BATESVILLE
Sun 5:00PM Point of Freedom Group, 615 East Main St., Batesville, AR, 72501 (O,D,WC) (corner of Main & 7th)
Tue 5:00PM Point of Freedom Group, 615 East Main St., Batesville, AR, 72501 (O,D,WC) (corner of Main & 7th)
Wed Noon Point of Freedom Group, 615 East Main St., Batesville, AR, 72501 (O,D,WC) (corner of Main & 7th)
Thu 5:00PM Point of Freedom Group, 615 East Main St., Batesville, AR, 72501 (O,D,WC) (corner of Main & 7th)
Sat 5:00PM Point of Freedom Group, 615 East Main St., Batesville, AR, 72501 (O,D,WC) (corner of Main & 7th)

BENTON
Mon 7:30PM Hope Without Dope Group, 501 N. East Street, Benton, AR, 72015 (O,D)
Thu 7:30PM Hope Without Dope Group, 501 N. East Street, Benton, AR, 72015 (O,D,Tr)
Fri 7:30PM Hope Without Dope Group, 501 N. East Street, Benton, AR, 72015 (O,D)

BLYTHEVILLE
Mon 6:30PM Healing in the Hood, 121 South 2nd street, Blytheville, AR, 72315 (C,Tri)
Thu 6:30PM Healing in the Hood, 121 south 2nd street, Blytheville, AR, 72315 (C) Speaker meeting last Thursday of the month

CABOT
Sun 4:00PM Who We Are Group, Pride 1 Gas Station, 3001 AR-89, Cabot, 72023 (O,D,WC) Corner of Hwy 321 and Hwy 89, in the room next door with Pride 1 Stop gas station.
Mon 7:30PM Who We Are Group, Pride 1 Gas Station, 3001 AR-89, Cabot, 72023 (O,D,WC) Corner of Hwy 321 and Hwy 89, in the room next door with Pride 1 Stop gas station.

CAMDEN
Sun 6:00PM Living Clean Group, 805 Monroe Avenue, Camden, AR, 71701 (O,D,WC)
Mon NOON Living Clean Group, 805 Monroe Avenue, Camden, AR, 71701 (O,D,WC)
Tues 8:00PM Living Clean Group, 805 Monroe Avenue, Camden, AR, 71701 (O,D,WC)
Wed 8:00PM Living Clean Group, 805 Monroe Avenue, Camden, AR, 71701 (O,D,WC)
Thu 8:00PM Living Clean Group, 805 Monroe Avenue, Camden, AR, 71701 (O,D,WC)
Fri NOON Living Clean Group, 805 Monroe Avenue, Camden, AR, 71701 (O,D,WC)
Sat 8:00PM Living Clean Group, 805 Monroe Avenue, Camden, AR, 71701 (O,D,WC)

DEWITT
Sun 7:00PM Community Group, Community Center, Park Drive, Dewitt, AR, 72020 (O,D,WC,CC) Zoom) https://zoom.us/j/8168970027 PW: ODOP

EL DORADO
Sun 7:00PM Clean and Serene Group, 1511 Chapamond Road, El Dorado, AR, 72334 (O,D,WC)

FAYETTEVILLE
Sun 1:00PM New Life Group, Alano Club Building, 568 West 8th Street, Fayetteville, AR, 72701 (O,D,WC) (In-Person & Zoom) https://zoom.us/j/8168970027 PW: ODOP
Fri 5:30PM No Matter What, Coffee Pot Club House, 109 Fourth Street, Fayetteville, AR, 72701 (O,D,WC)
Mon 6:00PM Agape, Alano Club Building, 568 West 8th Street, Fayetteville, AR, 72701 (O,D,WC)
Mon 7:00PM Community Group, Community Center, Park Drive, Dewitt, AR, 72020 (O,D,WC,CC) Zoom) https://zoom.us/j/8168970027 PW: ODOP

