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	
NOON	**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

B	(Beginners) This meeting is focused on the needs of new members of NA.
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.
D	(Discussion) This meeting invites participation by all attendees.
RF	(Rotating Format) This meeting has a format that changes for each meeting.
To	(Topic) This meeting is based upon a topic chosen by a speaker or by group conscience.
W	(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.**

Basic Text, *page 65*

SOUTH JAMAICA AREA

MEETING LIST

NOVEMBER 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.

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