



**WEDNESDAY / MIÉRCOLES (CONT)**

- 3:00PM Harlem's House of Hope**, Harlem United building Ground Floor, Btwn 7th & Lenox Aves, 123-125 West 124th St, New York, NY, 10027 **(O,RF,WC)**
- 3:00PM Manhattan 3 O'Clock Group**, St. Mary the Virgin, Meeting is in the Mission House which is East of the church.on the 2nd floor., 133 West 46th Street, New York, NY, 10036 **(O,B,RF)**
- 5:30PM An Ounce of Hope**, Dyckman Senior Center, @ 202th Street & Academy Street, 3754 10th Avenue, New York, NY, 10034 **(O,B,IP,RF,St,WC)**
- 6:30PM ABC's to Recovery**, All Saint's Ukrainian Church, btw 2nd & 3rd Ave, 206 East 11th Street, New York, NY, 10003 **(O,B)**
- 6:30PM Harlem Virtual Step Study Night Time**, New York, NY, **(O,SG,So,BK,WEB,VM)** <https://zoom.us/j/83042677695> PW 460934 PW 460934
- 6:30PM Recovery on Bradhurst**, Senior Citizen Building, Community Room, 300 West 154th Street, New York, NY, 10039 **(O,WC,CW)**
- 6:30PM Uptown Men's Meeting**, Union Settlement Center, Between 2nd & 3rd Avenues, 237 East 104th Street, New York, NY, 10029 **(C,M,RF,WC)**
- 7:00PM Clean & Serene**, New York, NY, **(O,WEB,VM)** <https://zoom.us/j/5658461850> Passcode: 047888
- 7:00PM Men Supporting Men**, St. Mary's Episcopal Church, between Old Broadway & Amsterdam Ave, 521 West 126th St, New York, NY, 10027 **(C,M,RF,WEB,VM)** <https://zoom.us/j/6706519364> PW 456894 PW 456894
- 7:00PM Men's Recovery Project**, The Center, 208 W 13th St, New York, NY, 10014 **(O,M,WC)**
- 7:00PM New Attitudes**, Christian Parish House, Basement Side Ent, @W 122nd St, 2044 Adam Clayton Powell Jr. Blvd., New York, NY, 10027 **(O,St,WC)**
- 7:00PM Our Primary Purpose**, New York, NY, **(C,RF,WEB,VM)** <https://zoom.us/j/9624491249> No Password
- 7:00PM Recuperacion on the Lower East Side**, New York, NY, 10002 **(O,B,Bl,CL,RF,BK,WEB,VM)** <https://zoom.us/j/89115295966> PW: rutgers PW rutgers
- 7:00PM Zoom In On Recovery**, New York, NY, **(O,GL,JT,BK,WEB,VM)** <https://zoom.us/j/75907342333> nazoommtg PW nazoommtg
- 7:30PM Our Whole Lives Ahead of Us- Youth Meeting**, Hazelden Betty Ford Foundation, 283 West Broadway, New York, NY, 10013 **(O,CH,RF,Ti,WC,YP)**
- 8:00PM ABC Steps to Recovery**, All Saint's Ukrainian Church, btw 2nd & 3rd Ave, 206 East 11th Street, New York, NY, 10003 **(O,B,Rr)**
- 8:30PM ABC Steps to Recovery Virtual**, New York, NY, **(O,B,Rr,WEB,VM)** <https://us02web.zoom.us/j/88023137016> PW ABC PW ABC
- 9:00PM Quarantined NA New York**, New York, NY, **(To,WEB,VM)** <https://zoom.us/j/8436011351> PW quarantine PW quarantine
- 11:00PM No More Excuses**, New York, NY, **(O,RF,AB,WEB,VM)** <https://zoom.us/j/79533858850> PW 990072 PW 990072

