NA is a non-profit fellowship of men and women for whom drugs had become a major problem. We are recovering addicts who meet regularly to help each other stay clean.

NA is not affiliated with any group organizations, religious groups, treatment or medical facilities, or any meeting place. Our groups are self-supporting and pay rent for the use of all meeting locations.

When at the end of the road we find that we can no longer function as a human being, either with or without drugs, we all faced the same dilemma. What is there left to do? There seems to be this alternative: either go on the best we can to the bitter ends – jails, institutions or death- or find a new way to live. In years gone by, very few addicts ever had this last choice. Those who are addicted today are more fortunate. For the first time in man’s entire history, a simple way has been proving itself in the lives of many addicts. It is available to us all. This is a simple spiritual -- not religious- program, known as Narcotics Anonymous

SUGGESTIONS

DON’T USE - NO MATTER WHAT
CALL SOMEONE FIRST

Attend 90 meetings in 90 days
Go to meetings
(Go early - Stay late)
Avoid people, places and things you used with.
GET A SPONSOR!
KEEP COMING BACK……..IT WORKS

Northshore Area Meeting Schedule
www.nsana.org

Northshore Area
985-867-1587
Or toll free 1-877-554-8308
P.O. Box 291
Covington, La. 70434

<table>
<thead>
<tr>
<th>Region</th>
<th>Address</th>
<th>Phone</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bayou Recovery Area</td>
<td>(Baton Rouge, Gonzales, Morgan City, Denham Springs, Plaquemine)</td>
<td>225-381-9609</td>
<td><a href="http://www.brreana.org">www.brreana.org</a></td>
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<tr>
<td>Central Louisiana Area</td>
<td>(Alexandria, Pineville, Natchitoches)</td>
<td>318-542-7557</td>
<td></td>
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<tr>
<td>GBRANA – Greater Baton Rouge Area</td>
<td></td>
<td>225-381-9609</td>
<td></td>
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<tr>
<td>Acadiana Area</td>
<td>(Lafayette)</td>
<td>337-406-1300 &amp; 337-269-7979</td>
<td><a href="http://www.aascna.org">www.aascna.org</a></td>
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<tr>
<td>Lake Area</td>
<td></td>
<td>337-439-5753</td>
<td></td>
</tr>
<tr>
<td>Mississippi Gulf Coast Area</td>
<td></td>
<td>866-279-7985</td>
<td><a href="http://www.mgscna.net">www.mgscna.net</a></td>
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<tr>
<td>New Orleans Area</td>
<td>(Orleans parish, La Place, Houma)</td>
<td>504-899-6262</td>
<td><a href="http://www.neworleansareaofna.org">www.neworleansareaofna.org</a></td>
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<tr>
<td>North Louisiana Area</td>
<td>(Shreveport, Bossier City, Many)</td>
<td>318-677-4344</td>
<td></td>
</tr>
<tr>
<td>Unity Area</td>
<td>(Kenner, Metairie, St. Rose)</td>
<td>504-889-8840</td>
<td><a href="http://www.unityarea.org">www.unityarea.org</a></td>
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<tr>
<td>Southern Zonal Forum</td>
<td></td>
<td></td>
<td><a href="http://www.szfna.org">www.szfna.org</a></td>
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</tbody>
</table>
**MONDAY**

6:30 PM – TROUBLE NO MORE  
Literature Study  
1020 Warren Krout Rd, McComb MS

7 PM – MILLTOWN  
Lake Vista Scout Hut*  
Hwy 10 (Past Ponemah Cemetery), Bogalusa LA

7 PM – SPIRITUALITY IN THE WILDERNESS  
Greensburg United Methodist Church*  
6349 Hwy 10, Greensburg LA

7:30 PM – NEW ATTITUDES-MIRACLES HAPPEN  
Newcomer Step Study  
Peace Evangelical Lutheran Church*  
1320 Gause Blvd W, Slidell LA

7:30 PM – LIFETIME  
Literature Study  
Pleasant Ridge Church of God*  
44291 W Pleasant Ridge Road, Hammond LA

