



WHAT IS THE N.A. PROGRAM?

N.A. 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, the desire to stop using. We suggest that you keep an open mind and give yourself a break. Our program is a set of principles written so simply that we can follow them in our daily lives. The most important thing about them is that they work. (Basic Text pg 9)

SUGGESSTIONS:

- DON'T USE & GO TO A MEETING.
- GO EARLY & STAY LATE.
- ASK FOR & USE PHONE NUMBERS.
- AVOID PEOPLE, PLACES, AND THINGS YOU USED WITH AND/OR AT.
- 90 MEETINGS IN 90 DAYS.
- GET AND USE A SPONSOR.
- JOIN A HOMEGROUP.
- KEEP COMING BACK IT WORKS.

AREA SERVICE COMMITTEE INFO:

MAILING ADDRESS:

P. O. BOX 43
 CANTON, N. Y. 13617
 E-MAIL STANA@SEAWAYTRAILNA.ORG

ASC MONTHLY MEETING:

4th SUNDAY OF EVERY MONTH @ 1:00 PM
 AT PEER TO PEER BUILDING
 247 STATE ST. WATERTOWN, N.Y.

MONTH SUBCOMMITTEE MEETINGS:

HOSPITALS & INSTITUTIONS:

TO BE ANNOUNCED AT THE ASC MEETING.

PUBLIC INFORMATION:

TO BE ANNOUNCED AT THE ASC MEETING.

ACTIVITIES & EVENTS:

TO BE ANNOUNCED AT THE ASC MEETING.

PEOPLE I CAN CALL

2014 MEETING SCHEDULE



**SEAWAY TRAIL AREA OF
 NARCOTICS ANONYMOUS**

MEETING INFO: (315) 688-8010

24 HOUR PHONE INFO-LINES:

- PLATTSBURGH AREA-----(866) 580-8715
- BINGHAMTOM AREA----- (607) 774-4907
- SYRACUSE AREA----- (315) 472-5555
- BUFFALO AREA----- (716) 878-2316
- CORTLAND/ITHACA AREA----- (607) 387-8292
- FINGERLAKES AREA----- (585) 234-7889
- ALBANY AREA----- (518) 448-6350

(SCHEDULE UPDATED: MARCH 2014)

SUNDAY:

7:00 PM **REHAB GROUP**
 O, D, NS, CANTON/POTSDAM HOSPITAL
 WC (IN REHAB CAFETERIA)
 90 MIN 50 LEROY ST.
 - POTSDAM

6:00 PM **EASY DOES IT**
 O, LIT, D, MALONE ADULT CENTER
 NS, WC 18 MORTON ST.
 90 MIN MALONE

7:00 PM **COURAGE TO CHANGE**
 O, D, NS, SALVATION ARMY (OUT BACK SIDE STREET)
 WC 723 STATE ST
 90 MIN WATERTOWN

MONDAY:

12:00 PM **COURAGE TO CHANGE**
 O, D, NS, PEER TO PEER
 WC 247 STATE ST
 60 MIN WATERTOWN

6:00 PM **DAY BY DAY**
 C, D, NS, ALICE HYDE HOSPITAL
 WC 133 PARK ST. 2ND FLOOR
 90 MIN MALONE

7:00 PM **COURAGE TO CHANGE**
 O, D, NS, SALVATION ARMY (OUT BACK SIDE STREET)
 WC 723 STATE ST
 90 MIN WATERTOWN

7:00 PM **STICK AND STAY**
 O, D, NS, METHODIST CHURCH
 WC CORNER OF COURT ST. AND CHAPEL ST.
 90 MIN CANTON

TUESDAY:

12:00 PM **COURAGE TO CHANGE**
 O, D, NS, PEER TO PEER
 WC 247 STATE ST
 90 MIN WATERTOWN

6:00 PM **DAY BY DAY**
 O, D, NS, NORTHSTAR CHEMICAL DEPENDENCY
 WC 209 PARK ST.
 60 MIN MALONE

7:00 PM **HOPE FIENDS**
 O, D, NS, SALVATION ARMY (OUT BACK SIDE STREET)
 WC 723 STATE ST
 90 MIN WATERTOWN

7:30 PM **4TH COAST LAST CHANCE FOR HOPE**
 O, LIT, D, 1ST CONGREGATIONAL CHURCH
 NS, WC 300 NEW YORK AVE.
 90 MIN OGDENSBURG