**THURSDAY / JUEVES**

- 9:00AM 9 AM Wake-Up**, New York, NY, 10012 **(O,B,WEB,VM)** <https://zoom.us/j/9180180710> password 918018 PW:918018
- 9:30AM Let There Be Life**, New York, NY, **(O,PI,WEB,VM)** <https://zoom.us/j/81080972645> PW 322219 PW 322219
- NOON Harlem Virtual Step Study**, New York, NY, **(O,SG,So,BK,VM)** <https://zoom.us/j/82050408160> PW 411474 PW 411474
- 1:00PM Living Free**, Town & Village Synagogue, Ground Floor Auditorium, Btwn 1st & 2nd Ave (Closed on Jewish Holidays), 334 East 14th Street, New York, NY, 10003 **(C,CH,St)**
- 2:00PM Daily Gratitude**, New York, NY, **(BK,WEB,VM)** <https://zoom.us/j/786371967>
- 5:15PM No Matter What**, Keith D. Cylar Community Health Center, 743-749 East 9th Street, New York, NY, 10009 **(O,D)**
- 5:30PM Aging In Recovery**, Rosa Parks Building, Between 118th and 119th Streets, 163 St. Nicholas Avenue, New York, NY, 10026 **(RF,SD,To,WEB,VM)** <https://zoom.us/j/83140121150> PW 050181 PW 050181
- 6:00PM (New Meeting) No Name Yet**, Church of the Resurrection, Between 1st and 2nd Avenue, 325 East 101st Street, New York, NY, 10029 **(St,Tr)**
- 6:15PM Second Lives Virtual**, New York, NY, **(O,WEB,VM)** <https://zoom.us/j/87378020611> PW 2lives2 PW 2lives2
- 6:30PM A Greater Consciousness**, United Methodist Church, 163 East 111 Street, New York, NY, 10029 **(C,B,Tr)**

**THURSDAY / JUEVES (CONT)**

- 6:30PM Harlem Virtual Step Study Night Time**, New York, NY, **(O,SG,So,BK,WEB,VM)** <https://zoom.us/j/83042677695> PW 460934 PW 460934
- 6:30PM It Starts Here**, Btwn Amsterdam and Columbus Ave., 143 West 108th Street, New York, NY, 10025 **(O,RF,WC)** No smoking in front of the building.
- 6:30PM Seize the Day**, New York, NY, **(JT,WEB,VM)** <https://zoom.us/j/287923034> PW: 275509
- 6:30PM The Convent Avenue Group**, New York, NY, **(O,RF,WEB,VM)** <https://zoom.us/j/134150362> PW 280579
- 6:30PM Uptown Men's Meeting**, New York, NY, **(O,M,WEB,VM)** <https://zoom.us/j/156339546> PW 021986 PW 021986
- 7:00PM Clean & Serene**, New York, NY, **(O,WEB,VM)** <https://zoom.us/j/5658461850> Passcode: 047888
- 7:00PM Convent Group**, St Mary's Episcopal Church, Basement, Btwn Broadway & Amsterdam Ave, 521 W 126th St, New York, NY, 10027 **(O,RF)**
- 7:00PM Hope in the Projects**, Martin Luther King Center, Community Rm, @5th Ave, 2 W 115 St, New York, NY, 10026 **(O,B,RF,WC)**
- 7:00PM Recovery in the Lower**, LESC House, Between Ave. B and C, 630 East 6th Street, New York, NY, 10009 **(O,SC,Ti,WC)**
- 7:00PM Recurring Themes**, NY, **(WEB,VM)** <https://us04web.zoom.us/j/264914829> 1991316125 Please visit NYCNA.ORG service page for latest topics.
- 7:00PM The Solution Group**, City as School, Handicapped entrance on Houston Street, ring bell for entry. ., 16 Clarkson Street, New York, NY, 10014 **(C,CH,RF,WC,BK,LC,ID)** Building is closed when NYC Schools are closed.
- 7:00PM The Washington Heights Group \*Open only on the 3rd Thursday of the month**, St Elizabeth's Church, @187th St, 268 Wadsworth Ave, New York, NY, 10033 **(O,B,IP,JT,St,WEB,HY)** <https://us06web.zoom.us/j/84953994355>pwd=ppBltPpKFKrAxFHM5t6WsfzBfO8u.1 Passcode: 613623 Open only on the 3rd Thursday of the month. Anniversaries celebrated Hybrid.
- 7:00PM The Washington Heights Group Virtual**, New York, NY, **(B,IP,JT,St,WEB,VM)** <https://us06web.zoom.us/j/84953994355>pwd=ppBltPpKFKrAxFHM5t6WsfzBfO8u.1 Passcode: 613623 This meeting celebrates hybrid on the 3rd Thursday of the month at St Elizabeth's Church 268 Wadsworth Ave, New York, NY, 10033 Manhattan @187th Street.
- 7:00PM Zoom In On Recovery**, New York, NY, **(O,GL,JT,BK,WEB,VM)** <https://zoom.us/j/75907342333> nazoommtg PW nazoommtg
- 7:15PM Second Lives**, All Saints Ukrainian Church, off the corner of 3rd Avenue, Basement, 206 East 11th Street, New York, NY, 10003 **(C,St)** No Pets please
- 8:00PM The G.O.D. (Gift of Desperation)**, The Center, 208 West 13 Street, New York, NY, 10014 **(O,RF,WC,Ag)** Atheists, Agnostics, Free Thinkers, All Are Welcome.
- 9:00PM Quarantined NA New York**, New York, NY, **(To,WEB,VM)** <https://zoom.us/j/8436011351> PW quarantine PW quarantine
- 11:00PM No More Excuses**, New York, NY, **(O,RF,WEB,VM)** <https://zoom.us/j/79533858850> PW 990072 PW 990072

