SUNDAY

10:30AM **Little Rock** Man Up, Recovery Central, 1305 West Markham Street (M)

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

4:00PM **Little Rock** The Women's Group, Recovery Central, 1305 West Markham Street (O,W) WOMEN ONLY - Meets 1st & 2nd Sunday of month

5:00PM **Cabot** Who We Are Group, Cabot United Methodist Church, 2003 S. Pine St. (O,D,WC) *Pull into the "Sanctuary" side of building, enter through first door on the right, and meeting is the first door on the right.*

5:30PM **Little Rock** Alive & Free Group, Recovery Central, 1305 West Markham Street (LT)

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 (O,BT,WC)

5:30PM **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 (O,D) *behind Bank of the Ozarks* behind Bank of Ozarks

7:00PM **Little Rock** Just for Today Group, Bingham Road Baptist Church, 923 W. Bingham Road

7:00PM **Conway** Vision of Hope Group, 1018 Salem Road (O,D,WC)

7:30PM **Benton** Hope Without Dope Group, 501 N. East Street (O,D)

7:30PM **Little Rock** Together We Can Group, Recovery Central, 1305 West Markham Street (O,D,WC)

TUESDAY

NOON **Benton** Hope Without Dope Group, 501 N. East Street (O,D)

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

NOON **Conway** Vision of Hope Group, 1018 Salem Road (O,D,WC)

6:00PM **Morrilton** The Square Base, 218 E. Center Street (O) *Inside the Coffee Bean*

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 (O,D,WC)

7:30PM **Cabot** Who We Are Group, Cabot United Methodist Church, 2003 S. Pine St. (O,WC) *Pull into the "Sanctuary" side of building, enter through first door on the right, and meeting is the first door on the right.*

WEDNESDAY

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

5:30PM **Little Rock** Living Clean Group, Central Church of Christ Annex Building, 823 West 6th Street (O,D,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 **Sheridan** Just for Today Group, 204 North Red Street

7:00PM **Greenbrier** 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)

THURSDAY

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

6:00PM **Morrilton** The Square Base, 218 E. Center Street (O) *Inside the Coffee Bean*

6:30PM **Cabot** Who We Are Group, Cabot United Methodist Church, 2003 S. Pine St. (O,D,WC) *Pull into the "Sanctuary" side of building, enter through first door on the right, and meeting is the first door on the right.*

7:00PM **Conway** Vision of Hope Group, 1018 Salem Road (O,D,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 (O,D,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, Cabot United Methodist Church, 2003 S. Pine St. (O,WC) *Pull into the "Sanctuary" side of building, enter through first door on the right, and meeting is the first door on the right.*

FRIDAY

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

5:30PM **Little Rock** Living Clean Group, Central Church of Christ Annex Building, 823 West 6th Street (O,D,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

7:00PM **Conway** Vision of Hope Group, 1018 Salem Road (O,CL,D,WC)

7:30PM **Little Rock** Clean & Serene Group, Recovery Central, 1305 West Markham Street (C,CL,WC)

FRIDAY (CONT)

7:30PM **Benton** Hope Without Dope Group, 501 N. East Street (O,D) Speaker first Friday of the month

7:30PM **Cabot** Who We Are Group, Cabot United Methodist Church, 2003 S. Pine St. (O,WC,LT) *Pull into the "Sanctuary" side of building, enter through first door on the right, and meeting is the first door on the right.*

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 (O,D,WC)

4:00PM **Bryant** Without Parallel, Graceway Baptist Church, 604 S. Reynolds Road (C,D) *Building 3, Upstairs*

6:30PM **Little Rock** Rainbow Recovery Group, Recovery Central, 1305 West Markham Street (O,LGBT,WC)

7:00PM **Conway** Vision of Hope Group, 1018 Salem Road (O,CL,D,WC)

8:00PM **Little Rock** Alive & Free Group, Recovery Central, 1305 West Markham Street (CL)

MEETING FORMAT LEGEND

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

PEOPLE I CAN CALL

PEOPLE I CAN CALL

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*

NARCOTICS ANONYMOUS

CENTRAL ARKANSAS AREA

MEETING LIST

NOVEMBER 2026

**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

50 Meetings