	TUESDAY / MARTES	
6:30PM	Beginning To Live, 121-10 Supthin Blvd., Queens, NY, 11434 (C,B,D,To)	
THURSDAY / JUEVES		
7:00PM	Welcome to Life, 121-10 Supthin Blvd., Queens, NY, 11434 (C,D)	

SATURDAY / SÁBADO

Regional Women In Unity, Brooks Memorial United Church, Between 143rd Street and Pinegrove Street, Top Floor, 143-22 109th Avenue, Queens, NY, 11435 (RF,W)

VIRTUAL MEETINGS

Find virtual meetings at newyorkna.org/meetings

MEETING FORMAT LEGEND (Beginners) This meeting is focused on the needs of new members of NA. (Closed) This meeting is closed to non-addicts. You should attend only if you believe that you may have a problem with substance abuse. (Discussion) This meeting invites participation by all attendees. (Rotating Format) This meeting has a format that changes for each meeting. (Topic) This meeting is based upon a topic chosen by a speaker or by group conscience. (Women) This meeting is focused on topics encountered by women in NA.

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

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.

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SOUTH JAMAICA AREA MEETING LIST NOVEMBER 2025

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