**FRIDAY / VIERNES**

- 9:00AM 9 AM Wake Up**, Middle Collegiate Church, 4th Floor, 50 East 7th Street, New York, NY, 10003 **(O,St,WC)**
- 9:00AM 9 AM Wake-Up**, New York, NY, 10012 **(O,B,WEB,VM)** <https://zoom.us/j/9180180710> password 918018 PW:918018
- 9:30AM Let There Be Life**, New York, NY, **(O,B,WEB,VM)** <https://zoom.us/j/81080972645> PW 322219 PW 322219
- NOON Harlem Virtual Step Study**, New York, NY, **(O,SG,So,BK,WEB,VM)** <https://zoom.us/j/82050408160> PW 411474 PW 411474
- 1:00PM Living Free**, Town & Village Synagogue, Ground Floor Auditorium, Btwn 1st & 2nd Ave.(Closed on Jewish Holidays), 334 East 14th Street, New York, NY, 10003 **(C,B,CH)**
- 1:00PM Midtown Matinee**, Church of the Incarnation, Side Entrance 2nd fl, @E 35th St, 209 Madison Ave, New York, NY, 10016 **(O,B,So)**
- 2:00PM Daily Gratitude**, New York, NY, **(C,BK,WEB,VM)** <https://zoom.us/j/786371967>
- 3:00PM Manhattan 3 O'Clock Group**, St. Mary the Virgin, Meeting is in the Mission House which is East of the church.on the 2nd floor., 133 West 46th Street, New York, NY, 10036 **(O,B,RF)**
- 5:15PM No Matter What**, Keith D. Cylar Community Health Center, 743-749 East 9th Street, New York, NY, 10009 **(O)** Speakers Choice

