

NA AREA HELPLINES



SAN GABRIEL VALLEY AREA

MEETING LIST

MAY 2026

24 HOUR HELPLINE

San Gabriel Valley
(626) 584-6910

Southern California Region
(800) TODAY NA
(800) 863-2962

Spanish Speaking Helpline
(888) NA AHORA
(888) 622-4672

<https://sgvna.com>
<https://na.org>

SUGGESTIONS FOR EVERYONE

DON'T USE no matter what

Ask your Higher Power to keep you clean

Come early and stay late

Get a home group

Go to 90 meetings in 90 days

Read NA literature daily

Get and use a sponsor

Use the PHONE

KEEP COMING BACK. IT WORKS

Bay Cities	(310) 372-9666
Desert Empire	(760) 255-2045
Eastern Counties	(562) 698-4604
Eastern Sierra	(800) 863-2962
Greater East Los Angeles	(323) 721-5504
Greater Hollywood (Russian)	(323) 484-8255
Greater Los Angeles	(323) 933-5395
Inland Empire Foothills	(909) 795-0464
Inland Empire West	(909) 622-4274
Northern Counties	(800) 863-2962
Orange County	(714) 590-2388
San Fernando Valley	(818) 997-3822
San Gabriel Valley	(626) 584-6910
Santa Clarita Valley	(800) 338-2155
South Coast	https://southcoastareana.com
Southern Antelope Valley	(661) 266-2200
West End	(818) 787-9706
Westside	(310) 390-0279

SUNDAY / DOMINGO

10:30AM 1.5HR Recovery Out of Nowhere, Park, *Behind Playground Area / Bring Chair or Blanket To Sit On!*, 3100 East Del Mar Boulevard, Pasadena, California, 91107

(O,D,SP,WC,YP,CW,OUT,LGBTQ) *Behind Playground Area / Bring Chair or Blanket To Sit On!*

6:00PM 1.25HR Bleeding Basic, Gate 7 Office Trailer, 2 South Baldwin Avenue, Arcadia, California, 91107 **(O,BT,D,BK)**

6:30PM 1HR Sunday No Frills Speaker Meeting, *ZOOM ID*: 536 101 278, Eagle Rock, California, 90041 **(O,SP,VM)** <https://us06web.zoom.us/j/536101278>

7:00PM 1HR So Fresh So Clean, *Treatment Center Has Rules*, 191 North El Molino Avenue, Pasadena, California, 91101 **(O,SP)** *TREATMENT CENTER MEETING *As defined in Traditions NA does not endorse any related facility or outside enterprise. This info is provided in the spirit of cooperation not affiliation. The Treatment Center, not the NA Mtg., may deny access per their policy.*

MONDAY / LUNES

7:00PM 1.25HR Women: If You Want What We Have, *POTLUCK EVERY FIRST MONDAY*, 140 East Palm Avenue, Monrovia, California, 91016 **(O,D,W,CW,LS)** *POTLUCK EVERY FIRST MONDAY*

7:30PM 1.5HR Talking Heads, Church Hall, 920 Fremont Avenue, South Pasadena, California, 91030 **(C,D,JT,M,ME)** *Church Hall *POTLUCK Every Last MONDAY**

8:00PM 1HR Gate 7, Gate 7 Office Trailer, 2 South Baldwin Avenue, Arcadia, California, 91007 **(O,D,BK,LGBTQ,SPAD)**

TUESDAY / MARTES

7:00PM 1.25HR Real Ones Recover, * Treatment Center Has Rules * AND * Meeting Located Up The Stairs In The Meeting Room *, 1680 North Fair Oaks Avenue, Pasadena, California, 91103 **(O,CS,SP,NS)** *TREATMENT CENTER MEETING *As defined in Traditions NA does not endorse any related facility or outside enterprise. This info is provided in the spirit of cooperation not affiliation. The Treatment Center, not the NA Mtg., may deny access per their policy.*

7:30PM 1HR Sicker Than Most, Church, *MEETING IN BASEMENT*, 1118 North Allen Avenue, Pasadena, California, 91104 **(O,D,SP,To)** *MEETING IN BASEMENT*

7:30PM 1HR Tuesday Living Clean, Senior Center, 3750 Verdugo Road, Los Angeles, California, 90065 **(C,D,BK,LC)**

8:00PM 1HR It's In the Book, Arcadia, California, 91007 **(O,D,BK,LC,VM)** <https://zoom.us/j/97632901570?pwd=Zzd2WlE1Z3JTRlEvSHMON3o4V0hzZz09>

