

Come to meetings, listen with an open mind, ask questions, get phone numbers and use them.

“Stay clean just for today.”

May we also remind you that this is an *anonymous* program and your anonymity will be held in the strictest of confidence?

“We are not interested in what or how much you used or who your connections were, what you have done in the past, how much or how little you have, but only in what you want to do about your problem and how we can help.”

Telephone Numbers



Central Minnesota Area of
Narcotics Anonymous®
P.O. Box 374, St Cloud, Mn. 56302
www.central.naminnnesota.org

Public Information
email: cma.publicinfo@gmail.com

Websites
Central MN Area:
www.central.naminnnesota.org
Minnesota Region: www.naminnnesota.org
NA World Services: www.na.org

Find a meeting anywhere in the state:
Minnesota Info Line **(877) 767-7676**
(Toll Free for 218,507,320 and 715 Area codes)

Upper Midwest Service Office
310 E. 38th St. Mpls., MN. 55409
(612) 822-9472



DRUG PROBLEM?

Maybe
Narcotics Anonymous®
Can Help...

Recovery is possible.....

We are a group of people,
young and old, who suffer
from the disease of addiction who
meet regularly to help
each other stay clean...

If you have ever wondered if you
may have a problem of addiction,
why not give yourself a break and
check out our meetings....

Area Meeting List

NA is a nonprofit fellowship or society of people for whom drugs had become a major problem. We are recovering addicts who meet regularly to help each other stay clean. There are no dues or fees. The only requirement for membership is the desire to stop using.

You don't have to be clean when you get here, but after your first meeting we suggest that you keep coming back and come clean. You don't have to wait for an overdose or jail sentence to get help from NA, nor is addiction a hopeless condition from which there is no recovery. It is possible to overcome the desire to use drugs with the help of the Twelve Step Program of Narcotics Anonymous and the fellowship of recovering addicts.

Addiction is a disease that can happen to anyone. Some of us used drugs because we enjoyed them, while others used to suppress the feelings we already had. Still others suffered from physical and mental ailments and became addicted to the medication prescribed during our illnesses. Some of us joined the crowd using drugs a few times just to be cool and later found out we could not stop.

<u>Albany -</u>	Tuesday, 7:00 PM, "Life In Recovery"	Our Savior Lutheran Church, 840 Lake Ave
<u>Big Lake -</u>	Sunday 7:00 PM "Women Letting Go in Recovery"	16777 Marketplace Drive
	Monday, 7:00 PM, "Big Lake/Monticello Miracles"	Bridge View Assembly Church of God 20500 County Road 11
	Thursday, 7:00 PM, "Refuge In Recovery"	Community Covenant Church, C.R. #15 off hwy #10
<u>Brainerd-</u>	Monday 8:00, "It Works N.A."	Up Front Alano Club, 302 Fourth Ave. NE
<u>Cold Spring -</u>	Sunday, 7:00 PM, "Recovery in the Sticks"	Gloria Dei Lutheran Church, 601 Red River Ave S.
<u>Clear Water -</u>	Wednesday, 7:00 PM, "Clean in Clear Water"	United Methodist Church, 405 Main Street
<u>Foley -</u>	Thursday,, 7:30 PM, "No BS"	Gustavus Adolphus Lutheran Church, 640 Broadway Ave. N
<u>Little Falls -</u>	Monday, 6:00 PM, ""	Alano Club, 5 th Ave and 5 th St. N.W.
	Friday, 6:00 PM, ""	Alano Club, 5 th Ave and 5 th St. N.W.
<u>Long Prairie -</u>	Wednesday, 7:00 PM, "Road to Recovery"	Alano Club, 2 nd Street
<u>Milaca -</u>	Tuesday, 7:00 PM, "Milaca NA"	Alano Club, Rum River Drive
<u>Onamia -</u>	Sunday, 7:00 PM, "It Takes Two Addicts"	Holy Cross Community Center, 102 N. Crosier Drive
<u>Princeton -</u>	Sunday, 7:00 PM, "Serenity Sunday NA"	Princeton Alano, 1315 N 3 rd St.
	Tuesday, 7:30 PM, "Rum River Recovery"	Princeton Alano, 1315 N 3 rd St.
	Friday, 6:45 PM, "Lost Dreams Awaken"	Princeton Alano, 1315 N 3 rd St.
<u>Rockville-</u>	Sunday, 6:00 PM, "Recovery on the Rocks"	Granite Edge Cafe (Conference Room) 244 W Broadway St.
<u>Sauk Centre-</u>	Monday, 7:00 PM, "NA Lengths"	First United Congressional Church, 620 5 th St. South
<u>Sauk Rapids-</u>	Sunday, 7:00 PM, "Home Fires NA"	Sacred Heart Church, 2875 10 th Ave. S.
	Wednesday, 7:00 PM, "Productive Members of Society"	Bridge Community Church 1702 West Highview Drive
<u>St Cloud-</u>	Monday, 8:00 PM, "Focus On Recovery"	Life Assembly Church of God, 2409 Clearwater Rd
	Tuesday, 7:00 PM, "It Works NA"	Atonement Lutheran Church, 1144 29 th Ave N
	Tuesday, 7:30 PM, "Absolute NA"	First Presbyterian Church, 373 4 th Ave. S.
	Tuesday, 8:00 PM, "Attitude Adjustment Hour"	Salvation Army, 400 HWY 10 South
	Wednesday, 7:00 PM, "You're Not Alone"	St. Cloud Library, 1300 West Saint Germain
	Thursday, 4:00 PM, "No Excuses Womens Meeting"	South Side Boy & Girl Club, 1205 6 th Ave. S.
	Thursday, 7:00 PM, "Homeward Bound NA"	Salem Lutheran Church, 90 Riverside Drive
	Friday, 7:00 PM, "Just For Today"	Bethlehem Lutheran Church, 4310 CR #137
	Saturday, 10:00 AM, "Mens Steppin In Recovery"	Atonement Lutheran Church, 1144 29 th Ave N
	Saturday, 7:00 PM, "Upper Mississippi Shakedown"	Bethlehem Lutheran Church, 4310 CR #137
	Saturday, 7:00 PM, "We Do Recover"	Discover Church, 1230 Hwy #23 E.

The addresses included in this list are for location only and are not mailing addresses. For updates to this meeting list, please send new information or attend the next Area Service Committee meeting of the Central Minnesota Area of Narcotics Anonymous held the 1st Sunday after the 3rd Saturday of every month at the St. Cloud Hospital Spruce Room.

Please visit <http://www.central.naminnnesota.org>

Updated: April 2011



Narcotics Anonymous
Central Minnesota Area