

SUNDAY

11:00AM 1HR Staying Clean, Living Clean Group, Oonkane Friendship Centre, 146 Ellis Street, Penticton, BC, V2A 5E3 **(O,WC,LC)**

12:30PM 1HR To Any Lengths, Lower parking lot, 100 Rock Creek Cut Off Road, Rock Creek, BC, V0H 1Y0 **(O,To)**

6:00PM 1HR No Matter What, Vineyard Church, Use back door, 1825 Main St, Penticton, BC, V2A 5E3 **(O,To)**

6:30PM 1HR Princeton Meeting, Princeton Family Society, 56 Kenley Ave, Princeton, BC,

MONDAY

NOON 1HR Steps to Freedom, Penticton United Church, 696 Main St (Chapel Door), Penticton, BC, V2A 5E3 **(O,D,To)**

7:30PM 1HR Three Winds Group, Royal Canadian Legion, 510 Veterans Ave, Keremeos, BC, V0X 1N3 **(O,WC)**

TUESDAY

NOON 1HR Recovery in the Desert, Lutheran Church, 6 Finch Crescent, Osoyoos, BC, V0H 1V2 **(O,To,WC)**

NOON 1HR Steps to Freedom, Penticton United Church, 696 Main St (Chapel Door), Penticton, BC, V2A 5E3 **(O,JT,WC)**

6:00PM 1HR Boundary Serenity, Holy Trinity Anglican Church, Rear Basement Entrance, 7252 7th St., Grand Forks, BC, **(O,St)**

7:30PM 1HR Just For Today Group, Vineyard Church, 102 1825 Main Street, Penticton, BC, V2A 5C8 **(O,D,To)**

WEDNESDAY

NOON 1HR Steps to Freedom, Penticton United Church, 696 Main St (Chapel Door), Penticton, BC, V2A 5E3 **(O,WC,QA)**

7:30PM 1HR Keep It Simple Group, Oliver Community Center, 6359 Park Drive - meeting room #2, Oliver, BC, V0H 1T0 **(O,D)**

THURSDAY

NOON 1HR Steps to Freedom, Penticton United Church, 696 Main St (Chapel Door), Penticton, BC, V2A 5E3 **(O,JT,WC)**

7:00PM 1HR Nk'Mip Meeting, 1006 McKinney Rd., Oliver, BC, V0H 1T0 **(O,D)**

FRIDAY

NOON 1HR Steps to Freedom, Penticton United Church, 696 Main St (Chapel Door), Penticton, BC, V2A 5E3 **(O,To,WC)**

7:00PM 1HR Recovery in the Desert, Lutheran Church, 6 Finch Crescent, Osoyoos, BC, V0H 1V2 **(O,To,WC)**

7:00PM 1HR Straight Clean And Simple Group, Parish Hall, 150 Orchard Avenue, Penticton, BC, V2A 1X8 **(O,St,Tr,WC)**

SATURDAY

NOON 1HR Steps to Freedom, Penticton United Church, 696 Main St (Chapel Door), Penticton, BC, V2A 5E3 **(O,To,WC)**

7:30PM 1HR Everything Happens For A Reason Group, United Church, 7814 Spartan Drive, Osoyoos, BC, V0H 1V2 **(O,D,WC)**

7:30PM 1HR Just Us, Oliver Community Center Rm #2, 6357 Park Drive, Oliver, BC, V0H 1T0 **(D,M)**

MEETING FORMAT LEGEND

D	Discussion	JT	Just for Today
M	Men	O	Open
St	Step	To	Topic
Tr	Tradition	WC	Wheelchair
QA	Question and Answer	LC	Living Clean



SOUTH OKANAGAN AREA

MEETING LIST

MAY 2025

24 HOUR HELPLINE

1-855-852-5687

<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

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.**