**FRIDAY / VIERNES (CONT)**

- 6:00PM Another Look**, 122nd Street, 2044 Adam Clayton Powell Jr. Blvd, New York, NY, 10027 **(B,RF,St,Tr,WEB,QA,HY)** <https://zoom.us/j/727971879> ID: 727 971 879. Password: 7388382 PW 738382
- 6:00PM Uptown Friday Night**, Church of the Good Shepherd, 630 Isham Street, New York, NY, 10034 **(O,B,St)**
- 6:30PM Belly of the Beast 1**, Virtual Only, New York, NY, **(VM)** <https://zoom.us/j/571960170>
- 6:30PM Belly of the Beast 2**, First Spanish United Methodist Church, 163 East 111 Street, New York, NY, 10029 **(O,RF,WC)**
- 6:30PM Harlem Virtual Step Study Night Time**, New York, NY, **(O,SG,So,BK,WEB,VM)** <https://zoom.us/j/83042677695> PW 460934 PW 460934
- 6:30PM It's About Change**, New York, NY, 10014 **(O,St,Tr,WEB,ID,VM)** <https://zoom.us/j/6924745764> Zoom ID: 692 474 5764, Passcode: gTsv95 PW: gTsv95
- 6:30PM Not On Fire (Women & Trans)**, Sirovich Center, 331 E 12th St, New York, NY, 10003 **(C,GL,Ti,W,CW)**
- 7:00PM Clean & Serene**, New York, NY, **(O,WEB,VM)** <https://zoom.us/j/5658461850> Passcode: 047888
- 7:00PM Home Away From Home Virtual**, New York, NY, **(C,SD,St,WEB,VM)** <https://us02web.zoom.us/j/701615235> PW 1234 PW 1234
- 7:00PM Recuperacion for Today**, Henry Street Settlement, 40 Montgomery Street, New York, NY, 10002 **(O,Bl,D,ES,RF,St,Tr,CP,WEB)**
- 7:00PM Remember the Pain (Children under 18 not permitted)**, Ready,Willing and Able Facility, 2960 Frederick Douglas Boulevard, New York, NY, 10039 **(O,NC,RF)**
- 7:00PM Zoom In On Recovery**, New York, NY, **(O,GL,JT,BK,WEB,VM)** <https://zoom.us/j/75907342333> nazoommtg PW nazoommtg
- 7:15PM Home Away From Home**, All Saints Ukranian Church, 206 East 11th St, New York, NY, 10003 **(C,St)** No Food Allowed
- 7:30PM You Get What You Need**, St. Josephs Church, 404 East 87 between 1st and York, New York, NY, 10128 **(O,B)**
- 8:00PM Friday Night Bleecker**, New York, NY, **(O,WEB,VM)** <https://us06web.zoom.us/j/84604806003> Passcode TGIF Zoom ID 838 1419 6875 Pass code: TGIF
- 9:00PM Finally Found a Home**, All Saints Ukrainian Church, 206 East 11th Street, New York, NY, 10003 **(O,RF,WEB,ID,VM)** <http://zoom.us/j/493778300> PW 493 PW 493
- 9:00PM Quarantined NA New York**, New York, NY, **(To,WEB,VM)** <https://zoom.us/j/8436011351> PW quarantine PW quarantine
- 11:00PM No More Excuses**, New York, NY, **(O,RF,WEB,VM)** <https://zoom.us/j/79533858850> PW 990072 PW 990072

**SATURDAY / SÁBADO**

- 9:30AM Early Morning Serenity**, Church of Resurrection, Between 1st and 2nd Ave., 325 East 101st Street, New York, NY, 10029 **(O,B,RF)**
- 10:00AM Recovering in Washington Heights**, Holyrood Church, 715 West 179th Street, New York, NY, 10033 **(C,B,BT,JT,RF,St,WEB,LC,HY)** <https://zoom.us/j/419691646> Zoom ID #818 893 1924 No Password Needed
- NOON Men's Meeting**, New York, NY, **(C,M,Rr,WEB,VM)** <https://zoom.us/j/130511879> PW 11545 PW 11545
- 12:30PM Women Carrying the Message**, WFSSSH Building, Between Columbus and Amsterdam Avenue, 143-145 West 108th Street, New York, NY, 10025 **(B,IP,RF,W,SPAD)**
- 1:00PM Saturday Men's Meeting**, The Fathers Heart Ministry, Btw. A and B, 545 East 11th street, New York, NY, 10009 **(C,M,Rr)**
- 2:00PM Daily Gratitude**, New York, NY, **(C,BK,WEB,VM)** <https://zoom.us/j/786371967>
- 3:00PM Recovery on Madison**, @ 108th St.-Community Center, 1589 Madison Avenue, New York, NY, 10029 **(C,CH,BK,LC)** Mtg Closed Holidays and during public school breaks.
- 4:00PM Just For Today On The West Side**, The Center, Between Greenwich Ave and 7th Ave, 208 West 13th Street, New York, NY, 10014 **(SD,WC,YP)**
- 5:00PM Life Begins Again**, Church of the Resurrection, Between 1st & 2nd Avenue, 325 East 101st Street, New York, NY, 10029 **(O,B,D,WC)**
- 6:00PM Serenity on Saturday (SOS)**, The LGBT Center, room 207, 208 West 13th Street, New York, NY, 10014 **(C,GL,NC,RF,NS,WEB,HY)** <https://zoom/j/86939020145> W nazoommtg PW nazoommtg

