

SUNDAY

Calgary
10:00AM LIFE HAPPENS 2.0 , Bowness Community Association, 7904 43 Ave NW, Calgary, AB, T3B 4P9 (O,BT,D,To)
2:00PM HOPE HEART HUMILITY , Journey Church, Enter through door facing Eamon Rd., 10307 Eamon Rd NW, Calgary, AB, T3G5H2 (O,BT,St,Tr,BK)
7:00PM FRESH START , Peter Lougheed Hospital, Auditorium (Basement Level), 3500 26 AVE N.E., Calgary, AB, T1Y 6J4 (O,JT,WC) <i>The 4th Sunday of the month is a speaker meeting</i>
7:00PM ONLINE LIFE HAPPENS , Virtual, This meeting is currently held online, Calgary, AB, (O,BT,D,WC,BK,CW,WEB,NP,VM) https://us04web.zoom.us/j/89767635990 ZOOM ID: 89767635990
7:00PM SERENITY SUNDAY , Faith Calgary Church, Enter through side door, 1903 19 AVE N.W., Calgary, AB, T2M 1B8 (O,B,D,Ti,WC,YP,AB,ME,QA,CW)
7:30PM KEEPING IT REAL , Sunwest Church, Meeting held in basement Ring bell for access; use back door off Midpark Blvd., 260 Midpark BLVD S.E., Calgary, AB, T2X0A1 (O,D,JT,NP)

Canmore
6:00PM CASCADE OF HOPE , Boardwalk Building, 743 Railway Ave., Canmore, AB, T1W 1P2 (O)

Cochrane
7:00PM WELCOME HOME , All Saints Anglican Church, Parrish House Building - Basement, 404 - 4th Ave. N, Cochrane, AB, T4C 1E4 (O,To,CW,SPAD) <i>Fellowship pot luck/social, last Sunday of each month @ 6:00PM</i>

Lethbridge
1:00PM NEW BEGINNERS , Chinook Recovery Centre, Use back alley entrance - right side, silver door, 408 13th Street North, Lethbridge, AB, (O,D,To,WC)

Medicine Hat
7:00PM COURAGE TO CHANGE , ARC Building, In Person Only, 337 Division Ave N, Medicine Hat, AB, T1A 5Z2 (O,D,St,Tr,WC)

Sparwood
7:30PM SPARWOOD NA , Sparwood Union Hall, BIG GREEN BLDG, 140 Spruce Ave., Sparwood, BC, V0B 2G0 (O,D,JT,WC,HY) <i>NOW HYBRID Zoom ID: 815 7186 3578 Passcode: 044073</i>

MONDAY

Calgary
8:00AM AMNA , Emmanuel Community Church, 3003 28 St SE, Calgary, AB, T2B 3V4 (O,D,JT,WC)
6:30PM BLACK KEYS , CKE Community Centre, 1015 73 Ave SW, Calgary, AB, (C,RF,To,BK) <i>Alternating NA Literature</i>
6:30PM RAGE AGAINST THE DISEASE , Emmanuel Community Church, 3003 28 St SE, Calgary, AB, T2B 3V4 (O,D,To,WC)
7:00PM JUST FOR TODAY , Hounsfield Heights - Briar Hill Comm Assoc, 1928 14 Ave NW, Calgary, AB, T2N 1M5 (O,D,St,Tr,WC,BK,CW,CP,NP)
7:30PM THE PATH , Oak Park Church of Christ, Front entrance Main lobby, 11263 Oakfield Drive S.W., Calgary, AB, T2W 4M2 (C,CL,D,St,To,WC,BK)

Golden
7:00PM GOLDEN GROUP OF NARCOTICS ANONYMOUS , Golden Museum, 1302 11th Ave, Golden, BC, V0A 1H2 (D,WC) <i>NOTE!...NEW TIME</i>

Medicine Hat
NOON MINDFUL MONDAYS , Alano Club, 466 MacLeod Trail SE, Medicine Hat, AB, T1A 4H7 (O,JT,To,SPAD)

