SUNDAY / DOMINGO

12:30PM The Message of Hope
48 Cameron St., Rochester
Entry at rear of building,
D

4:00PM No Matter What
1035 Dewey Ave., Rochester
,

5:30PM Couch Potatoes in Recovery
,
D,O,VM
Zoom ID : 859 2133 2655 ::: Password 26824

6:00PM Basically Speaking
1760 Norton St., Rochester
,
D,SD,WC

7:30PM Recovery and Relapse
48 Cameron St., Rochester
,
D,IP,SD,St

MONDAY / LUNES

NOON Surrender Is The Key
121 Greeley Street, Rochester
off Parsells Ave.,

NOON The Courage to Change
285 Clarissa St, Rochester
,
BT,D

6:00PM Just Say No
200 West Ave., Rochester
,

6:45PM Gates to Recovery
1049 Wegman Rd., Rochester
,
D

7:00PM All in the Family
17 S. Fitzhugh St., Rochester
,

MONDAY / LUNES (CONT)

7:00PM Talking Heads
149 Brooks Ave, Rochester
,

7:30PM Eye of the Hurricane
1008 Main St., East Rochester
,
D

TUESDAY / MARTES

NOON The Courage to Change
285 Clarissa St., Rochester
,

6:00PM AIDS and Recovery
1124 Culver Rd., Rochester
,
BT,JT,St,To,Tr,WC,HY
Zoom ID: 88309059263
Passode: recovery

6:00PM Experience Strength and Hope
149 Brooks Ave, Rochester
Back Entrance, In person meeting starts 4/12/22

7:00PM Honest Open-Minded and Willing
801-803 West Ave., Rochester
,
D

WEDNESDAY / MIÉRCOLES

NOON Surrender Is The Key
121 Greeley Street, Rochester
off Parsells Ave.,

NOON The Courage to Change
285 Clarissa St, Rochester
,
BT,D

7:00PM B There or B Square
111 N. Chestnut St., Rochester
,
D,IP,JT,SD,St,Tr,WC

WEDNESDAY / MIÉRCOLES (CONT)

7:30PM Meeting From Another Planet
220 S. Winton Rd., Rochester
,
D,O,HY
Zoom ID 835 9265 9949 ::: PW 809166

THURSDAY / JUEVES

NOON The Courage to Change
285 Clarissa St., Rochester
,
BT,D

5:00PM New Beginnings: Through Steps and Traditions
275 East Ave., Rochester
Side Door Entrance and Street Parking Only,
O

6:00PM Dawn of a New Reality
15 Whalin St., Rochester
,
D,SD,To

7:00PM Back to Brockport
14 State St., Brockport
,
BT

7:00PM NA Speaker & Discussions
1760 Norton St., Rochester
(just past Goodman St.)
SD

FRIDAY / VIERNES

9:00AM We Do Recover
33 Chestnut St., Rochester
,
SD

NOON Surrender Is The Key
121 Greeley Street, Rochester
off Parsells Ave.,

NOON The Courage to Change
285 Clarissa St., Rochester
,
BT,D

FRIDAY / VIERNES (CONT)

5:30PM Breaking Chains (Women Orientated)
60 Grand Ave., Rochester
,
W

6:00PM I Just Don't Know
30 Amity St., Spencerport
,
BT,D,IP,O,WC

7:00PM 12 Steps / 12 Traditions
919 South Clinton Ave., Rochester
,
St,To,Tr

7:00PM Unity is our Strength
435 Jefferson Ave., Rochester
Handicapped Parki g in back of building and street parking available,
O

SATURDAY / SÁBADO

12:30PM A Step Forward
2 Riverside St., Rochester
,

3:00PM I Can't, We Can
287 Flower City Park, Rochester
,
IP,O,Rr,So

6:00PM Ultimate Weapon
1035 Dewey Ave, Rochester
, Meet one and a half hour and open every Saturday
BT,SD,St,Tr

7:00PM Saturday Night Live
129 Caroline Street, Rochester
,
BT,D,O,St,Tr,WC

Meetings Weekly: 36

MEETING FORMAT LEGEND

BT	Basic Text	D	Discussion
IP	Informational Pamphlet	JT	Just for Today
O	Open	Rr	Round Robin
SD	Speaker/Discussion	So	Speaker Only
St	Step	To	Topic
Tr	Tradition	W	Women
WC	Wheelchair	VM	Virtual Meeting
HY	Hybrid Meeting		

*** *NA Groups are not affiliated with, nor do they endorse the facilities in which they rent meeting space, or any online platform.****

The Area Service Committee and Subcommittees meet at 2009 Dewey Ave Rochester, NY

Area Service Committee	2nd Sunday 2PM - 5PM
ASC Officer Meeting	2nd Sunday 1:00PM - 2PM
Literature Committee	2nd Sunday 11:30AM - 12:30PM
Literature Store	2nd Sunday 12:30PM - 2:30PM
Public Relations	2nd Saturday 11AM - 12:30PM
H&I	3rd Saturday Officers Meeting 12:30PM-1:00PM Meeting1PM - 3PM
Steering	1st and 3rd Tuesday 5:30PM - 7:00PM
Activities	2nd and 4th Tuesday 5:00pm - 6:00pm
RACNA 28	1st & 3rd Saturday 11:00am - 12:30pm
A Guide Thru Service Orientation	2nd & 4th Saturday 2:00pm - 3:30pm

Other NA Helplines

All of upstate New York Northern New York Region ABCD Region Western New York	315-847-3842
Buffalo	716-878-2316
Greater New York (NYC)	212-929-NANA

Tradition Number 6:
"An NA Group ought never endorse, finance or lend the NA name to any related facility or outside enterprise, lest problems of money, property or prestige divert us from our primary purpose."

Just For Today, my thoughts will be on my recovery, living and enjoying life without the use of drugs.

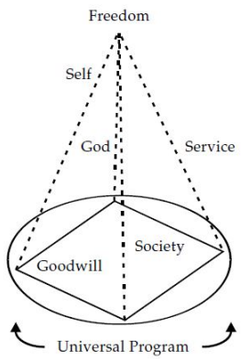
Just For Today, I will have faith in someone in NA , who believes in me and wants to help me with my recovery.

Just For Today, I will have a program and try to follow it to the best of my ability.

Just For Today, through NA, I will try to get a better perspective on my life.

Just For Today, I will be unafraid, my thoughts will be on my new associations, people who are not using and who have found a new way of life, so long as I follow that way, I have nothing to fear.

What is our message?
The message is that an addict,
any addict, can stop using drugs,
lose the desire to use,
and find a new way to live.
Our message is hope
and the promise of freedom.
Basic Text, page 65



PHONE NUMBERS

SUGGESTIONS

DON'T USE
GO TO MEETINGS EARLY AND STAY LATE
ASK FOR & USE PHONE NUMBERS
AVOID PEOPLE / PLACES / THINGS YOU USED WITH
90 MEETINGS IN 90 DAYS
GET AND USE A SPONSOR
JOIN A HOMEGROUP

KEEP COMING BACK -- IT WORKS!

Narcotics Anonymous Meeting Directory Rochester, NY

Meeting List
As of November 4, 2026

24 HOUR HELPLINE : (315) 847-3842

recoveryispossible.us

Contact
publicrelations@recoveryispossible.nny-na.org

Mailing Address
P.O. Box 31652
Rochester, NY 14603

NA is a nonprofit 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.