	SUNDAY		TUESDAY (CONT)
10:30AM	<b>Little Rock</b> Man Up, Recovery Central, 1305 West Markham Street (M)	7:30PM	Cabot Who We Are Group, Pride 1 Gas Station, 3001 AR-89 (O,D,WC) Corner of Hwy 321 and Hwy
	Meets every other Saturday (next meeting August 3, 2025)		89, in the room next door with Pride 1 Stop gas station.
NOON	Little Rock Recovery in the Daylight Group,		WEDNESDAY
4.00014	Recovery Central, 1305 West Markham Street (O,D,WC)	NOON	Little Rock Recovery in the Daylight Group, Recovery Central, 1305 West Markham Street
4:00PM	Little Rock Alive & Free Group, Recovery Central, 1305 West Markham Street (LT) Meets 2nd & 4th Sunday of the month ONLY	5:30PM	(O,D,WC) <b>Little Rock</b> Living Clean Group, Central Church of
4:00PM	Little Rock The Women's Group, Recovery Central, 1305 West Markham Street (O,W)	C-00DM	Christ Annex Building, 823 West 6th Street (O,D,WC)
4:00PM	WOMEN ONLY - Meets 1st Sunday every month Cabot Who We Are Group, Pride 1 Gas Station,	6:00PM	Morrilton The Square Base, 218 E. Center Street (O) Inside the Coffee Bean
4.00714	3001 AR-89 (O,D,WC) Corner of Hwy 321 and Hwy 89, in the room next door with Pride 1 Stop gas station.	6:30PM	Conway One Disease One Program Group, 925 Mitchell Street (O,WC,HY) Room 3 (In-Person & Zoom) https://zoom.us/j/8168970027
5:30PM	Little Rock Living Clean Group, Recovery Central, 1305 West Markham Street (O,D,WC)	7:00PM	PW: ODOP Sheridan Just for Today Group, 204 North Red Street
7:30PM	North Little Rock No Matter What Group, Levy United Methodist Church, 701 W. 47th (O)	7:00PM	<b>Greenbrier</b> Living Clean and Free, the Club @ Springhill, 675 US-65 (O)
NOON	MONDAY  Little Rock Recovery in the Daylight Group,	7:30PM	Little Rock It Works How & Why Group, Recovery Central, 1305 West Markham Street (O,St,WC)
	Recovery Central, 1305 West Markham Street (O,BT,WC)	7:30PM	Little Rock Regardless of Age Group, Unitarian Universalist Church, 1818 Reservoir Road
5:30PM	<b>Little Rock</b> Living Clean Group, Central Church of Christ Annex Building, 823 West 6th Street (O,WC,LT)	7:30PM	(O,WC,BK) <b>Cabot</b> Who We Are Group, Pride 1 Gas Station, 3001 AR-89 (O,CL,D,WC) Corner of Hwy 321 and
6:00PM	<b>Morrilton</b> The Square Base, 218 E. Center Street (O) <i>Inside the Coffee Bean</i>		Hwy 89, in the room next door with Pride 1 Stop gas station.
6:30PM	Conway One Disease One Program Group, 925		THURSDAY
	Mitchell Street (O,WC,HY) Room 3 (In-Person & Zoom) https://zoom.us/j/8168970027 PW: ODOP	NOON	<b>Little Rock</b> Recovery in the Daylight Group, Recovery Central, 1305 West Markham Street (O,D,WC)
6:30PM	<b>Cabot</b> Seeking Solutions Group, Grace Fellowship Church, 601 W. Elm St (O,D) behind Bank of the Ozarks behind Bank of Ozarks	NOON	Cabot Who We Are Group, Pride 1 Gas Station, 3001 AR-89 (O,D,WC) Corner of Hwy 321 and Hwy 89, in the room next door with Pride 1 Stop gas
7:00PM	Conway Vision of Hope Group, 1018 Salem Road (O,D,WC)	7:00PM	station.  Conway Vision of Hope Group, 1018 Salem Road
7:30PM	<b>Benton</b> Hope Without Dope Group, 501 N. East Street (O,D)	7:30PM	(O,D,WČ)
7:30PM	Little Rock Together We Can Group, Recovery Central, 1305 West Markham Street (O,D,WC)		Central, 1305 West Markham Street (O,WC)
7:30PM	Cabot Who We Are Group, Pride 1 Gas Station, 3001 AR-89 (O,D,WC) Corner of Hwy 321 and Hwy	7:30PM	Benton Hope Without Dope Group, 501 N. East Street (O,D,Tr)
	89, in the room next door with Pride 1 Stop gas station.	7:30PM	North Little Rock No Matter What Group, Levy United Methodist Church, 701 W. 47th (O)
	TUESDAY	7:30PM	Cabot Who We Are Group, Pride 1 Gas Station, 3001 AR-89 (O,D,WC) Corner of Hwy 321 and Hwy
NOON	<b>Benton</b> Hope Without Dope Group, 501 N. East Street (O,D)		89, in the room next door with Pride 1 Stop gas station.
NOON	<b>Little Rock</b> Recovery in the Daylight Group, Recovery Central, 1305 West Markham Street (O,BT,WC)	NOON	FRIDAY Little Rock Recovery in the Daylight Group,
NOON	Conway Vision of Hope Group, 1018 Salem Road		Recovery Central, 1305 West Markham Street (O,D,WC)
7:00PM	(O,D,WC)  Conway Vision of Hope Group, 1018 Salem Road (O,WC,LT)	5:30PM	<b>Little Rock</b> Living Clean Group, Central Church of Christ Annex Building, 823 West 6th Street (O,D,WC) Speaker first Friday of the month;
7:30PM	<b>Little Rock</b> Together We Can Group, Recovery Central, 1305 West Markham Street (O,D,WC)		Birthday celebration last Friday of the month

