

## Limestone Area Narcotics Anonymous Groups

are inviting you to our scheduled Online Zoom meetings

Download the Zoom App <https://zoom.us/client/latest/ZoomInstaller.exe>

To join by phone you will be prompted to enter the meeting id #, after dialing one of the following

#Canada+1 778 907 2071

+1 438 809 7799

+1 587 328 1099

+1 647 374 4685

+1 647 558 0588

Find your local number: <https://zoom.us/j/9102222222>

Use the links below to connect directly to online meetings in our area. Note: you will need to download the zoom program in order to join a meeting.

<b>Serenity Group</b>	Sunday 12:00 p.m.	<b>Kingston,</b> <a href="#">Serenity Group Online Zoom meeting</a> zoom meeting id 865265486
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<b>Go with the Flow</b>	Sunday 6:00 p.m.	<b>Kingston,</b> <a href="#">Go With the Flow Online Zoom meeting</a> zoom meeting id 588886295
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<b>Get Honest or Die</b>	Sunday 7:30 p.m.	<b>Kingston,</b> <a href="#">Get Honest or Die Online Zoom meeting</a> zoom meeting id 672132962
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<b>No Longer Alone</b>	Monday 9:30 a.m.	<b>Kingston,</b> <a href="#">No Longer Alone Online Zoom meeting</a> zoom meeting id 787567193
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<b>Hope Not Dope</b>	Monday 7:00 p.m.	<b>Belleville,</b> <a href="#">Hope Not Dope Online Zoom meeting</a> zoom meeting id 502078752
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<b>Hugs Not Drugs</b>	Monday 7:00 p.m.	<b>Kingston ,</b> <a href="#">Hugs Not Drugs Online Zoom meeting</a> zoom meeting id 843588398
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**Courage to Change** Monday 7:30 p.m. **Kingston,**  
[Courage to Change Online Zoom meeting](#)  
zoom meeting id 752656385

**No Longer Alone** Tuesday 9:30 a.m. **Kingston,**  
[No Longer Alone Online Zoom meeting](#)  
zoom meeting id 787567193

**Alive and Well** Tuesday 7:00 p.m. **Kingston,**  
[Alive and Well Online Zoom meeting](#)  
zoom meeting id 7192840717

**No Longer Alone** Wednesday 9:30 a.m. **Kingston,**  
[No Longer Alone Online Zoom meeting](#)  
zoom meeting id 787567193

**H.O.W.** Wednesday 2:00 p.m. **Kingston,**  
[H.O.W. meeting Online Zoom meeting](#)  
zoom meeting id 750708995

**We Care** Wednesday 7:00 p.m. **Kingston,**  
[We Care Online Zoom meeting](#)  
zoom meeting id 7192840717

**No Longer Alone** Thursday 9:30 a.m. **Kingston,**  
[No Longer Alone Online Zoom meeting](#)  
zoom meeting id 787567193

**She Unit** Thursday 6:30 p.m. **Kingston,**  
[She Unit Online Zoom meeting](#)  
zoom meeting id 184963492

**Freedom Group** Thursday 7:00 p.m. **Kingston,**  
[Freedom Group Online Zoom meeting](#)  
zoom meeting id 342774986

**No Longer Alone**

Friday  
9:30 a.m.

**Kingston,**  
[No Longer Alone Online Zoom meeting](#)  
zoom meeting id 787567193

**Boys to Men**

Friday  
6:30 p.m.

**Kingston ,**  
[Boys to Men Online Zoom meeting](#)  
zoom meeting id 391479577

**West End Warriors**

Friday  
7:30 p.m.

**Kingston,**  
[West End Warriors Online Zoom meeting](#)  
zoom meeting id 711299862

**Get Honest Or Die**

Friday  
8:00 p.m.

**Kingston,**  
[Get Honest or Die Online Zoom meeting](#)  
zoom meeting id 672132962

**Come As You Are**

Saturday  
10:00 a.m.

**Kingston,**  
[Come As You Are Online Zoom meeting](#)  
zoom meeting id 470390037

**Carry the Message**

Saturday  
11:00 a.m.

**Napanee,**  
[Carry the Message Online Zoom meeting](#)  
zoom meeting id 242645890

**Hope Not Dope**

Saturday  
7:00 p.m.

**Belleville,**  
[Hope Not Dope Online Zoom meeting](#)  
zoom meeting id 502078752

**Alive and Well Group**

Saturday  
7:00 p.m.

**Kingston,**  
[Alive and Well Online Zoom meeting](#)  
zoom meeting id 7192840717