FORREST CITY
Mon 7:00PM Community Group, 1131 East Main Street, Forrest City, AR, 72335 (O,D,WC)

FLIPPIN
Sun 7:00AM Straight Forward Group, 516 North 11th Street, Fort Smith, AR, 72901 (O,CS,WC)
Sun NOON Grateful Heads Group, 1321 Knoxville Street, Fort Smith, AR, 72901 (O,CS,WC)
Sun 6:30PM Grateful Heads Group, 1321 Knoxville Street, Fort Smith, AR, 72901 (O,CS,CL,Slc)
Sun 8:00PM Straight Forward Group, 516 North 11th Street, Fort Smith, AR, 72901 (O,CS)
Mon 7:00PM Straight Forward Group, 514 North 11th Street, Fort Smith, AR, 72901 (O,CS)
Mon 6:00PM RAW Group, 516 North 11th Street, Fort Smith, AR, 72901 (O,CS,Slc)
Mon 6:30PM Grateful Heads Group, 1321 Knoxville Street, Fort Smith, AR, 72901 (O,CS)
Mon 8:00PM Straight Forward Group, 514 North 11th Street, Fort Smith, AR, 72901 (O,CS)
Tue 7:00PM Straight Forward Group, 514 North 11th Street, Fort Smith, AR, 72901 (O,CS)
Tue NOON Grateful Heads Group, 1321 Knoxville Street, Fort Smith, AR, 72901 (O,CS)
Wed 6:00PM Yellow Frogs Resurrection, 516 North 11th Street, Fort Smith, AR, 72901 (O,CS,WC)
Wed 6:30PM Grateful Heads Group, 1321 Knoxville Street, Fort Smith, AR, 72901 (O,CS)

FORTY-FIVE

Fort Smith, AR, 72901 (O,CS,WC)

GREGORY MEADOWS

FORTY-FIVE

Fort Smith, AR, 72901 (O,CS,WC)

GREGORY MEADOWS

FORTY-FIVE

Fort Smith, AR, 72901 (O,CS,WC)

GREGORY MEADOWS

FORTY-FIVE

Fort Smith, AR, 72901 (O,CS,WC)

GREGORY MEADOWS

FORTY-FIVE

Fort Smith, AR, 72901 (O,CS,WC)

GREGORY MEADOWS

FORTY-FIVE

Fort Smith, AR, 72901 (O,CS,WC)

GREGORY MEADOWS

FORTY-FIVE

Fort Smith, AR, 72901 (O,CS,WC)

GREGORY MEADOWS

FORTY-FIVE

Fort Smith, AR, 72901 (O,CS,WC)

GREGORY MEADOWS

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Fort Smith, AR, 72901 (O,CS,WC)

GREGORY MEADOWS

FORTY-FIVE

Fort Smith, AR, 72901 (O,CS,WC)

GREGORY MEADOWS

FORTY-FIVE

Fort Smith, AR, 72901 (O,CS,WC)

GREGORY MEADOWS

FORTY-FIVE

Fort Smith, AR, 72901 (O,CS,WC)

