

SUNDAY / DOMINGO

6:30PM hrsHR Lost and Found, AA Clubhouse, Al Anon Serenity Room, 205 West Adams, Harlingen, TX, 78550 (O,JT,NS)

MONDAY / LUNES

7:00PM hrsHR Life's 2nd Chance, Our Savior Lutheran, Room C, 1104 W. Fern Ave, McAllen, TX, 78501 (O,B,NS)

TUESDAY / MARTES

NOON	hrsHR	Shot of Hope Group , The University of Texas Rio Grande Valley, University Center, Room 102, 1201 W. University Drive, Edinburg, TX, 78539 (O,JT,WC,NS,LT)
------	-------	--

6:00PM hrsHR Lost and Found Women's Meeting, AA Clubhouse, Al Anon Serenity Room, 205 West Adams, Harlingen, TX, 78550 (O,B,JT,RF,W,NS,LT,CC)

WEDNESDAY / MIÉRCOLES

7:00PM hrsHR Dealing Hope, Upstairs, 134 S. Shore Drive, Port Isabel, TX, 78578
(O,JT,NS)

7:00PM hrsHR Life's 2nd Chance, Our Savior Lutheran, Room C, 1104 W. Fern Ave, McAllen, TX, 78501 (O,D,To,NS)

8:00PM hrsHR Lost and Found, AA Clubhouse, Al Anon Serenity Room, 205 W Adams, Harlingen, TX, 78550 (O,B,LT,CC)

FRIDAY / VIERNES

6:00PM hrsHR Lost and Found, AA Clubhouse, Al Anon Serenity Room, 205 W Adams, Harlingen, TX, 78550 (O,B,D,BK,LT,CC)

7:00PM hrsHR Life's 2nd Chance, Our Savior Lutheran, Room C, 1104 W. Fern Ave, McAllen, TX, 78501 (O,D,BK,NS)

MEETING FORMAT LEGEND

B	Beginners	BK	Book Study
---	-----------	----	------------

CC	Chairperson's Choice	D	Discussion
----	----------------------	---	------------

JT	Just for Today	LT	Literature Study
----	----------------	----	------------------

NS	No Smoking	O	Open
----	------------	---	------

RF	Rotating Format	To	Topic
----	-----------------	----	-------

W	Women	WC	Wheelchair
---	-------	----	------------

HELPLINES

SERVICE MEETINGS

PHONE NUMBERS

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.**



RIO GRANDE VALLEY AREA

MEETING LIST

FEBRUARY 2026

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: 9