PM | Green Mountain Men (Online Only) Join by zoom meeting 837 2728 6535 Password: NA Join URL: https://us06web.zoom.us/j/83727286535 (M,WEB,VM) |
| 7:00PM | Step It Up (InPerson &Online) Zoom Link https://zoom.us/j/92050814073 Password: NA Phone 646 876 9923 Phone Password: 440303Dial In: 62 Pleasant St, Unit 4, Broad St entrance Claremont, NH, NH, 03743 (D,O,RF,W,HY) |
| MONDAY | |
| 5:45PM | Monday Night Mechanics (Online Only) Zoom Link: https://us06web.zoom.us/j/95476368853 Password: NA Dial In By Phone929 436 2886 : 34 Mechanic St Keene, NH, 03431 (D,JT,O,VM) |
| 7:00PM | Monday Night NA (Online and In Person) Zoom Link: https://zoom.us/j/91692711848 Password: NA 120 Broad St (Trinity Episcopal Church) Claremont, NH, 03743 (O,RF,WC,WEB,HY) |
| 7:00PM | That's Life Group. (In Person Only) 2nd Congregational Church 115 Hillside Ave Bennington, VT, 05201 (D,O,WC,BK) |
| TUESDAY | |
| 5:30PM | Road to Recovery Turning Point Center of Addison County 54 A Creek Road Middlebury, VT, 05753 (D,O,WC) |

| TUESDAY (CONT) | |
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| 6:30PM | The Last Straw Group (Online and In Person) join by phone: 929 436 2866 Meeting ID: 729 220 920 Password: 385106 Join URL: https://zoom.us/j/729220920 Password: NA 3624 Main St (1st Congregational Church (Rm 102)) Manchester Village, VT, 05254 (JT,O,WC) |
| 7:00PM | Last Connection Group (In Person Only) 141 State St Rutland, VT, 05701 (D,O) |
| 7:00PM | The Gift Called Life Group (In Person Only) 18 School Street Lebanon, NH (O,WC,BK) |
| 7:30PM | In From The Storm Group (In Person Only) 36 Carpenter St. Keene, NH, 03431 (O,RF,WC) |
| WEDNESDAY | |
| 7:00PM | Out of the Woods (Online and In Person) Divided Sky Foundation bldg. Online and In Person https://us06web.zoom.us/j/84203473867 PW: NA 262 Fox Lane Ludlow, VT, 05149 (RF,WC,HY) |
| 7:30PM | All Will Be Well Group (Online & In Person) Join by Phone: 929 436 2866, Meeting ID: 476 126 708 Phone Password: 166281 Join URL: https://zoom.us/j/476126708 Password: NA 62 Pleasant St Claremont,, NH, 03743 (CL,O) |
| THURSDAY | |
| NOON | There Is Still Hope (In Person Only) Upper Valley Turning Point 200 Olcott Drive Wilder, VT, 05001 (O,RF,SD,WC) |
| 6:00PM | Living Clean Group (In Person Only) Turning Point Club 141 State Street Rutland, VT (D,O,RF) |
| 6:30PM | The Last Straw Group (Online and In Person) join by phone: 929 436 2866 Meeting ID: 729 220 920 Password: 385106 Join URL: https://zoom.us/j/729220920 Password: NA 3624 Main Street (1st Congregational Church, Rm 102) Manchester Village, VT, 05254 (CL,D,JT,O,WC) |

| THURSDAY (CONT) | |
|-----------------|---|
| 7:00PM | Hope in Claremont (Online and In Person) TLC family resource center Broad Street Entrance https://us06web.zoom.us/j/87907328775 PW: NA 62 Pleasant St Claremont, NH, 03743 (O,RF,WC,HY) |
| 7:00PM | Together We Can Group (Online & In Person)) First Congregational Church Join by Zoom: https://us04web.zoom.us/j/9500259596 dial by phone: 929-205-6099 Meeting ID: 9500259596 10 S Park St Lebanon, NH, 03766 (O,WC,BK) |
| 7:00PM | We Can Group (In Person Only) 69 Washington St Keene, NH, 03431 (JT,O,RF,WC) |
| FRIDAY | |
| 5:30PM | Road to Recovery Turning Point Center of Addison County 54A Creek Road Middlebury, VT, 05753 (D,O,WC) |
| 7:00PM | Mixed Nuts (In Person & Online) Join by Phone: 929 436 2866 Meeting ID: 947 774 934 Phone Password: 574132 Join by URL: https://zoom.us/j/947774934 Password: NA 39 Elm Street Brattleboro, VT (O,SD) |
| 7:15PM | Out of the Fog (In Person Only) United Methodist Church Speaker 1st Friday 314 U.S. 4 Enfield, NH (D,O,SD,WC) |
| SATURDAY | |
| 7:00PM | Saturday Night NA 141 State St Rutland, VT, 05701 (D,O) |
| 7:00PM | You Are Here Group (In Person & Online) Zoom Link https://us06web.zoom.us/j/83154677886 Password: NA. Phone929 205 6099 Phone Password: NA Federated Church, 16 Pleasant St Marlborough, NH, 03455 (O,RF,Tr,WC,HY) |

| Meeting Format Legend | | | |
|-----------------------|--------------------|----|------------------------|
| BK | Book Study | BT | Basic Text |
| CL | Candlelight | D | Discussion |
| HY | Hybrid Meeting | IP | Informational Pamphlet |
| JT | Just for Today | M | Men |
| O | Open | RF | Rotating Format |
| SD | Speaker/Discussion | St | Step |
| Tr | Tradition | VM | Virtual Meeting |
| W | Women | WC | Wheelchair |
| WEB | Online Meeting | | |

PHONE NUMBERS



**GREEN MOUNTAIN AREA NARCOTICS
ANONYMOUS**

WWW.GMANA.ORG

GMANA, P.O. Box 6414, Brattleboro, VT 05302

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.

Our 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

Helplines

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|---|-----------------|
| Phoneline / Internet Meeting | naphone.org |
| ABCD Region (abcdrna.org) | 888-399 5519 |
| New England Region (newenglandna.org) | 1-866-NA HELP U |
| Granite State Area (gsana.org) | 888-624-3578 |
| Champlain Valley Area (cvana.org) | 866-580-8718 |
| Berkshire County Area (berkshirena.org) | 413-443-4377 |
| Western Mass Area | 800-481-6871 |