

SUNDAY

- 10:30AM Little Rock** Man Up, Recovery Central, 1305 West Markham Street (M)
Meets 1st, 3rd, & 5th Sunday of the month ONLY
- NOON Little Rock** Recovery in the Daylight Group, Recovery Central, 1305 West Markham Street (O,D,WC)
- 4:00PM Little Rock** Alive & Free Group, Recovery Central, 1305 West Markham Street (LT)
Meets 2nd & 4th Sunday of the month ONLY
- 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 (O,D,WC) Corner of Hwy 321 and Hwy 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)

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 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)

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)

WEDNESDAY (CONT)

- 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** Who We Are Group, Pride 1 Gas Station, 3001 AR-89 (O,CL,D,WC,LT) Corner of Hwy 321 and Hwy 89, in the room next door with Pride 1 Stop gas station.
- 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)
- 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.
- 6:00PM Morrilton** The Square Base, 218 E. Center Street (O) Inside the Coffee Bean
- 6:30PM 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.
- 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)

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
- 6:30PM 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.
- 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
- 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)
- 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)

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



CENTRAL ARKANSAS AREA

MEETING LIST

MAY 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

47 Meetings

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