



BRITISH COLUMBIA REGION

MEETING LIST

DECEMBER 2025

24 HOUR HELPLINE

866-579-8333

**Florida Relay for the Deaf
800-955-8771**

**Greater Orlando Area Service Committee
PO Box 532095
Orlando, FL 32853-2095**

<http://orlandona.org>

SUGGESTIONS FOR EVERYONE

DON'T USE no matter what

Ask your Higher Power to keep you clean

Come early and stay late

Get a home group

Go to 90 meetings in 90 days

Read NA literature daily

Get and use a sponsor

Use the PHONE

KEEP COMING BACK. IT WORKS

Meetings Weekly: 10