

SUNDAY

- NOON** **Little Rock** Recovery in the Daylight Group, Recovery Central, 1305 West Markham Street (D,O,WC)
- 4:00PM** **Little Rock** The Women's Group, Recovery Central, 1305 West Markham Street (O,W)
WOMEN ONLY - Meets 1st Sunday every month
- 4:00PM** **Cabot** Who We Are Group, Pride 1 Gas Station, 3001 AR-89 (D,O,WC) *Corner of Hwy 321 and Hwy 89, in the room next door with Pride 1 Stop gas station.*
- 5:30PM** **Little Rock** Living Clean Group, Recovery Central, 1305 West Markham Street (D,O,WC)
- 7:30PM** **North Little Rock** No Matter What Group, Levy United Methodist Church, 701 W. 47th (O)

MONDAY

- NOON** **Little Rock** Recovery in the Daylight Group, Recovery Central, 1305 West Markham Street (BT,O,WC)
- 6:00PM** **Little Rock** Living Clean Group, Central Church of Christ Annex Building, 823 West 6th Street (O,WC,LT)
- 6:30PM** **Conway** One Disease One Program Group, 925 Mitchell Street (O,WC,HY) Room 3
(In-Person & Zoom) <https://zoom.us/j/8168970027>
PW: ODOP
- 6:30PM** **Cabot** Seeking Solutions Group, Grace Fellowship Church, 601 W. Elm St (D,O) *behind Bank of the Ozarks behind Bank of Ozarks*
- 7:00PM** **Conway** Vision of Hope Group, 1018 Salem Road (D,O,WC)
- 7:30PM** **Benton** Hope Without Dope Group, 501 N. East Street (D,O)
- 7:30PM** **Little Rock** Together We Can Group, Recovery Central, 1305 West Markham Street (D,O,WC)
- 7:30PM** **Cabot** Who We Are Group, Pride 1 Gas Station, 3001 AR-89 (D,O,WC) *Corner of Hwy 321 and Hwy 89, in the room next door with Pride 1 Stop gas station.*

TUESDAY

- NOON** **Little Rock** Recovery in the Daylight Group, Recovery Central, 1305 West Markham Street (D,O,WC)
- 6:00PM** **North Little Rock** What Can I Do Group, Levy United Methodist Church, 701 W. 47th Street (BT,O,WC,LT) *Bring a Basic Text!*
- 7:00PM** **Conway** Vision of Hope Group, 1018 Salem Road (O,WC,LT)
- 7:30PM** **Little Rock** Together We Can Group, Recovery Central, 1305 West Markham Street (D,O,WC)
- 7:30PM** **Cabot** Who We Are Group, Pride 1 Gas Station, 3001 AR-89 (D,O,WC) *Corner of Hwy 321 and Hwy 89, in the room next door with Pride 1 Stop gas station.*

WEDNESDAY

- NOON** **Little Rock** Recovery in the Daylight Group, Recovery Central, 1305 West Markham Street (D,O,WC)

WEDNESDAY (CONT)

- 5:15PM** **Little Rock** Living Clean Group, Central Church of Christ Annex Building, 823 West 6th Street (D,O,WC)
- 6:30PM** **Conway** One Disease One Program Group, 925 Mitchell Street (O,WC,HY) Room 3
(In-Person & Zoom) <https://zoom.us/j/8168970027>
PW: ODOP
- 7:00PM** **Greenbriar** Living Clean and Free, the Club @ Springhill, 675 US-65 (O)
- 7:30PM** **Little Rock** It Works How & Why Group, Recovery Central, 1305 West Markham Street (O,St,WC)
- 7:30PM** **Little Rock** Regardless of Age Group, Unitarian Universalist Church, 1818 Reservoir Road (O,WC,BK)
- 7:30PM** **Cabot** Who We Are Group, Pride 1 Gas Station, 3001 AR-89 (CL,D,O,WC) *Corner of Hwy 321 and Hwy 89, in the room next door with Pride 1 Stop gas station.*

