

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