

MONDAY / LUNES

7:00 1HR Familia Unida, El Centro Community Center, 7301 Avenue F, Houston, TX, 77011 **(C, BL, D)** For Info: 832-607-9869 713-530-5635

8:00 1HR New Heights Group, Grace Methodist Church, Upstairs above the library in the rear building, 1245 Heights Boulevard, Houston, TX, 77008 **(BT, D)** 1st Monday Basic Text Study

WEDNESDAY / MIÉRCOLES

7:00 1HR Familia Unida Group, El Centro Community Center, 7301 Avenue F, Houston, TX, 77011 **(BL, St)** For Info: 832-607-9869 713-530-5635

7:00 1.5 HR Twisted Sisters, Located in:Take Action Recovery, 9112 Spring Branch Drive, Houston, TX, 77080 **(W)** Women Only

8:00 1HR New Heights Group, Grace Methodist Church, Upstairs above the library in the rear building, 1245 Heights Boulevard, Houston, TX, 77008 **(D, S)** Speaker on last Wednesday of the month

THURSDAY / JUEVES

7:00 1HR New Heights Group Womens' Meeting, Upstairs at Grace UM Church, 1245 Heights Blvd., Houston, TX, 77008 **(W)** This is a women only meeting

FRIDAY / VIERNES

7:00 1HR Familia Unida Group, El Centro Community Center, 7301 Avenue F, Houston, TX, 77011 **(BL, D, S)** Speaker on first Friday - For Info: 832-607-9869 713-530-5635

8:00 1HR Basic Recovery Group, Grace United Methodist Church, @13th St. Rear bldg. Downstairs in the basement, 1245 Heights Boulevard, Houston, TX, 77008 **(O, D, WC, NS)**

SATURDAY / SÁBADO

10:30 1HR Red Light Group of NA, 5310 S. Willow, Houston, Texas, 77035 **(O, D)**
0AM
7:00 1HR Living Clean, 11140 Greenbay Street, Houston, TX 77024, Houston, Texas, 77024

MEETING FORMAT LEGEND

BL	Bi-Lingual	BT	Basic Text
C	Closed	D	Discussion
NS	No Smoking	O	Open
S	Speaker	St	Step
W	Women	WC	Wheelchair

SERVICE MEETINGS



**FREEDOM AREA
MEETING LIST
DECEMBER 2018**

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

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.**