

SUNDAY / DOMINGO

- 9:30AM Serenity in Harlem (Children under 17 not permitted) - Seasonal Nov - March**, Ready Willing & Able Shelter, 1st fl, @156th Street, 2960 8th Avenue, New York, NY, 10039 **(C,B,JT,NC,Pi,Rf,WC,BK)** *Basic Text, from front to back*
- 1:15PM Meditation in Practice**, The Center, 208 West 13 Street, New York, NY, 10011 **(O,D,To,WC)**
- 2:15PM Serenity Sunday**, G+L Center, At 7th Ave, 208 West 13th Street, New York, NY, 10014
- 2:30PM Just For Today**, Keith D. Cylar Community Health Center, 743-749 East 9th Street, New York, NY, 10009 **(O)**
- 3:15PM Two & Over**, Christian Parish House, @W 122nd St. Basement Side Ent, 2044 Adam Clayton Powell Jr. Blvd., New York, NY, 10027 **(C,RF,St,Wc,WEB,Hy)** *PW 101098*
- 3:30PM Sunday Afternoon Recovery**, Taino Towers, Btw. 122nd & 123rd St., 2nd Floor Entrance on the Right Side, 2253 3rd Avenue, New York, NY, 10035 **(O)**
- 4:30PM Solid Foundation**, All Saint's Ukrainian Church, btw 2nd and 3rd Ave, 206 East 11th Street, New York, NY, 10003 **(O,B,NC,RF)** *90 Day Panel, Anniversaries, Steps 1,2,3.*
- 6:00PM NA Unity**, Trinity Lutheran Parish, 602 East 9th Street, New York, NY, 10009 **(C,D)**
- 6:30PM Only Game in Town**, Lenox Hill Hospital Einhorn Auditorium, Located just West of Lexington Ave. /Wheelchair entrance is on 77th St., 131 East 76th Street, New York, NY, 10021 **(O,JT)**
- 7:00PM We Have A Dream**, St Mary's Episcopal Church, Basement, Btwn Broadway & Amsterdam Ave, 521 West 126th Street, New York, NY, 10027 **(O,Pi)**

MONDAY / LUNES

- 9:00AM 9 AM Wake Up**, Middle Collegiate Church, 4th Floor, 50 East 7th Street, New York, NY, 10003 **(O,B,WC)**
- 1:00PM Living Free - Closed Memorial Day May 25th.**, Town & Village Synagogue, Ground Floor Auditorium, Btwn 1st & 2nd Aves (Closed on Jewish Holidays) 334 East 14th Street, New York, NY, 10003 **(O,B,CH,JT,RF,SD,BK)**
- 3:00PM Manhattan 3 O'Clock Group**, St. Mary the Virgin, Meeting is in the Mission House which is East of the church.on the 2nd floor., 133 West 46th Street, New York, NY, 10036 **(O,B,RF)**
- 4:00PM Life at 99**, St Michael's Parish House, Btwn Bway & Amsterdam Ave, 225 West 99th Street, New York, NY, 10025 **(O,CH,RF)** *Closed on Monday Legal Holidays - 70 Seat Capacity*
- 5:00PM A Better Life On Madison**, Mt Zion A.M.E. Church, @ 116 th Street. Use the gray door on Madison, 1765 Madison Avenue, New York, NY, 10029
- 5:00PM Recovery on the Hill**, Pillar's, Btwn 124th & 125th Streets, 289 St. Nicholas Avenue, Lower Level, New York, NY, 10027 **(O,CH,To,WC)** *Closed on Monday Legal Holidays*
- 6:00PM Steps to Life**, Our Lady of Sorrows Church, Entrance located on street level, 101-103 Pitt Street, New York, NY, 10002 **(O,St)**
- 6:30PM Recovery Across The Park**, Henry Brooks Senior Housing, @ Fredrick Douglas Blvd., 304 West 154th Street, New York, NY, 10039 **(O)**
- 7:00PM Cover to Cover**, St. John's in the Village, Enter on 11th through gated archway, 224 Waverly Place, New York, NY, 10014 **(C,Pi,BK,LC)**
- 7:00PM East Side Story**, Church of the Good Shepard, Btwn 2nd & 3rd, 240 East 31st Street, New York, NY, 10016 **(C,RF)**
- 7:00PM Valley of the Dolls (Women & Trans)**, Trinity Lutheran Parish, Corner of 9th and B, queer and trans friendly, space encourages vaccination or recent negative Covid test, 602 East 9th Street, New York, NY, 10009 **(C,GL,RF,W,WC,CW)**
- 7:30PM Recovery in the 80's**, WSF Senior and Supportive Housing, btw Amsterdam and Columbus Ave. Community room, 1st floor at the far west of the building., 143 West 108th Street, New York, NY, 10025 **(O,CH,RF)** *No smoking in front of the building.*

