What Is The N.A Program?

N.A is a non - profit fellowship or society of men & 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 completeabstinence from all drugs. Thereis 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 organisations. We have no initation fees or dues, no pledges to sign and 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 idenity, creec, religion or lack of religion. We are not intrested in what or how much you used or who your connections were, what you've done in the past, how much or how littel you have, but only in what you want to do about your problem and how we can help.

The newcomers is the most important person at any meeting, because we can only keep what we have by giving it away. We've learned from our group experience that those who keep coming to our meetings regularly stay clean.

Physical Meetings

Aberdeen
Monday (7.00pm) The Credo Centre, City Centre, 14-20 John St, Aberdeen AB25 1BT (Open) - ***Capacity 25 people***

Aberdeen
Friday (8.00pm) New Beginnings, The Credo Centre, City Centre, 14-20 John St, Aberdeen AB25 1BT (Open) - ***Capacity 12 people***

Inverurie
Wednesday (7.30pm) Acorn Centre, West High Street, Inverurie Aberdeenshire, AB51 3SA (Open) - ***Capacity 12 people***

Fraserburgh
Wednesday (7.30pm) JIC Building, Albert Street, Fraserburgh, AB439JL (Open) - ***Capacity 15 people***

Peterhead
Saturday (5.30pm) The Zion Church, 6 Hope Street, Peterhead, Aberdeenshire, AB42 1HJ (Open) - ***Capacity 20 people***

All Physical Meetings have restrictions in place as directed by Scottish Government, numbers have been limited. Please follow Covid-19 directions,

Online Meetings

Monday
Clean & Serene :12:15pm - ID : 950 213 420 - Password - serene
Clean & Serene : 6:15pm - ID : 950 213 420 - Password - serene

Tuesday
Castlegate : 8:00pm - ID : 942 726 232 - Password - gate

Wednesday:
Clean & Serene :12:15pm - ID : 950 213 420 - Password - serene
Clean & Serene : 7:15pm - ID : 950 213 420 - Password - serene

Thursday
Rosemount : 8:00pm - ID : 864 2618 3090 - Password - mount
Wick : 8:00pm - ID : 820 586 0932 - Password - 202084

Friday
Clean & Serene :12:15pm - ID : 950 213 420 - Password - serene
The War Is Over : 7:00pm - ID : 857 7199 8747 - Password - WAR

Saturday
Rosemount : 8:00pm - ID : 528 371 974 - Password - mount

Sunday:
Trust The Power : 4:00pm - ID : 863 0632 4484 - Password - TRUST
Inverness : 7:00pm - ID : 751 846 3958 - Password - Fellowship
Table Of Light : 7:30pm - ID : 442 912 727 - Password - torry

NAME	PHONE NUMBER

Narcotics Anonymous®

Where To Find N.A Meetings In Scotland

June 2021

EAST COAST PHONELINE
0800 048 48 12

East Coast Scotland Website :
www.eastcoastscotlandna.co.uk

NATIONAL HELPLINE
0300 999 1212

UK Website : www.ukna.org

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 ends—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.