	TUESDAY (CONT)
7:30PM	Cabot Who We Are Group, Pride 1 Gas Station, 3001 AR-89 (O,D,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 (O,D,WC)
5:30PM	<b>Little Rock</b> Living Clean Group, Central Church of Christ Annex Building, 823 West 6th Street (O,D,WC)
6:00PM	Morrilton The Square Base, 218 E. Center Street (O) Inside the Coffee Bean
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 (0,St,WC)
7:30PM	<b>Little Rock</b> 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 (O,CL,D,WC) Corner of Hwy 321 and Hwy 89, in the room next door with Pride 1 Stop gas station.
	THURSDAY
NOON	<b>Little Rock</b> Recovery in the Daylight Group, Recovery Central, 1305 West Markham Street (O,D,WC)
NOON	Cabot Who We Are Group, Pride 1 Gas Station, 3001 AR-89 (O,D,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 (O,D,WC)
7:30PM	Little Rock Clean & Serene Group, Recovery Central, 1305 West Markham Street (O,WC)
7:30PM	<b>Benton</b> Hope Without Dope Group, 501 N. East Street (O,D,Tr)
7:30PM	<b>North Little Rock</b> No Matter What Group, Levy United Methodist Church, 701 W. 47th (O)
7:30PM	<b>Cabot</b> Who We Are Group, Pride 1 Gas Station, 3001 AR-89 (O,D,WC) <i>Corner of Hwy 321 and Hwy 89, in the room next door with Pride 1 Stop gas station.</i>
	FRIDAY
NOON	<b>Little Rock</b> Recovery in the Daylight Group, Recovery Central, 1305 West Markham Street