TUESDAY / MARTES

- 1:00PM Living Free**, Town & Village Synagogue, Ground Floor Auditorium, Btwn 1st & 2nd Avenue (Closed on Jewish Holidays) 334 East 14th Street, New York, NY, 10003 **(C,B,CH,Rr)**
- 5:15PM No Matter What**, Keith D. Cylar Community Health Center, 743-749 East 9th Street, New York, NY, 10009 **(O,St)** *Rotating Steps 1,2,3.*
- 6:00PM Recovery on the Hudson**, Salem United Methodist Church, 2190 Adam Clayton Powell Blvd., New York, NY, 10027 **(O,B,WC)**
- 6:00PM The Best Kept Secret**, Canaan Baptist Church, Between St. Nicholas Ave. & Malcolm X Blvd (Lenox Ave.) 129 West 115th Street, New York, NY, 10026 **(O,B,BT,D,IW,JT,RF,SG,St,Tr,BK,CP,LC)**
- 6:00PM Tuesday Night Hope**, Mount Nebo Church, @114th Street.Basement (Ring bell to gain entry to building) 77 St. Nicholas Ave, New York, NY, 10026 **(C,BT,JT,RF,WEB,LC,Hy)** *PW TNH114*

TUESDAY / MARTES (CONT)

- 6:30PM Lit 4 Life**, St. Anthony of Padua Church, 154 Sullivan St., New York, NY, 10012 **(Rr)**
- 6:30PM Recovery from the Heart**, Rutgers Community Ctr, 200 Madison Street, New York, NY, 10002 **(O,IP,BK,WEB,Hy)**
- 6:30PM Recovery in the Castle**, Castle Gardens, Between Bdwy and Rkverside Drive 11th Floor community room, 625 West 140th Street, New York, NY, 10031 **(B,D,Pi,Rr)**
- 6:30PM The Joy In The Journey**, Church of the Resurrection, Between 1st and 2nd Avenue, 325 East 101st Street, New York, NY, 10029 **(O,RF)** *First Meeting Sept 9, 2025*
- 7:00PM Recurring Themes**, 14th Street Y (btw 1st and 2nd Avenue) 344 East 14th Street, New York, NY, 10003 **(O,To,WC,WEB)**
- 8:00PM Bleecker Street Tuesday**, St. Anthony of Padua, btwn Houston and Prince St., 155 Sullivan Street, New York, NY, 10012 **(C,SD)**