THURSDAY

- NOON** **Little Rock** Recovery in the Daylight Group, Recovery Central, 1305 West Markham Street (D,O,WC)
- NOON** **Cabot** Who We Are Group, Pride 1 Gas Station, 3001 AR-89 (D,O,WC) *Corner of Hwy 321 and Hwy 89, in the room next door with Pride 1 Stop gas station.*
- 7:00PM** **Conway** Vision of Hope Group, 1018 Salem Road (D,O,WC)
- 7:30PM** **Little Rock** Clean & Serene Group, Recovery Central, 1305 West Markham Street (O,WC)
- 7:30PM** **Benton** Hope Without Dope Group, 501 N. East Street (D,O,Tr)
- 7:30PM** **North Little Rock** No Matter What Group, Levy United Methodist Church, 701 W. 47th (O)
- 7:30PM** **Cabot** Who We Are Group, Pride 1 Gas Station, 3001 AR-89 (D,O,WC) *Corner of Hwy 321 and Hwy 89, in the room next door with Pride 1 Stop gas station.*

FRIDAY

- NOON** **Little Rock** Recovery in the Daylight Group, Recovery Central, 1305 West Markham Street (D,O,WC)
- 6:00PM** **Little Rock** Living Clean Group, Central Church of Christ Annex Building, 823 West 6th Street (D,O,WC) *Speaker first Friday of the month; Birthday celebration last Friday of the month*
- 6:30PM** **Conway** One Disease One Program Group, 925 Mitchell Street (O,WC,LT,HY) Room 3
(In-Person & Zoom) <https://zoom.us/j/8168970027>
PW: ODOP
- 6:30PM** **Cabot** Seeking Solutions Group, Grace Fellowship Church, 601 W. Elm St (IW,BK) *behind Bank of the Ozarks*
- 7:00PM** **Conway** Vision of Hope Group, 1018 Salem Road (CL,D,O,WC)
- 7:30PM** **Little Rock** Clean & Serene Group, Recovery Central, 1305 West Markham Street (C,CL,WC)
- 7:30PM** **Benton** Hope Without Dope Group, 501 N. East Street (D,O) *Speaker first Friday of the month*

FRIDAY (CONT)

- 7:30PM** **Cabot** Who We Are Group, Pride 1 Gas Station, 3001 AR-89 (O,WC,LT) *Corner of Hwy 321 and Hwy 89, in the room next door with Pride 1 Stop gas station.*
- 9:30PM** **Little Rock** Regardless of Age Group, Unitarian Universalist Church, 1818 Reservoir Road (O,To,WC)

SATURDAY

- 9:00AM** **Little Rock** Veterans in Recovery Group, Recovery Central, 1305 West Markham Street (C,D,WC,CN)
- NOON** **Little Rock** Recovery in the Daylight Group, Recovery Central, 1305 West Markham Street (D,O,WC)
- 6:00PM** **Little Rock** Breaking the Cycle Group, Wolfe Street Foundation, 1015 S. Louisiana Street (D,O)
- 6:30PM** **Little Rock** Rainbow Recovery Group, Recovery Central, 1305 West Markham Street (LGBT,O,WC)
- 7:00PM** **Conway** Vision of Hope Group, 1018 Salem Road (CL,D,O,WC)
- 7:30PM** **Cabot** Who We Are Group, Pride 1 Gas Station, 3001 AR-89 (O,WC,LT) *Corner of Hwy 321 and Hwy 89, in the room next door with Pride 1 Stop gas station.*
- 8:00PM** **Little Rock** Living Clean Group, Recovery Central, 1305 West Markham Street (D,O,WC)

MEETING FORMAT LEGEND

BK	Book Study	BT	Basic Text
C	Closed	CL	Candlelight
CN	Common Needs	D	Discussion
HY	Hybrid	IW	It Works -How and Why
LGBT	Lesbian,Gay,Bisexual,Transgender	LT	Literature Study
O	Open	St	Step
To	Topic	Tr	Tradition
W	Women	WC	Wheelchair



CENTRAL ARKANSAS AREA

MEETING LIST

NOVEMBER 2024

**FREE LOCAL NUMBER
(501) 373-8683
www.caasc.org**

**ARKANSAS REGIONAL HELPLINE
(888) 501-1607
www.arscna.org**

SUGGESTIONS FOR EVERYONE

**DON'T USE. Go to a meeting instead.
Go to a meeting even if you used that day.
Go to 1 meeting a day, 90 in 90 days.
Come to meetings early. Stay late.
Get a home group.**

**Avoid people, places, things you used with.
Find and use a sponsor.
Use the PHONE. Call someone instead of using.
Find a Higher Power that is loving, caring, and
greater than you are.
Read NA Basic Text & NA literature EVERYDAY.
Always put your recovery FIRST.**

KEEP COMING BACK. IT WORKS

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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