

## SUNDAY / DOMINGO

**7:00PM**      **Olean**      **Sunday Night Clean & Serene**, 131 North 9th St., Olean, NY (**O,D**)

## MONDAY / LUNES

**7:00PM**      **Olean**      **Sunset Serenity**, Trinity Church, 131 North 9th St., Olean, NY

## TUESDAY / MARTES

**7:00PM**      **Jamestown**      **Fresh Start**, Saint Lukes, Entrance on 4th St, 410 North Main St, Jamestown, NY

## WEDNESDAY / MIÉRCOLES

**6:30PM**      **Jamestown**      **Fresh Start**, St Luke's Church, 410 N 9th Street, Jamestown, NY

**7:00PM**      **Olean**      **Fresh Air**, Trinity United Methodist Church, 131 N. 9th St, Olean, NY

## THURSDAY / JUEVES

**7:00PM**      **Fredonia**      **A Spiritual Principle for Today**, Fredonia Presbyterian Church, 219 Central Avenue, Fredonia, NY

**7:00PM**      **Salamanca**      **Just for Today**, Free Methodist Church, 387 Center St, Salamanca, NY

## FRIDAY / VIERNES

**7:00PM**      **Olean**      **Time For A Change**, Trinity United Methodist Church, 131 N. 9th St, Olean, NY

## SATURDAY / SÁBADO

**11:00AM**      **Jamestown**      **Fresh Start**, 410 North Main Street, Jamestown, NY

**7:00PM**      **Jamestown**      **Fresh Start**, Saint Lukes, Entrance on 4th St, 410 North Main St, Jamestown, NY

Meetings Weekly: 10

## Meeting Format Legend

- D** (Discussion) This meeting invites participation by all attendees.  
**O** (Open) This meeting is open to addicts and non-addicts alike. All are welcome.

**Monthly Area Meeting** Last Sunday of the month  
**12:00PM** Subcommittee meetings  
**1:30PM** Area meeting  
 To be determined each month

## Who Is An Addict?

"Most of us do not have to think twice about this question. WE KNOW! Our whole life and thinking was centered in drugs in one form or another- the getting and using and finding ways and means to get more. We lived to use and used to live. Very simply an addict is a man or woman whose life is controlled by drugs. We are people in the grip of a continuing and progressive illness whose ends are always the same: jails, institutions, and death." Pg. 3 of the Basic Text.

## Area Hotlines

Northern Allegany Mountain Area  
 (585)307-2562

Buffalo Area  
 (716) 878-2316

Niagara Falls Area  
 (716) 304-6880

Niagara Orleans Area  
 (716) 478-6992

North East WNY Area  
 (716) 777-4172



**\*\*Meeting Schedule Changes\*\***

Meeting schedules are, on occasion, subject to change. To confirm meeting time and location call the Hotline at (585)307-2562

**How Can I Help? Here's How!**

**Hospitals and Institutions(H&I)**

The purpose of the H&I subcommittee is to carry the NA message to addicts who do not have access to regular NA Meetings. H&I meetings are held regularly at prison facilities, hospitals, and treatment centers. To volunteer for H&I service, please call (585)307-2562

**Public Information**

The purpose of the Public Information subcommittee is to carry the NA message to the addict that still suffers thru public media and our phone line. Also to connect the addict that still suffers with the NA program, provide meeting information and to be a point of connection for NA.

To volunteer on the Public Information Subcommittee, please call (585)307-2562

**Literature**

Books are for sale at the meetings and Information Pamphlets(IP's) are free.

**For More Information**

Our Regional Website - [www.nawny.org](http://www.nawny.org)  
World Services - [www.na.org](http://www.na.org)

**Our Message**

"...that an addict, any addict, can stop using drugs, lose the desire to use, and find a new way to live.

Our message is of hope and the promise of freedom."(Basic Text pg 68)

**Phone numbers to call BEFORE you use**

*"Just For Today"*

*I will have faith in someone who believes in me and wants to help me in my recovery.*

***Northern Allegany Mountain Area  
Narcotics Anonymous***



**Meeting Schedule  
FEBRUARY 2026**

**24/7 Contact Information**

**NA Hotline Number (585)307-2562**

**Email: [namana14760@gmail.com](mailto:namana14760@gmail.com)**

**Website: [nawny.org](http://nawny.org)**

**Simple Suggestions for staying clean:**

- 1. 90 meetings in 90 days**
- 2. Get a sponsor and call him/her**
- 3. Get a Home Group and get involved in it**
- 4. Do Service Work**
- 5. Avoid your old playmates, playgrounds, and playthings**

Non-Affiliation Disclaimer

Although we appreciate the use of the facilities listed above, NA as a whole has no affiliation with any of these facilities