SUNDAY

NOON 1HR Steps To Freedom Group, Kalano Club, 2108 Vasile Road, Kelowna, BC, V1Y 6H5 **(O,D,WC)**

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5:00PM 1HR Girls Gone Mild, Kalano Club, 2108 Vasile Road, Kelowna, BC, V1Y 6H5 **(O,D,To,W,WC)**

: :

7:30PM 1HR A New Beginning Group, Winfield Community Church, 9460 Glenmore Road, Kelowna, BC, V4V 1M8 **(O,D)**

: :

8:00PM 1HR Sunday Nite Special Group, Kalano Club, 2108 Vasile Road, Kelowna, BC, V1Y 6H5 **(O,D,To,WC)**

: :

MONDAY

NOON 1HR The Nooner Group, First Baptist Church, 1309 Bernard Avenue, Kelowna, BC, V1Y 6R5 **(O,To,WC)**

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6:00PM 1HR Spiritually Speaking Group, Kalano Club, 2108 Vasile Road, Kelowna, BC, V1Y 6H5 **(O)**

: :

7:00PM 1HR Men In Recovery Group, First Baptist Church, 1309 Bernard Ave, Kelowna, BC, V1Y 6R5 **(O,M)**

: :

TUESDAY

NOON 1HR The Nooner Group, First Baptist Church, 1309 Bernard Ave, Kelowna, BC, V1Y 6R5 **(O,To,WC)**

: :

6:00PM 1HR No Matter What, Kalano Club, 2108 Vasile Rd, Kelowna, BC, V1Y 6H5 **(O)**

: :

WEDNESDAY

NOON 1HR The Nooner Group, First Baptist Church, 1309 Bernard Ave, Kelowna, BC, V1Y 6R5 **(O,To,WC)**

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WEDNESDAY (CONT)

7:00PM 1HR Words Of Wisdom Group, Redeemer Lutheran Church, 3637 Brown Road, Kelowna, BC, V4T 1P7 **(O,WC)**

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8:00PM 1HR We're Alright By Candlelight, Kalano Club, 2108 Vasile Road, Kelowna, BC, V1Y 6H5

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THURSDAY

NOON 1HR The Nooner Group, First Baptist Church, 1309 Bernard Avenue, Kelowna, BC, V1Y 6R5 **(O,To,WC)**

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5:15PM 1HR Living Clean Group, First Baptist Church, 1309 Bernard Ave, Kelowna, BC, V1Y 6R5 **(O,WC)**

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7:30PM 1.25HR Back To Basics Group, 250 Gibbs Rd West, Kelowna, BC, V1X 1W7 **(O,To)**

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FRIDAY

NOON 1HR The Nooner Group, First Baptist Church, 1309 Bernard Avenue, Kelowna, BC, V1Y 6R5 **(O,To,WC)**

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6:00PM 1HR Good Clean Living Group, Kalano Club, 2108 Vasile Road, Kelowna, BC, V1Y 6H5 **(O,To)**

: :

6:00PM 1HR Winning in Winfield, Winfield Community Church, 9460 Glenmore Road, Kelowna, BC, V4V 1M8 **(O,D)**

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SATURDAY

10:00AM 1HR Wake Up! It's a Meeting!, Trinity Church South Entrance, 1905 Springfield Road, Kelowna, BC, V1Y 7V7 **(O,To)**

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6:00PM 1HR Just for Today, Kalano Club, 2108 Vasile Rd, Kelowna, BC, V1Y 6H5 **(O,WC)**

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MEETING FORMAT LEGEND			
D	Discussion	M	Men
O	Open	To	Topic
W	Women	WC	Wheelchair

PHONE NUMBERS

If you are able to sponsor, please indicate with an 'X'

Check out
https://www.narcoticsanonymouskelowna.ca/
to see the Area Website

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*

Narcotics Anonymous

CENTRAL OKANAGAN AREA MEETING LIST SEPTEMBER 2026

24 HOUR HELPLINE

1-877-604-7613

https://nanooner.ca

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: 20