## SATURDAY / SÁBADO (CONT)

- 6:30PM It Can Be Done**, NY, 10039 **(C,B,NC,VM)** <https://zoom.us/j/71023061029>  
Group ID: 71023061029, Password: RWA156
- 6:30PM It Can Be Done (Children under 18 not permitted)**, Ready, Willing & Able - Harlem, @156th St, 2960 Frederick Douglass Blvd, New York, NY, 10039 **(C,B,NC,RF)**
- 7:00PM Clean & Serene**, New York, NY, **(O,WEB,VM)** <https://zoom.us/j/5658461850>  
Passcode: 047888
- 7:00PM Zoom In On Recovery**, New York, NY, **(O,GL,JT,BK,WEB,VM)**  
<https://zoom.us/j/75907342333> nazoommtg PW nazoommtg
- 7:30PM NA Saturday Night Live**, Sirovich Center, 331 E 12th St, New York, NY, 10003 **(O,SD)** No food allowed only water
- 9:00PM Hell's Kitchen**, Trinity Presbyterian Church, Btwn 9th & 10th Aves, 422 W 57th St, New York, NY, 10019 **(C,St)**
- 9:00PM Hell's Kitchen Virtual Group**, New York, NY, **(C,RF,St,WEB,VM)**  
<https://zoom.us/j/7370787700> PW 883391 PW 883391
- 9:00PM Quarantined NA New York**, New York, NY, **(Pi,WEB,VM)**  
<https://zoom.us/j/84360111351> PW quarantine PW quarantine
- 9:30PM Str8UP Men's NA Meeting**, New York, NY, **(VM)**  
<https://zoom.us/j/8865479471>
- 11:00PM No More Excuses**, New York, NY, **(O,RF,WEB,VM)**  
<https://zoom.us/j/79533858850> PW 990072 PW 990072

## VIRTUAL MEETINGS

Find virtual meetings at  
[newyorkna.org/meetings](http://newyorkna.org/meetings)