TUESDAY

Airdrie
7:00PM RECOVERY IN PROGRESS , Lutheran Church of the Master, 216 Main ST S.E., Airdrie, AB, T4B 3K3 (O,BT,D,WC,CW,NP)
Calgary
8:00AM AMNA , Emmanuel Community Church, 3003 28 St SE, Calgary, AB, T2B 3V4 (O,D,JT,WC)
NOON LIVING CLEAN , Central United Church, Enter from 7 Ave. Main doors - Room #3 Downstairs, 131 - 7 Ave SW, Calgary, AB, T2P 0W5 (O,D,JT,WC,BK,LC) <i>CLOSED DEC 23rd & 25th, AND JAN 1st</i>
7:30PM BELTLINE SERENITY , St. Giles Presbyterian Church, Downstairs back door, 1102 23 AVE NW, Calgary, AB, T2M 1T7 (O,BT,D,Tr,WC,BK,CW) <i>Numbered Basic Text Book Study</i>
7:30PM MIRACLES IN RECOVERY , Foothills Lutheran Church, Basement Entrance, 3104 34 AVE N.W., Calgary, AB, T2L 2A3 (O,CL,D,IP,To,WC,BK,CW,NP) <i>Midpoint break</i>

Drumheller
8:00PM GRACE HOUSE RECOVERY , Grace House, 175 - 3 Street W, Drumheller, AB, T0J 0Y4 (O)

Invermere
6:00PM THE RECOVERY CIRCLE OF NARCOTICS ANONYMOUS , Shuswap Band Health Centre, Basement Level, 9975 Kinbasket Trail, Invermere, BC, V0A 1K2 (O,JT,To,WC)

Lethbridge
7:00PM NEW BEGINNERS , Chinook Recovery Centre, Use back alley entrance - right side, silver door, 408 13th Street North, Lethbridge, AB, (O,D,To,WC)

Medicine Hat
7:00PM WE DO RECOVER , Fifth Avenuenue Memorial United Church, 476 - 4 St SE, Medicine Hat, AB, T1A 0K9 (O,B,D,WC,FC)

WEDNESDAY

Calgary
8:00AM AMNA , Emmanuel Community Church, 3003 28 St SE, Calgary, AB, T2B 3V4 (O,D,JT,WC)
3:00PM COMING HOME , Montgomery Community Association, In the boardroom, 5003 16th Ave NW, Calgary, AB, T3B0N2 (O,CW)
7:00PM BOYS TO MEN , Grace Baptist Church, Room C105, 2670 Radcliffe Dr SE, Calgary, AB, T2A 7M2 (C,M,WC,BK,LC)
7:00PM COURAGE TO CHANGE WOMEN'S MEETING , Temple B'nai Tikvah, SW Doors, 900 - 47 Ave. SW, Calgary, AB, T2S 3C8 (W,WC,QA,LC)
7:00PM STEPPING INTO RECOVERY , Southwood Community Centre, 11 Sackville Drive S.W., Calgary, AB, T2W 0W3 (O,BT,D,NP,SPAD)

Cranbrook
7:00PM JUST FOR TODAY , Eagle's Hall, Back Door Entrance, 715 Kooteney ST N., Cranbrook, BC, V1C 3V1 (O,D,JT,To,WC)

Medicine Hat
NOON NOT ALONE , Alano Club, 466 Maclead Trail SE, Medicine Hat, AB, T1A 0K3 (O,BT)

Okotoks
7:00PM BIG ROCK RECOVERY , Okotoks United Church, West Door Upstairs, 43 Riverside Drive, Okotoks, AB, T1S 0J2 (O,BT,JT,To,CW)

Standoff
5:00PM SPIRIT OF HOPE , Spirit of Hope Community House, House # 729, Standoff, AB, T0L 0B8 (To)

THURSDAY

Calgary
8:00AM AMNA , Emmanuel Community Church, 3003 28 St SE, Calgary, AB, T2B 3V4 (O,D,JT,WC)