7:30 PM **REHAB GROUP**
 O, D, NS, CANTON/POTSDAM HOSPITAL
 WC (IN REHAB CAFETERIA)
 90 MIN 50 LEROY ST.
 - POTSDAM

WEDNESDAY:

12:00 PM **COURAGE TO CHANGE**
 O, D, NS, PEER TO PEER
 WC 247 STATE ST
 60 MIN WATERTOWN

5:00 PM **IT WORKS**
 C, ST, NS, NORTH STAR CHEMICAL DEPENDENCY
 WC 209 PARK ST.
 90 MIN MALONE

7:00 PM **COURAGE TO CHANGE**
 O, D, NS, SALVATION ARMY
 WC 723 STATE ST
 90 MIN WATERTOWN

7:00 PM **JUST FOR TODAY**
 O, LIT, RED HIGH RISE
 NS, WC, 37 RIVERSIDE DRIVE
 90 MIN CANTON

7:30 PM **THE RECOVERY WARRIORS**
 O, D, NS, ROSE HILL REHAB
 WC, 100 TOWN LINE RD. / CR43
 90 MIN MASSENA

THURSDAY:

12:00 PM **COURAGE TO CHANGE**
 O, D, NS, PEER TO PEER
 WC 247 STATE ST
 60 MIN WATERTOWN

7:00 PM **DAY BY DAY**
 O, D, NS, MALONE ADULT CENTER
 RF, WC 18 MORTON ST.
 90 MIN MALONE

7:00 PM **COURAGE TO CHANGE**
 O, D, NS, SALVATION ARMY (OUT BACK SIDE STREET)
 WC 723 STATE ST.
 90 MIN WATERTOWN

7:30 PM **FREEDOM GROUP**
 O, D, NS, ST. MARYS CATHOLIC CHURCH
 90 MIN 105 CORNELL AVE.
 - MASSENA

7:30PM **ADDICTS HELPING ADDICTS**
 O, D, NS, CANTON/POTSDAM HOSPITAL
 WC (IN REHAB CAFETERIA)
 90 MIN 50 LEROY ST.
 - POTSDAM

FRIDAY:

12:00 PM **COURAGE TO CHANGE**
 O, D, NS, PEER TO PEER
 WC 247 STATE ST
 60 MIN WATERTOWN

7:00 PM **REHAB GROUP**
 O, D, NS, CANTON/POTSDAM HOSPITAL
 WC (IN REHAB CAFETERIA)
 90 MIN 50 LEROY ST.
 - POTSDAM

7:00 PM **HOPE FIENDS**
 O, D, NS, SALVATION ARMY (OUT BACK SIDE STREET)
 WC 723 STATE ST
 90 MIN WATERTOWN

7:30 PM **DAY BY DAY**
 C, D, ST, ALICE HYDE HOSPITAL
 NS, WC 133 PARK ST. 2ND FLOOR
 90 MIN MALONE

SATURDAY:

7:00 PM **HOPE FIENDS**
 O, D, NS, SALVATION ARMY (OUT BACK SIDE STREET)
 WC 723 STATE ST
 90 MIN WATERTOWN

7:00 PM **EASY DOES IT**
 O, ST, NS, MALONE ADULT CENTER
 WC 18 MORTON ST.
 90 MIN MALONE

7:00 PM **SERENITY CIRCLE**
 O, D, RF, MASSENA MEMORIAL HOSPITAL, CONF. RM A
 NS, WC 1 HOSPITAL DRIVE
 60 MIN MASSENA

7:30 PM **4TH COAST LAST CHANCE FOR HOPE**
 O, D, NS, 1ST CONGREGATIONAL CHURCH
 WC 300 NEW YORK AVE.
 90 MIN OGDENSBURG

MEETING FORMAT KEYS

O = OPEN MEETING - WELCOME TO ALL WHO WISH TO EXPERIENCE OUR FELLOWSHIP. C = CLOSED MEETING - ADDICTS OR ANYONE WHO MAY THINK THEY HAVE A PROBLEM WITH AN ADDICTION. LIT = LITERATURE
 RF = REVOLVING FORMAT D = DISCUSSION TD = TOPIC DISCUSSION
 ST = STEP DISCUSSION NS = NON-SMOKING SP = SPEAKER
 BT = BASIC TEXT CL = CANDLE LIGHT WC = WHEELCHAIR ACCESSIBLE