

***What Is The Narcotics Anonymous Program?***

N.A. is a non-profit Fellowship or society of men and women for whom drugs had become a major problem. We are recovering addicts who meet regularly to help each other stay clean. This is a program of complete abstinence from all drugs. There is only one requirement for membership, the desire to stop using. We suggest that you keep an open mind and give yourself a break. Our program is a set of principles written so simply that we can follow them in our daily lives. The most important thing about them is that they work. There are no strings attached to N.A. We are not affiliated with any other organizations, we have no initiation fees or dues, no pledges to sign, no promises to make to anyone. We are not connected with any Political, religious or law enforcement groups, and are under no surveillance at any time. Anyone may join us, regardless of age, race, sexual identity, creed, religion or lack of religion.

**Fraserburgh****Wednesday (7:30pm) Fraserburgh**

JIC Building, Albert Street, Fraserburgh, AB43 9JL  
(Open, Share, Wheelchair Access)

**Inverurie****Wednesday (7:30pm) Inverurie**

Acorn Centre, West High Street, Inverurie,  
Aberdeenshire AB51 3SA (Open, Share, Wheelchair Access)

**Inverness****Tuesday (1:30pm) Just for Today**

Dell Room, Merkinch Community Centre, Coronation Park  
Inverness, IV3 8AD  
(Closed, Share, Reading, Wheelchair Access)

**Friday (7:30pm) Just For Today**

CYC, 12 Bank Street, Inverness, IV1 1QY  
(Closed, Share, Reading)

**Aberdeen****Monday (7:00pm)**

The Credo Centre, 14-20 John Street, Aberdeen  
AB25 1BT  
(Open, Share, Reading, Wheelchair Access)

**Tuesday (7:00pm) Literature Meeting**

St Mary's Cathedral, Huntly Street, Aberdeen,  
AB10 1SH  
(Open, Literature Study)

**Wednesday (7:15pm) Connect @ Castlegate**

St Peters Church, 3 Chapel Ct, Aberdeen AB11 5HX  
(Open, Share)

**Thursday (8:00pm) Rosehill - A New Way of Life**

High Hilton Parish Church, 1-3 Hilton Drive  
Aberdeen, AB24 4NQ  
(Closed - Open on Request, Share, Wheelchair  
Access)

**Friday (8:00pm) New Beginnings**

St Peters Church, 3 Chapel Ct, Aberdeen AB11 5HX  
(Open, Share)

**Sunday (11:00am) Spirit of Unity**

The Credo Centre, 14-20 John Street, Aberdeen  
AB25 1BT  
(Open, Hybrid - Call Phonenumber for ID, Share, Reading)

**Sunday (7:00pm) Torry Table Of Light**

Old Torry Community Centre, 2 Abbey Place  
Aberdeen, AB11 9QH  
(Open On Request, Share, Reading, Wheelchair Access)

**Sunday (7:00pm) Safe Haven in Stonehaven**

St James Episcopal Church, Arbuthnott Street  
Stonehaven AB39 2JB  
(Open, Share, Wheelchair Access)



[www.eastcoastscotlandna.com](http://www.eastcoastscotlandna.com)

# WHERE TO FIND MEETINGS

FREE PHONELINE NUMBER

# 0800 048 48 12

***We Do Recover***

When at the end of the road we find that we can no longer function as a human being, either with or without drugs, we all face the same dilemma. What is there left to do? There seems to be this alternative either go on as best we can to the bitter end's jails, institutions or death or find a new way to live. In years gone by, very few addicts ever had this last choice. Those who are addicted today are more fortunate. For the first time in man's entire history, a simple way has been proving itself in the lives of many addicts. It is available to us all. This is a simple spiritual not religious program, known as Narcotics Anonymous