## MEETING FORMAT LEGEND

|             |   |
|-------------|---|
| <b>B</b>    | (Beginners) This meeting is focused on the needs of new members of NA.  |
| <b>BL</b>   | (Bi-Lingual) This Meeting can be attended by speakers of English and another language.  |
| <b>BT</b>   | (Basic Text) This meeting is focused on discussion of the Basic Text of Narcotics Anonymous.  |
| <b>C</b>    | (Closed) This meeting is closed to non-addicts. You should attend only if you believe that you may have a problem with substance abuse. |
| <b>CH</b>   | (Closed Holidays) This meeting gathers in a facility that is usually closed on holidays.  |
| <b>CL</b>   | (Candlelight) This meeting is held by candlelight.  |
| <b>D</b>    | (Discussion) This meeting invites participation by all attendees.   |
| <b>ES</b>   | (Español) This meeting is conducted in Spanish.   |
| <b>GL</b>   | (Gay/Lesbian/Transgender) This meeting is focused on the needs of gay, lesbian and transgender members of NA.                           |
| <b>IP</b>   | (Informational Pamphlet) This meeting is focused on discussion of one or more Informational Pamphlets.                                  |
| <b>IW</b>   | (It Works -How and Why) This meeting is focused on discussion of the It Works -How and Why text.  |
| <b>JT</b>   | (Just for Today) This meeting is focused on discussion of the Just For Today text.  |
| <b>M</b>    | (Men) This meeting is focused on topics encountered by men in NA.   |
| <b>NC</b>   | (No Children) Please do not bring children to this meeting.   |
| <b>O</b>    | (Open) This meeting is open to addicts and non-addicts alike. All are welcome.  |
| <b>Pi</b>   | (Pitch) This meeting has a format that consists of each person who shares picking the next person.                                      |
| <b>RF</b>   | (Rotating Format) This meeting has a format that changes for each meeting.  |
| <b>Rr</b>   | (Round Robin) This meeting has a fixed sharing order (usually a circle.)  |
| <b>SC</b>   | (Surveillance Cameras) This meeting is held in a facility that has surveillance cameras.  |
| <b>SD</b>   | (Speaker/Discussion) This meeting is lead by a speaker, then opened for participation by attendees.                                     |
| <b>SG</b>   | (Step Working Guide) This meeting is focused on discussion of the Step Working Guide text.  |
| <b>So</b>   | (Speaker Only) This meeting is a speaker-only meeting. Other attendees do not participate in the discussion.                            |
| <b>St</b>   | (Step) This meeting is focused on discussion of the Twelve Steps of NA.   |
| <b>Ti</b>   | (Timer) This meeting has sharing time limited by a timer.   |
| <b>To</b>   | (Topic) This meeting is based upon a topic chosen by a speaker or by group conscience.  |
| <b>Tr</b>   | (Tradition) This meeting is focused on discussion of the Twelve Traditions of NA.   |
| <b>W</b>    | (Women) This meeting is focused on topics encountered by women in NA.   |
| <b>WC</b>   | (Wheelchair) This meeting is wheelchair accessible.   |
| <b>YP</b>   | (Young People) This meeting is focused on the needs of younger members of NA.   |
| <b>BK</b>   | (Book Study) Approved N.A. Books  |
| <b>NS</b>   | (No Smoking) Smoking is not allowed at this meeting.  |
| <b>Ag</b>   | (Agnostic) Intended for people with varying degrees of Faith.   |
| <b>AB</b>   | (Ask-It-Basket) A topic is chosen from suggestions placed into a basket.  |
| <b>CW</b>   | (Children Welcome) Children are welcome at this meeting.  |
| <b>CP</b>   | (Concepts) This meeting is focused on discussion of the twelve concepts of NA.  |
| <b>WEB</b>  | (Online Meeting) This is a meeting that gathers on the Internet.  |
| <b>LC</b>   | (Living Clean) This is a discussion of the NA book Living Clean -The Journey Continues.   |
| <b>ID</b>   | (ID Required to Enter) This meeting is held in a facility that requires visitors to provide ID to enter.                                |
| <b>QA</b>   | (Question and Answer) Q&A-style meeting where questions about the NA way of life are asked and answered.                                |
| <b>VM</b>   | (Virtual Meeting) Meets Virtually   |
| <b>HY</b>   | (Hybrid Meeting) Meets Virtually and In-person  |
| <b>SPAD</b> | (A Spiritual Principle a Day) This meeting is focused on discussion of the book A Spiritual Principle a Day.                            |

## HELPLINES

|  |                     |
|--|---------------------|
| Greater New York Regional Helpline       | 212-929-NANA (6262) |
| Eastern Long Island Area Helpline        | 631-689-NANA (6262) |
| Open Arms Area Helpline                  | 1-800-498-5224      |
| Greater New York Regional Service Office | 212-929-7117        |

## SERVICE MEETINGS

## 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.**



## **NEW YORK CITY & MANHATTAN AREAS**

### **MEETING LIST**

### **FEBRUARY 2026**

Narcotics Anonymous is not affiliated with any of the facilities where our meetings are held. We list the facilities' names only to make it easier to find our meetings.

Meetings Weekly: 176