THURSDAY (CONT)

9:00AM MORNING MIRACLES , Hounsfield Heights Briar Hill Comm Assoc, 1928 14th Ave NW, Calgary, AB, T2N1M5 (O,D)
NOON LIVING CLEAN , Central United Church, Enter from 7 Ave. Main doors - Room #3 Downstairs, 131 - 7 Ave SW, Calgary, AB, T2P 0W5 (O,D,JT,WC,BK,LC)
7:00PM NEVER ALONE , Fresh Start Recovery Centre, Main Boardroom -Parking available at Rona - East side of 41 Ave., 411 - 41 Ave NE, Calgary, AB, T2E 2N4 (O,BT,St,Tr)
7:00PM PATHWAYS TO SERENITY , Emmanuel Community Church, 3003 28 ST S.E., Calgary, AB, T2B 2Z3 (O,D,JT,To,WC,CW,NP)
7:00PM THE WALTZ , 408 38 St SW, Calgary, AB, T3C 1T1 (O,B,BT,D,Ti,WC,NP) <i>Focused on Steps 1,2 & 3</i>
8:00PM ONLINE LIFE HAPPENS , Virtual, This meeting is currently held online, Calgary, AB, (O,BT,D,WC,BK,CW,WEB,NP,VM) https://us04web.zoom.us/j/89767635990 ZOOM ID: 89767635990

Hanna
8:00PM EASY DOES IT , Bethel Evangelical Church, Basement Entrance, 702 Centre Street, Hanna, AB, T0J 1P0 (O,WC)

Invermere
6:00PM THE RECOVERY CIRCLE OF NARCOTICS ANONYMOUS , Shuswap Band Health Centre, Basement Level, 9975 Kinbasket Trail, Invermere, BC, V0A 1K2 (O,To,WC,LC)

Lethbridge
7:00PM NEW BEGINNERS , Chinook Recovery Centre, Use back alley entrance - right side, silver door, 408 13th Street North, Lethbridge, AB, (O,D,To,WC)

FRIDAY

Calgary
8:00AM AMNA , Emmanuel Community Church, 3003 28 St SE, Calgary, AB, T2B 3V4 (O,D,JT,WC)
7:00PM FRESH START , Peter Lougheed Hospital, Auditorium (Basement Level), 3500 26 AVE N.E., Calgary, AB, T1Y 6J4 (O,B,WC)
7:00PM THE STEP FAMILY , New Brighton Residence Association, RING BELL AT THE GATE FOR ENTRY, 2 New Brighton Drive SE, Calgary, AB, T2Z-4B2 (O,D,RF,WC) <i>Spiritual Principle A Day (SPAD)</i>
7:30PM BELTLINE SERENITY , St. Giles Presbyterian Church, Downstairs back door, 1102 23 AVE NW, Calgary, AB, T2M 1T7 (O,BT,D,Tr,WC,BK,CW) <i>Format alternates week by week</i>

Canmore
7:30PM CASCADE OF HOPE , Virtual, This meeting is currently held online, Canmore, AB, (O,D,JT,WC,BK,WEB,VM) https://us04web.zoom.us/j/6217332811 Zoom ID: 6217332811 PSWD: cohna

Drumheller
8:00PM GRACE HOUSE RECOVERY , Grace House, 175 - 3 Street W, Drumheller, AB, T0J 3R0 (O)

Medicine Hat
8:00PM LIFE SAVERS , Alano Club, 466 Macleod Trail S.E., Medicine Hat, AB, T1A 2M9 (O,D,To)

SATURDAY

Airdrie
7:00PM RECOVERY IN PROGRESS , Lutheran Church of the Master, 216 Main ST S.E., Airdrie, AB, T4B 3K3 (O,D,To,WC,CW,NP,SPAD)

