

Telephone Meetings Held Every Day



**SUPPORT IS ONLY A
PHONE CALL
AWAY!**

INTERNET
MEETINGS

IN PERSON
MEETINGS

TELEPHONE
MEETINGS

For literature
locations, time of meetings,
or to start your own NicA
Group and receive a
FREE Starter Kit

Contact Information:

WEBSITE:
www.Nicotine-Anonymous.org

EMAIL:
info@Nicotine-Anonymous.org

HOTLINE:
877-879-6422

Still Struggling with Tobacco?



WE CAN HELP



To find a free meeting →

Telephone Meetings

All Meetings
US Eastern Time
605-475-6230

When prompted Pin # *4567891

Sunday

12:00 PM 8:00 PM

Monday

3:00 PM 8:00 PM

Tuesday

1:00 PM 8:00 PM

Wednesday

8:00 PM 11:00 PM

Thursday

1:00 PM 8:00 PM

Friday—Newcomers & Relapse

8:00 AM 8:00 PM

Saturday

1:00 PM 8:00 PM
Anyone **Women Only**

8:00 PM
Men Only:

*Pin code 1231231

Internet Meetings

Join an Internet Meeting. They are held all year long and meet at different times and locations.

Get together with others to keep your recovery going or to get the courage to start your quit.

Check out the home pages of these online groups listed below to learn about meeting days and times and the procedures for attending a Nicotine Anonymous Internet Twelve Step Meeting.

Unofficial Nicanon

http://health.groups.yahoo.com/group/unofficial_nicanon

Voices of Nicotine Recovery

<http://health.groups.yahoo.com/group/voicesofnicotinerecovery>

In Person Group Meetings

Nicotine Anonymous has meetings all over the USA and around the world.

To search for an in person meeting near you go to NicA website:
www.Nicotine-Anonymous.org

Email: info@nicotine-anonymous.org

Call: 877-879-6422

Local Meetings & Contact Information

The locate in-person group meetings, also known as face-to-face meetings in the **Bay Area** and **Northern California**, please visit:

www.nica-norcal.org

You may leave a message on one of our area message lines and receive a call back from a volunteer:

415-995-1938