

All meetings 1 hour except as noted

Sunday

Primetime – 7:00 to 8:30 PM

St. George's Episcopal Church
1024 SE Cass St. Roseburg (O,SB,W)

Clean & Free – 6:30 PM

Myrtle Creek Community Center
425 NW 2nd St (side entrance) (O,BS,W)

Monday

Need-a-Nooner – 12:00 PM

First Presbyterian Church
823 SE Lane St. Roseburg (O,W)

South County – 6:00 PM

Glendale Baptist Church
173 1st St. Glendale (O,W)

Vital Signs – 6:30 PM

VA Medical Center
Bldg 2, 2nd Floor, Room 202
913 NW Garden Valley Blvd
Roseburg (O,W)

Second Chance – 7:00 PM

Mariposa Apartments Office Building
Driveway between 290 & 292
Gregory St. Winston (O,W)
Potluck 1st Mon of each Month

Grateful Heads – 7:00 PM

Drug Education Center
109 E Central Ave. Sutherlin (O,W)
(building with red door)

Stepping Into Recovery – 7:00 PM

Yoncalla Methodist Church
Birch & Main Streets Yoncalla (O, BS)

Tuesday

Need-a-Nooner – 12:00 PM

See Monday's address (O,W)

Freedom for the Individual – 7:00 PM

Westside Christian Church
2712 W Harvard Ave. Roseburg (O,W)

Wednesday

Need-a-Nooner – 12:00 PM

See Monday's address (O,W)

Learning to Live Again – 7:00 PM

Blue Ridge Apartments
Rec Room (Next to Office)
317 SW Hart St., Winston (O,W)
Park on SW Civil Bend by the Cemetery
Speaker Meeting 1st Wed of each Month

Second Chance – 7:00 PM

See Monday's address
Potluck 2nd Wed of each Month

Thursday

Need-a-Nooner – 12:00 PM

See Monday's address (O,W)

New Way – 7:00 PM

First Presbyterian Church
823 SE Lane St. Roseburg (O,W)

Grateful Heads – 7:00 PM

See Monday's address (O,W)

Canyonville Kickers – 7:00 PM

Assembly of God Church
301 N Main St. Canyonville (O,W)

Friday

Need-a-Nooner – 12:00 PM

See Monday's address (O,W)

Live ! – 7:00 PM

St. George's Episcopal Church
1024 SE Cass St. Roseburg (O)

Saturday

Recovery Rocks!! – 6:30 PM

United Methodist Church
131 4th St. Dillard (O,W)

Legend

O=Open C=Closed
BS=Book Study M=Men's
SB=Smoke Break SS=Step Study
W=Wheelchair Wm=Women's
CF=Child Friendly

It is never too early to establish a personal program of daily action. Taking daily action is our way of taking responsibility for our recovery. Instead of picking up that first drug, we do the following:

- **Don't use, no matter what**
- Go to an NA meeting
- Ask your Higher Power to keep you clean today
- Call your sponsor
- Read NA literature
- Talk to other recovering addicts
- Work the Twelve Steps of Narcotics Anonymous
- **Don't use, no matter what**

If this meeting list is more than three months old call the helpline, 957-1489 for current meeting information. Or go online to www.uvana.org