WEDNESDAY / MIÉRCOLES

- 9:00AM 9 AM Wake Up**, Middle Collegiate Church, 4th Floor, 50 East 7th Street, New York, NY, 10003 **(O,JT,WC)**
- 10:00AM So Fresh & So Clean**, The Center, Room 202 B/W 7th and 8th Avenue, 208 West 13th Street, New York, NY, 10014 **(O,WC)**
- 1:00PM Living Free**, Town & Village Synagogue, Ground Floor Auditorium, Btwn 1st & 2nd Aves (Closed on Jewish Holidays) 334 East 14th Street, New York, NY, 10003 **(O,B,CH,JT,BK)**
- 1:00PM Midtown Matinee**, Church of the Incarnation, @E 35th St, Side Entrance 2nd fl, 209 Madison Ave, New York, NY, 10016 **(O,CH,St)**
- 3:00PM Harlem's House of Hope**, Harlem United building Ground Floor, Btwn 7th & Lenox Aves, 123-125 West 124th St, New York, NY, 10027 **(O,RF,WC)**
- 3:00PM Manhattan 3 O'Clock Group**, St. Mary the Virgin, Meeting is in the Mission House which is East of the church.on the 2nd floor., 133 West 46th Street, New York, NY, 10036 **(O,B,RF)**
- 5:30PM An Ounce of Hope**, Dyckman Senior Center, @ 202th Street & Academy Street, 3754 10th Avenue, New York, NY, 10034 **(O,B,IP,RF,St,WC)**
- 6:30PM ABC's to Recovery**, All Saint's Ukrainian Church, btw 2nd & 3rd Ave, 206 East 11th Street, New York, NY, 10003 **(O,B)**
- 6:30PM Recovery on Bradhurst**, Senior Citizen Building, Community Room, 300 West 154th Street, New York, NY, 10039 **(O,WC,CW)**
- 6:30PM Uptown Men's Meeting**, Union Settlement Center, Between 2nd & 3rd Avenues, 237 East 104th Street, New York, NY, 10029 **(C,M,RF,WC)**
- 7:00PM Men's Recovery Project**, The Center, 208 W 13th St, New York, NY, 10014 **(O,M,WC)**
- 7:00PM New Attitudes**, Christian Parish House, Basement Side Ent, @W 122nd St, 2044 Adam Clayton Powell Jr. Blvd., New York, NY, 10027 **(O,St,WC)**
- 7:30PM Our Whole Lives Ahead of Us- Youth Meeting**, Hazelden Betty Ford Foundation, 283 West Broadway, New York, NY, 10013 **(O,CH,RF,Ti,WC,YP)**
- 8:00PM ABC Steps to Recovery**, All Saint's Ukrainian Church, btw 2nd & 3rd Ave, 206 East 11th Street, New York, NY, 10003 **(O,B,Rr)**

THURSDAY / JUEVES

- 1:00PM Living Free - Closed Friday May 22nd**, Town & Village Synagogue, Ground Floor Auditorium, Btwn 1st & 2nd Ave (Closed on Jewish Holidays) 334 East 14th Street, New York, NY, 10003 **(C,CH,St)**
- 5:15PM No Matter What**, Keith D. Cylar Community Health Center, 743-749 East 9th Street, New York, NY, 10009 **(O,D)**
- 6:30PM A Greater Consciousness (NEW LOCATION)**, Meets in the community room, 223 East 117th Street, New York, NY, 10035 **(C,BT,Rr,BK)** *New Location as of May 7, 2026*
- 6:30PM It Starts Here**, Btwn Amsterdam and Columbus Ave., 143 West 108th Street, New York, NY, 10025 **(O,RF,WC)** *No smoking in front of the building.*
- 6:30PM Joy In The Journey Steps and Traditions**, Church of the Resurrection, Between 1st and 2nd Avenue, 325 East 101st Street, New York, NY, 10029 **(C,St,Tr)**
- 7:00PM Convent Group**, St Mary's Episcopal Church, Basement, Btwn Broadway & Amsterdam Ave, 521 W 126th St, New York, NY, 10027 **(O,RF)**
- 7:00PM Hope in the Projects**, Martin Luther King Center, Community Rm, @5th Ave, 2 W 115 St, New York, NY, 10026 **(O,B,RF,WC)**
- 7:00PM Recovery in the Lower**, LESC House, Between Ave. B and C, 630 East 6th Street, New York, NY, 10009 **(O,SC,Ti,WC)**
- 7:00PM The Solution Group**, City as School, Handicapped entrance on Houston Street, ring bell for entry. ., 16 Clarkson Street, New York, NY, 10014 **(C,CH,RF,WC,BK,LC,ID)**
- 7:00PM The Washington Heights Group *Open only on the 3rd Thursday of the month**, St Elizabeth's Church, @187th St, 268 Wadsworth Ave, New York, NY, 10033 **(O,B,IP,JT,St,WEB,Hy)** *Open only on the 3rd Thursday of the month. Anniversaries celebrated Hybrid.*

THURSDAY / JUEVES (CONT)

- 7:15PM Second Lives**, All Saint's Ukrainian Church, btw 2nd and 3rd Ave, 206 East 11th Street, New York, NY, 10003 **(C,St)** *No Pets please*
- 8:00PM The G.O.D. (Gift of Desperation)**, The Center, 208 West 13 Street, New York, NY, 10014 **(O,RF,WC,Ag)** *Atheists, Agnostics, Free Thinkers, All Are Welcome.*