Calgary
7:30AM SIMPLE WAY OF LIFE - BREAKFAST MEETING , Phil's Restaurant, 3210 17 Ave SE, Calgary, AB, T2A 0P9 (O,BT,Ti,AB) <i>Breakfast at 7:30, Meeting at 8:00AM</i>
8:00AM AMNA , Emmanuel Community Church, 3003 28 St SE, Calgary, AB, T2B 3V4 (O,D,JT,WC)

SATURDAY (CONT)

10:00AM THE WALTZ - TRADITIONS, 408 38 St SW, Calgary, AB, T3C 1T1 **(O,B,D,Ti,TW,WC,NP)** *Traditions Study*

11:30AM SHARING HOW, St. Stephen's Anglican Church, Basement | doors locked look for greeter, 1121 14 Ave SW, Calgary, AB, T2R 0P3 **(O,RF,Ti,WC)**

7:00PM NIGHT VISION, River Park Church, Meeting is held downstairs, 3818 14A ST S.W., Calgary, AB, T2T 3Y2 **(O,BT,CL,D,JT,SD,To,WC,BK,CW,NP)**

8:30PM KEEPING IT REAL, Sunwest Church, Meeting held in basement | Ring bell for access; use back door off Midpark Blvd., 260 Midpark BLVD S.E., Calgary, AB, T2X0A4 **(O,D,JT,NP)** *NOTE: NEW TIME*

Medicine Hat

10:00AM FACE THE WORLD, Alano Club, 466 McLeod Trail, Medicine Hat, AB, T1A 0K3 **(O,BT,BK)** *MEETINGS BEGIN ON OCTOBER 4th*

MEETING FORMAT LEGEND

B	Beginners	BT	Basic Text
C	Closed	CL	Candlelight
D	Discussion	IP	Informational Pamphlet
JT	Just for Today	M	Men
O	Open	RF	Rotating Format
St	Step	Ti	Timer
To	Topic	Tr	Tradition
TW	Traditions Workshop	W	Women
WC	Wheelchair	YP	Young People
BK	Book Study	AB	Ask-It-Basket
ME	Meditation	QA	Question and Answer
CW	Children Welcome	CP	Concepts
WEB	Online Meeting	LC	Living Clean
VM	Virtual Meeting	NP	No pets
FC	Free chair	HY	HY
SPAD	A Spiritual Principle a Day	SD	Speaker/Discussion

AREA PHONE LINE

Chinook Area Phone Line 1 877 463 3537

COMMITTEE MEETINGS

ZOOM MEETING ID: 837 994 8457
OR USE CALGARY ZOOM DIAL IN 587-328-1099

Area Service Committee (ASC)
HYBRID - ZOOM & 3003 28 St SE, Calgary (Emmanuel Community Church) Meets 4th Tuesday of the month, 6:30PM - 9:00PM
CHAIRPERSON: asc.chair@chinookna.org
TREASURER: asc.treasurer@chinookna.org

Literature Committee
ZOOM Only - Meets 2nd Saturday of the month 10AM-11AM
asc.literature@chinookna.org

Hospitals & Institutions (H&I)
HYBRID Zoom & 3003 28 St SE, Calgary (Emmanuel Community Church) Meets 1st Wednesday of the month 7:00 - 8:30PM
hospitals.institutions@chinookna.org

Activities Committee
ZOOM Only - Meets 1st Tuesday of the month from 7:00 - 8:00PM
asc.events@chinookna.org

Outreach Committee
ZOOM Only - Meets last Sunday of the month from 2:00 - 3:00PM
outreach@chinookna.org

Public Relations Committee

ZOOM Only - Meets 2nd Wednesday of the month 7:00 - 8:30PM
public.relations@chinookna.org

PHONE NUMBERS



CHINOOK AREA MEETING SCHEDULE JANUARY 2026

Use this QR Code for the most up to date meeting information



24 HOUR PHONE LINE
1 877 463 3537

chinookna.org

Changes to meeting list of website? Email
web.servant@chinookna.org

KEEP COMING BACK. IT WORKS.

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

Meetings Weekly: 61

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.**

Basic Text, page 65