WEDNESDAY / MIÉRCOLES

5:30PM 1HR Heart of Recovery, Church, *Parking AND Entrance In The Back Of The Building *, 3053 East Del Mar Boulevard, Pasadena, California, 91107 **(O,D,BK,LC)** *Parking AND Entrance In The Back Of The Building*

6:30PM 1HR Women Seeking Conscious Contact, Gate 7 Office Trailer, *ZOOM ID*: 944 0804 2113 *PASSWORD*: 1234, 2 S Baldwin Ave, Arcadia, California, 91107 **(C,W,BK,HY)** <https://us04web.zoom.us/j/94408042113>

7:00PM 1.25HR Blue Room, * Treatment Center Has Rules *, 160 North El Molino Avenue, Pasadena, California, 91101 **(D,IW,BK)** *TREATMENT CENTER MEETING *As defined in Traditions NA does not endorse any related facility or outside enterprise. This info is provided in the spirit of cooperation not affiliation. The Treatment Center, not the NA Mtg., may deny access per their policy.*

7:00PM 1HR Women Working Recovery Together, *ZOOM ID*: 895 4836 7930

PASSWORD: Nmdj8g, Eagle Rock, California, 90041 **(C,RF,W,VM)**

<https://us04web.zoom.us/j/89548367930>

7:30PM 1.5HR Monterey Park Men's Stag, Recreation Center, <https://us04web.zoom.us/j/89946123791> *PASSWORD*: freedom, 3936 Muscatel Avenue, Rosemead, California, 91770 **(O,D,M,NS,HY)** <https://us04web.zoom.us/j/89946123791>

PASSWORD: freedom

THURSDAY / JUEVES

4:00PM 1.25HR NA Safe When Used As Directed, *ZOOM ID*: 874 0590 0291

PASSWORD: sharelove, California, 91101 **(O,To,YP,LGBTQ,VM)**

<https://us02web.zoom.us/j/87405900291> *PASSWORD*: sharelove

5:30PM 1HR The Early Bird, 520 East Orange Grove Boulevard, Pasadena, California, 91104 **(O,D)**

7:30PM 1.5HR Share the Love and Happiness, *ZOOM ID*: 845 4369 5377 *PASSWORD*: 1234, San Gabriel, California, 91775 **(O,B,BT,D,YP,BK,LGBTQ,LS,VM)**

<https://us04web.zoom.us/j/84543695377>

10:00PM 1.5HR It's Never Too Late, * 9416 Meeting Hall *, *ZOOM ID: 946 4801 7548*

Password: 1234, 4165 Live Oak Avenue, Arcadia, California, 91006 **(O,D,LGBTQ,HY)**

<https://us04web.zoom.us/j/94648017548>

FRIDAY / VIERNES

6:00PM 1.25HR T.G.I.F., Church, 1757 North Lake Avenue, Pasadena, California, 91104 **(D,SP)**

7:30PM 1.5HR Friday Night Step & Tradition Meeting, Community Center, 9108 Garvey Avenue, Rosemead, California, 91770 **(O,St,Tr,BK,HY)**

<https://zoom.us/j/91207546948?pwd=KKiD8ve7iWGak4Wg1cAZeBdS7waA8U.1>

SATURDAY / SÁBADO

10:30AM 1.5HR Recovery In The Park, Park, North East Area of the Park on Santa Anita Avenue & Huntington Drive, 405 South Santa Anita Avenue, Arcadia, California, 91006 **(O,D,JT)**

6:00PM 1.25HR Principles Before Personalities, Church, 520 East Orange Grove Boulevard, Pasadena, California, 91104 **(O,CH,D)**

6:00PM 1HR Twilight Zone, *ZOOM ID*: 992 6769 5573 *PASSWORD*: 1234, Arcadia, California, 91007 **(O,D,VM)**

<https://zoom.us/j/99267695573?pwd=STJTQjZ0a1hBSHFFVEloUDdobllDz09>

Meeting Format Legend

B	Beginners	BT	Basic Text
C	Closed	CH	Closed Holidays
CS	Children under Supervision	D	Discussion
IW	It Works -How and Why	JT	Just for Today
M	Men	O	Open
RF	Rotating Format	SP	Speaker
St	Step	To	Topic
Tr	Tradition	W	Women
WC	Wheelchair	YP	Young People
BK	Book Study	NS	No Smoking
ME	Meditation	CW	Children Welcome
OUT	Outside	LC	Living Clean
LGBTQ	LGBTQ	LS	Literature Study
VM	VirtualMeeting	HY	Hybrid Meeting
SPAD	A Spiritual Principle a Day		