FRIDAY / VIERNES

- 9:00AM 9 AM Wake Up**, Middle Collegiate Church, 4th Floor, 50 East 7th Street, New York, NY, 10003 **(O,St,WC)**
- 1:00PM Living Free**, Town & Village Synagogue, Ground Floor Auditorium, Btwn 1st & 2nd Ave.(Closed on Jewish Holidays) 334 East 14th Street, New York, NY, 10003 **(C,B,CH)**
- 1:00PM Midtown Matinee**, Church of the Incarnation, Side Entrance 2nd fl, @E 35th St, 209 Madison Ave, New York, NY, 10016 **(O,B,So)**
- 3:00PM Manhattan 3 O'Clock Group**, St. Mary the Virgin, Meeting is in the Mission House which is East of the church.on the 2nd floor., 133 West 46th Street, New York, NY, 10036 **(O,B,RF)**
- 5:15PM No Matter What**, Keith D. Cylar Community Health Center, 743-749 East 9th Street, New York, NY, 10009 **(O)** *Speakers Choice*
- 6:00PM Another Look**, 122nd Street, 2044 Adam Clayton Powell Jr. Blvd, New York, NY, 10027 **(B,RF,St,Tr,WEB,QA,Hy)** *PW 738382*
- 6:00PM Uptown Friday Night**, Church of the Good Shepherd, 630 Isham Street, New York, NY, 10034 **(O,B,St)**
- 6:30PM Belly of the Beast 2**, First Spanish United Methodist Church, 163 East 111 Street, New York, NY, 10029 **(O,RF,WC)**
- 6:30PM Not On Fire (Women & Trans)**, Sirovich Center, 331 E 12th St, New York, NY, 10003 **(C,GL,Ti,W,CW)**
- 7:00PM Recuperation for Today**, Henry Street Settlement, 40 Montgomery Street, New York, NY, 10002 **(O,BL,D,ES,RF,St,Tr,CP,WEB)**
- 7:00PM Remember the Pain (Children under 18 not permitted)**, Ready,Willing and Able Facility, 2960 Frederick Douglas Boulevard, New York, NY, 10039 **(O,NC,RF)**
- 7:15PM Home Away From Home**, All Saint's Ukranian Church, btw 2nd & 3rd Ave, 206 East 11th St, New York, NY, 10003 **(C,St)** *No Food Allowed*
- 7:30PM You Get What You Need**, St. Josephs Church, 404 East 87 between 1st and York, New York, NY, 10128 **(O,B)**

SATURDAY / SÁBADO

- 9:30AM Early Morning Serenity**, Church of Resurrection, Between 1st and 2nd Ave., 325 East 101st Street, New York, NY, 10029 **(O,B,RF)**
- 10:00AM Recovering in Washington Heights**, Holyrood Church, 715 West 179th Street, New York, NY, 10033 **(C,B,BT,JT,RF,St,WEB,LC,Hy)** *No Password Needed*
- 12:30PM Women Carrying the Message**, WSFSSH Building, Between Columbus and Amsterdam Avenue, 143-145 West 108th Street, New York, NY, 10025 **(B,IP,RF,W,SPAD)**
- 1:00PM Saturday Men's Meeting**, The Fathers Heart Ministry, Btw. A and B, 545 East 11th street, New York, NY, 10009 **(C,M,Rr)**
- 3:00PM Recovery on Madison**, @ 108th St.-Community Center, 1589 Madison Avenue, New York, NY, 10029 **(C,CH,BK,LC)** *Mtg Closed Holidays and during public school breaks.*
- 4:00PM Just For Today On The West Side**, The Center, Between Greenwich Ave and 7th Ave, 208 West 13th Street, New York, NY, 10014 **(SD,WC,YP)**
- 5:00PM Life Begins Again**, Church of the Resurrection, Between 1st & 2nd Avenue, 325 East 101st Street, New York, NY, 10029 **(O,B,D,WC)**
- 6:00PM Serenity on Saturday (SOS)**, The LGBT Center, room 207, 208 West 13th Street, New York, NY, 10014 **(C,GL,NC,RF,NS,WEB,Hy)** *PW nazoommtg*
- 6:30PM It Can Be Done (Children under 18 not permitted)**, Ready, Willing & Able - Harlem, @156th St, 2960 Frederick Douglass Blvd, New York, NY, 10039 **(C,B,NC,RF)**
- 7:30PM NA Saturday Night Live**, Sirovich Center, 331 E 12th St, New York, NY, 10003 **(O,SD)**
- 9:00PM Hell's Kitchen**, Trinity Presbyterian Church, Btwn 9th & 10th Aves, 422 W 57th St, New York, NY, 10019 **(C,St)**

