



Call Narcotics Anonymous

Toll free: **1-888-811-3887**

Narcotics Anonymous is a fellowship of men and women who are learning to live without drugs. We meet regularly to help each other stay clean. We are not interested in what you have done in the past, only in what you want to do about your problem and how we can help.

Narcotics Anonymous meetings provide an atmosphere of recovery where individuals can share their common problems and solutions. In our recovery we have found that living clean is very difficult without support.

The only requirement for membership is the desire to stop using. You don't have to be clean when you get here. You don't have to wait for an overdose or a jail sentence to get help from NA. Addiction is not a hopeless condition from which there is no recovery. We do recover.

For the most up to date meeting info in your area please visit www.glana.ca