<table>
<thead>
<tr>
<th><strong>SUNDAY</strong></th>
<th><strong>MONDAY</strong></th>
<th><strong>TUESDAY</strong></th>
<th><strong>WEDNESDAY</strong></th>
<th><strong>THURSDAY</strong></th>
<th><strong>FRIDAY</strong></th>
<th><strong>SATURDAY</strong></th>
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<tbody>
<tr>
<td><strong>9:00AM</strong></td>
<td><strong>5:45PM</strong></td>
<td><strong>6:30PM</strong></td>
<td><strong>11:00AM</strong></td>
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<td><strong>5:45PM</strong></td>
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<td>LS, VM</td>
<td>M,S,D,V VM</td>
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<tr>
<td>&quot;Good Morning&quot;</td>
<td>&quot;Monday Castro Women's Group&quot;</td>
<td>&quot;Work it Because You're Worth It&quot;</td>
<td>&quot;It Works: How and Why&quot;</td>
<td>&quot;Northern California Men in Recovery&quot;</td>
<td>&quot;West Portal Group&quot;</td>
<td>&quot;Spanish Speaking Mission Group&quot;</td>
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<td><strong>8:30PM</strong></td>
<td><strong>7:00PM</strong></td>
<td><strong>7:00PM</strong></td>
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<tr>
<td>&quot;A Vision of Hope&quot;</td>
<td>&quot;Livin' Out the Literature&quot;</td>
<td>&quot;NA Meeting&quot;</td>
<td>&quot;It Works: How and Why&quot;</td>
<td>&quot;New Attitude&quot;</td>
<td>&quot;Bayview Friday Group&quot;</td>
<td>&quot;Prime Time&quot;</td>
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<td><strong>8:00PM</strong></td>
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<tr>
<td>&quot;NA Meeting&quot;</td>
<td>&quot;Excelsior from the Heart&quot;</td>
<td>&quot;Spanish Speaking Mission Group&quot;</td>
<td>&quot;Welcome to Saturday Morning&quot;</td>
<td>&quot;New Way of Life&quot;</td>
<td>&quot;Men's Serenity Group&quot;</td>
<td>&quot;Prime Time&quot;</td>
</tr>
</tbody>
</table>
What is the Narcotics Anonymous Program?

N.A. is a non-profit Fellowship or society of men and women for whom drugs has been 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.

There are no strings attached to N.A. We are not affiliated with any other organizations, we have no initiation fees or dues, no pledges to sign, 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 identity, creed, religion or lack of religion.

We are not interested in what or how much you used or who your connections were, what you have done in the past, how much or how little you have, but only in what you want to do about your problem and how we can help. The newcomer is the most important person at any meeting, because we can only keep what we have by giving it away.

We have learned from our group experience that those who keep coming to our meetings regularly stay clean.

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Please Note: Every effort has been made to make sure this information is accurate. However, contact the area Helplines to ensure accuracy.

TRADITION THREE

“The only requirement for membership is a desire to stop using”