

## NA AREA HELPLINES

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
Northeast Los Angeles	<a href="https://nelana.org">https://nelana.org</a>
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	<a href="https://southcoastareana.com">https://southcoastareana.com</a>
Southern Antelope Valley	(661) 266-2200
West End	(818) 787-9706
Westside	(310) 390-0279



## SAN GABRIEL VALLEY AREA

### MEETING LIST

### JANUARY 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**

## Meetings Weekly: 24

### 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

**7:30PM 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=Zzd2WIE1Z3JTRIEvSHM0N3o4V0hzZz09>

### 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\*

**6:00PM 1HR Women Seeking Conscious Contact**, \*ZOOM ID\*: 944 0804 2113

\*PASSWORD\*: 1234, Altadena, California, 91001 **(C,W,BK,VM)**

<https://us04web.zoom.us/j/94408042113>

**7:00PM 1.25HR Blue Room**, \* Treatment Center Has Rules \*\* NOTE: THE MEETING WILL BE CLOSED FOR CHRISTMAS EVE (DECEMBER 24TH) AND NEW YEARS EVE (DECEMBER 31ST) \*, 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 \* NOTE: MEETING WILL ONLY BE VIRTUAL ON ZOOM ON DECEMBER 24TH AND 31ST \*, 3936 Muscatel Avenue, Rosemead, California, 91770 **(O,D,M,NS,HY)** <https://us04web.zoom.us/j/89946123791> \*PASSWORD\*: freedom \* NOTE: MEETING WILL ONLY BE VIRTUAL ON ZOOM ON DECEMBER 24TH AND 31ST \*

### 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**, \* NOTE: THE MEETING WILL BE CLOSED FOR CHRISTMAS DAY (DECEMBER 25TH) AND NEW YEARS DAY (JANUARY 1ST) \*, 520 East Orange Grove Boulevard, Pasadena, California, 91104 **(O,D)** \* NOTE: THE MEETING WILL BE CLOSED FOR CHRISTMAS DAY (DECEMBER 25TH) AND NEW YEARS DAY (JANUARY 1ST) \*

**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, \* NOTE: MEETING WILL ONLY BE VIRTUAL ON ZOOM ON DECEMBER 26TH AND JANUARY 2ND \*, 9108 Garvey Avenue, Rosemead, California, 91770 **(O,St,Tr,BK,HY)**

<https://zoom.us/j/91207546948?pwd=KKiD8ve7iWGak4Wg1cAZeBdS7waA8U.1> \* NOTE: MEETING WILL ONLY BE VIRTUAL ON ZOOM ON DECEMBER 26TH AND JANUARY 2ND \*

### SATURDAY / SÁBADO

**10:30AM 1.5HR Recovery In The Park**, Park, 405 South Santa Anita Avenue, Arcadia, California, 91006 **(O,D,JT)**

**6:00PM 1.25HR Principles Before Personalities**, Church, \* NOTE: THIS MEETING WILL BE DARK ON DECEMBER 13, 2025 \*, 520 East Orange Grove Boulevard, Pasadena, California, 91104 **(O,CH,D)** \* NOTE: THIS MEETING WILL BE DARK ON DECEMBER 13, 2025 \*

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

<https://zoom.us/j/99267695573?pwd=STJTOjZ0a1hBSHFFVEloUDdobljldz09>

### Meeting Format Legend

B	Beginners	BT	Basic Text
C	Closed	CH	Closed Holidays
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