GREGORY MEADOWS

FORTY-FIVE

Fort Smith, AR, 72901 (O,CS,WC)
Mon 7:00PM New Ways in Action Group, The Crossings, 104 Mena Street, Mena, AR, 71953 (O,D,WC)
Wed NOON New Ways in Action Group, The Crossings, 104 Mena Street, Mena, AR, 71953 (O,D,WC)
Thu 7:00PM New Ways in Action Group, The Crossings, 104 Mena Street, Mena, AR, 71953 (O,D,WC)
Fri 7:00PM New Ways in Action Group, The Crossings, 104 Mena Street, Mena, AR, 71953 (O,D,WC)
Sat 7:00AM Just For Today Group, Wolfe Street Foundation, 1005 West Markham Street, Little Rock, AR, 72202 (O,D,WC)
Sat 6:30PM Rainbow Recovery Group, Recovery Central, 1305 West Markham Street, Little Rock, AR, 72201 (O,CL,WC)
Sun 4:00PM Live It Big Group, Recovery Central, 1305 West Markham Street, Little Rock, AR, 72201 (O,D,WC)
Mon 7:00PM New Ways in Action Group, The Crossings, 104 Mena Street, Mena, AR, 71953 (O,D,WC)
Sat NOON New Ways in Action Group, The Crossings, 104 Mena Street, Mena, AR, 71953 (O,D,WC)
Sat 7:00AM Just For Today Group, Wolfe Street Foundation, 1005 West Markham Street, Little Rock, AR, 72202 (O,D,WC)
Sat 6:30PM Rainbow Recovery Group, Recovery Central, 1305 West Markham Street, Little Rock, AR, 72201 (O,CL,WC)
Sun 4:00PM Live It Big Group, Recovery Central, 1305 West Markham Street, Little Rock, AR, 72201 (O,D,WC)
Mon 7:00PM New Ways in Action Group, The Crossings, 104 Mena Street, Mena, AR, 71953 (O,D,WC)
Wed NOON New Ways in Action Group, The Crossings, 104 Mena Street, Mena, AR, 71953 (O,D,WC)
Thu 7:00PM New Ways in Action Group, The Crossings, 104 Mena Street, Mena, AR, 71953 (O,D,WC)
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Sat 7:00AM Just For Today Group, Wolfe Street Foundation, 1005 West Markham Street, Little Rock, AR, 72202 (O,D,WC)
Sat 6:30PM Rainbow Recovery Group, Recovery Central, 1305 West Markham Street, Little Rock, AR, 72201 (O,CL,WC)
Sun 4:00PM Live It Big Group, Recovery Central, 1305 West Markham Street, Little Rock, AR, 72201 (O,D,WC)
WEST MEMPHIS (CONT)

Tue 7:00PM No Matter What Group, Holy Cross Episcopal Church, 209 Park Drive, West Memphis, AR, 72301 (D,WC,L)
Wed NOON No Matter What Group, Holy Cross Episcopal Church, 209 Park Drive, West Memphis, AR, 72301 (D,WC)
Thu NOON No Matter What Group, Holy Cross Episcopal Church, 209 Park Drive, West Memphis, AR, 72301 (D,WC)
Fri NOON No Matter What Group, Holy Cross Episcopal Church, 209 Park Drive, West Memphis, AR, 72301 (D,WC)
Fri 7:00PM No Matter What Group, Holy Cross Episcopal Church, 209 Park Drive, West Memphis, AR, 72301 (D,WC)
Sat 7:00PM No Matter What Group, Holy Cross Episcopal Church, 209 Park Drive, West Memphis, AR, 72301 (D,WC)

MEETING FORMAT LEGEND
B Beginners
BF Basic Text
CC Chairperson's Choice
CN Common Needs
D Discussion
G Girls
HC Half House
I It Works
J Just For Today
K Kids
L LGBT
M Men
N No Smoking
O Open
OC Open/Closed
OOG Open/Other Groups
P Place
Ph Speaker
SPAP A Spiritual Principle a Day
ST Step
TD Topic
TP Topic/Place
V Virtual
WC Wheelchair

PHONE NUMBERS
Regional Website: www.arscna.org
Regional Helpline: 800-338-8750
Central Arkansas Helpline: 501-373-8683
Hot Springs Helpline: 501-321-8700

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
SUGGESTIONS FOR EVERYONE
DON'T USE. Go to a meeting instead.
Go to a meeting even if you used that day.
Go to 1 meeting a day, 90 in 90 days.
Come to meetings early. Stay late.
Get a home group.
Avoid people, places, things you used with.
Find and use a sponsor.
Use the PHONE. Call someone instead of using.
Find a Higher Power that is loving, caring, and
greater than you are.
Read NA Basic Text & NA literature EVERYDAY.
Always put your recovery FIRST.

KEEP COMING BACK. IT WORKS