VIRTUAL MEETINGS

Find virtual meetings at
newyorkna.org/meetings

MEETING FORMAT LEGEND

B	(Beginners) This meeting is focused on the needs of new members of NA.
BL	(Bi-Lingual) This Meeting can be attended by speakers of English and another language.
BT	(Basic Text) This meeting is focused on discussion of the Basic Text of Narcotics Anonymous.
C	(Closed) This meeting is closed to non-addicts. You should attend only if you believe that you may have a problem with substance abuse.
CH	(Closed Holidays) This meeting gathers in a facility that is usually closed on holidays.
D	(Discussion) This meeting invites participation by all attendees.
ES	(Espanol) This meeting is conducted in Spanish.
GL	(Gay/Lesbian/Transgender) This meeting is focused on the needs of gay, lesbian and transgender members of NA.
IP	(Informational Pamphlet) This meeting is focused on discussion of one or more Informational Pamphlets.
IW	(It Works -How and Why) This meeting is focused on discussion of the It Works -How and Why text.
JT	(Just for Today) This meeting is focused on discussion of the Just For Today text.
M	(Men) This meeting is focused on topics encountered by men in NA.
NC	(No Children) Please do not bring children to this meeting.
O	(Open) This meeting is open to addicts and non-addicts alike. All are welcome.
Pi	(Pitch) This meeting has a format that consists of each person who shares picking the next person.
RF	(Rotating Format) This meeting has a format that changes for each meeting.
Rr	(Round Robin) This meeting has a fixed sharing order (usually a circle.)
SC	(Surveillance Cameras) This meeting is held in a facility that has surveillance cameras.
SD	(Speaker/Discussion) This meeting is lead by a speaker, then opened for participation by attendees.
SG	(Step Working Guide) This meeting is focused on discussion of the Step Working Guide text.
So	(Speaker Only) This meeting is a speaker-only meeting. Other attendees do not participate in the discussion.
St	(Step) This meeting is focused on discussion of the Twelve Steps of NA.
Ti	(Timer) This meeting has sharing time limited by a timer.
To	(Topic) This meeting is based upon a topic chosen by a speaker or by group conscience.
Tr	(Tradition) This meeting is focused on discussion of the Twelve Traditions of NA.
W	(Women) This meeting is focused on topics encountered by women in NA.
WC	(Wheelchair) This meeting is wheelchair accessible.
YP	(Young People) This meeting is focused on the needs of younger members of NA.
BK	(Book Study) Approved N.A. Books
NS	(No Smoking) Smoking is not allowed at this meeting.
Ag	(Agnostic) Intended for people with varying degrees of Faith.
CW	(Children Welcome) Children are welcome at this meeting.
CP	(Concepts) This meeting is focused on discussion of the twelve concepts of NA.
WEB	(Online Meeting) This is a meeting that gathers on the Internet.
LC	(Living Clean) This is a discussion of the NA book Living Clean -The Journey Continues.
ID	(ID Required to Enter) This meeting is held in a facility that requires visitors to provide ID to enter.
QA	(Question and Answer) Q&A-style meeting where questions about the NA way of life are asked and answered.
HY	(Hybrid Meeting) Meets Virtually and In-person
SPAD	(A Spiritual Principle a Day) This meeting is focused on discussion of the book A Spiritual Principle a Day.

HELPLINES

Greater New York Regional Helpline	212-929-NANA (6262)
Eastern Long Island Area Helpline	631-689-NANA (6262)
Open Arms Area Helpline	1-800-498-5224
Greater New York Regional Service Office	212-929-7117

SERVICE MEETINGS

PHONE NUMBERS



NEW YORK CITY & MANHATTAN AREAS

MEETING LIST

MAY 2026

Narcotics Anonymous is not affiliated with any of the facilities where our meetings are held. We list the facilities' names only to make it easier to find our meetings.

Meetings Weekly: 83

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.**