8 PM – GET REAL NORTHSHORE  
St Timothy Church* - Room 100  
335 Asbury Drive, Mandeville LA

**TUESDAY**

6 PM – CLEAN-N-SERENE  
Back Porch*  
414 N. New Hampshire St, Covington LA

7:30 PM – NEW ATTITUDES-MIRACLES HAPPEN  
Peace Evangelical Lutheran Church*  
1320 Gause Blvd W, Slidell LA

7:30 PM – RISING STAR  
St. James #2 AME Church*  
43487 South Airport Rd, Hammond

**WEDNESDAY**

3 PM – RISING STAR  
St. James #2 AME Church*  
43487 South Airport Rd, Hammond LA

6:30 PM – TROUBLE NO MORE  
1020 Warren Krout Rd, McComb MS

7 PM – GET REAL NORTHSHORE  
Truth 180*  
20234 Hwy 36, Covington LA

7 PM – WE DO RECOVER  
Old Town Slidell Soda Shop*  
301 Cousin St, Slidell LA

7 PM – FEELINGS THROUGH RECOVERY  
All Saints Episcopal Church*  
250 W. Hickory St, Ponchatoula LA

7 PM – BOGALUSA  
1918 Ave F, Bogalusa LA

7:30 PM – NEW ATTITUDES-MIRACLES HAPPEN  
Peace Evangelical Lutheran Church*  
1320 Gause Blvd W, Slidell LA

**THURSDAY**

7 PM – MILLTOWN  
Presbyterian Church*  
511 Avenue D, Bogalusa LA

7:30 PM – SECOND CHANCE GROUP  
First United Methodist Church*  
800 Duncan Ave, Amite LA

7:30 PM – NEW ATTITUDES-MIRACLES HAPPEN  
Peace Evangelical Lutheran Church*  
1320 Gause Blvd W, Slidell LA

7:30 PM – LIFETIME  
Pleasant Ridge Church of God*  
44291 W Pleasant Ridge Road, Hammond LA

8 PM – NEW BEGINNINGS  
The Genesis Project*  
2144 First St, Slidell LA

**FRIDAY**

7 PM – WE DO RECOVER  
Old Town Slidell Soda Shop*  
301 Cousin St, Slidell LA

7 PM – BOGALUSA  
1918 Ave F, Bogalusa LA

7:30 PM – NEW ATTITUDES-MIRACLES HAPPEN  
Peace Evangelical Lutheran Church*  
1320 Gause Blvd W, Slidell LA

**SATURDAY**

12 NOON – NEW ATTITUDES-MIRACLES HAPPEN  
Peace Evangelical Lutheran Church*  
1320 Gause Blvd W, Slidell LA

7 PM – MILLTOWN  
Lake Vista Scout Hut*  
Hwy 10, (Past Ponemah Cemetery) Bogalusa LA

7 PM – TROUBLE NO MORE  
1020 Warren Krout Rd, McComb MS

7:30 PM – NEW ATTITUDES-MIRACLES HAPPEN  
Peace Evangelical Lutheran Church*  
1320 Gause Blvd W, Slidell LA

7:30 PM – LIFETIME  
Pleasant Ridge Church of God*  
44291 W Pleasant Ridge Road, Hammond LA

**SUNDAY**

12 NOON – CLEAN-N-SERENE  
Basic Text Study  
Back Porch*  
414 N. New Hampshire St, Covington LA

6:30 PM – TROUBLE NO MORE  
1020 Warren Krout Rd, McComb MS

7 PM – GET REAL NORTHSHORE  
Northshore Catholic Center*  
4465 Hwy 190 E. Service Road, Covington LA

7 PM – NEW BEGINNINGS  
The Genesis Project*  
2144 First St, Slidell LA

7 PM – SERENITY  
St. Paul’s Lutheran Church*  
Gen Pershing & Dakota, Hammond LA

7:30 PM – NEW ATTITUDES-MIRACLES HAPPEN  
Peace Evangelical Lutheran Church*  
1320 Gause Blvd W, Slidell LA

*NAME OF INSTITUTION IS LISTED ONLY AS REFERENCE. NA is not affiliated with any institution or organization and pays rent for all meeting spaces.