	FRIDAY (CONT)
6:00PM	Morrilton The Square Base, 218 E. Center Street
	(O) Inside the Coffee Bean
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
C-20DM	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
7100114	(O,CL,D,WC)
7:30PM	Little Rock Clean & Serene Group, Recovery
	Central, 1305 West Markham Street (C,CL,WC)
7:30PM	<b>Benton</b> Hope Without Dope Group, 501 N. East
	Street (O,D) Speaker first Friday of the month
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.
0.3UDM	Little Back Regardless of Age Group Unitarian
9:30PM	Little Rock Regardless of Age Group, Unitarian
9:30PM	Universalist Church, 1818 Reservoir Road
9:30PM	Universalist Church, 1818 Reservoir Road (O,To,WC)
	Universalist Church, 1818 Reservoir Road (O,To,WC) SATURDAY
9:30PM 9:00AM	Universalist Church, 1818 Reservoir Road (O,To,WC) SATURDAY Little Rock Veterans in Recovery Group,
	Universalist Church, 1818 Reservoir Road (O,To,WC)  SATURDAY  Little Rock Veterans in Recovery Group, Recovery Central, 1305 West Markham Street
	Universalist Church, 1818 Reservoir Road (O,To,WC)  SATURDAY  Little Rock Veterans in Recovery Group, Recovery Central, 1305 West Markham Street (C,D,WC,CN)
9:00AM	Universalist Church, 1818 Reservoir Road (O,To,WC)  SATURDAY  Little Rock Veterans in Recovery Group, Recovery Central, 1305 West Markham Street
9:00AM	Universalist Church, 1818 Reservoir Road (O,To,WC)  SATURDAY  Little Rock Veterans in Recovery Group, Recovery Central, 1305 West Markham Street (C,D,WC,CN)  Little Rock Recovery in the Daylight Group, Recovery Central, 1305 West Markham Street (O,D,WC)
9:00AM	Universalist Church, 1818 Reservoir Road (O,To,WC)  SATURDAY  Little Rock Veterans in Recovery Group, Recovery Central, 1305 West Markham Street (C,D,WC,CN)  Little Rock Recovery in the Daylight Group, Recovery Central, 1305 West Markham Street (O,D,WC)  Little Rock Rainbow Recovery Group, Recovery
9:00AM NOON 6:30PM	Universalist Church, 1818 Reservoir Road (O,To,WC)  SATURDAY  Little Rock Veterans in Recovery Group, Recovery Central, 1305 West Markham Street (C,D,WC,CN)  Little Rock Recovery in the Daylight Group, Recovery Central, 1305 West Markham Street (O,D,WC)  Little Rock Rainbow Recovery Group, Recovery Central, 1305 West Markham Street (O,LGBT,WC)
9:00AM NOON	Universalist Church, 1818 Reservoir Road (O,To,WC)  SATURDAY  Little Rock Veterans in Recovery Group, Recovery Central, 1305 West Markham Street (C,D,WC,CN)  Little Rock Recovery in the Daylight Group, Recovery Central, 1305 West Markham Street (O,D,WC)  Little Rock Rainbow Recovery Group, Recovery Central, 1305 West Markham Street (O,LGBT,WC)  Conway Vision of Hope Group, 1018 Salem Road
9:00AM NOON 6:30PM 7:00PM	Universalist Church, 1818 Reservoir Road (O,To,WC)  SATURDAY  Little Rock Veterans in Recovery Group, Recovery Central, 1305 West Markham Street (C,D,WC,CN)  Little Rock Recovery in the Daylight Group, Recovery Central, 1305 West Markham Street (O,D,WC)  Little Rock Rainbow Recovery Group, Recovery Central, 1305 West Markham Street (O,LGBT,WC)  Conway Vision of Hope Group, 1018 Salem Road (O,CL,D,WC)
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9:00AM NOON 6:30PM 7:00PM	Universalist Church, 1818 Reservoir Road (O,To,WC)  SATURDAY  Little Rock Veterans in Recovery Group, Recovery Central, 1305 West Markham Street (C,D,WC,CN)  Little Rock Recovery in the Daylight Group, Recovery Central, 1305 West Markham Street (O,D,WC)  Little Rock Rainbow Recovery Group, Recovery Central, 1305 West Markham Street (O,LGBT,WC)  Conway Vision of Hope Group, 1018 Salem Road (O,CL,D,WC)  Cabot Who We Are Group, Pride 1 Gas Station, 3001 AR-89 (O,WC,LT) Corner of Hwy 321 and
9:00AM NOON 6:30PM 7:00PM	Universalist Church, 1818 Reservoir Road (O,To,WC)  SATURDAY  Little Rock Veterans in Recovery Group, Recovery Central, 1305 West Markham Street (C,D,WC,CN)  Little Rock Recovery in the Daylight Group, Recovery Central, 1305 West Markham Street (O,D,WC)  Little Rock Rainbow Recovery Group, Recovery Central, 1305 West Markham Street (O,LGBT,WC)  Conway Vision of Hope Group, 1018 Salem Road (O,CL,D,WC)  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
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9:00AM NOON 6:30PM 7:00PM 7:30PM	Universalist Church, 1818 Reservoir Road (O,To,WC)  SATURDAY  Little Rock Veterans in Recovery Group, Recovery Central, 1305 West Markham Street (C,D,WC,CN)  Little Rock Recovery in the Daylight Group, Recovery Central, 1305 West Markham Street (O,D,WC)  Little Rock Rainbow Recovery Group, Recovery Central, 1305 West Markham Street (O,LGBT,WC)  Conway Vision of Hope Group, 1018 Salem Road (O,CL,D,WC)  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

MEETING FORMAT LEGEND				
LT	Literature Study	BT	Basic Text	
С	Closed	CL	Candlelight	
D	Discussion	IW	It Works -How and Why	
М	Men	0	Open	
St	Step	То	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 DECEMBER 2025

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** 

54 Meetings