WHAT IS THE NARCOTICS ANONYMOUS PROGRAM?

Narcotics Anonymous is a non-profit fellowship or society of men and women for whom drugs had become a major problem. We are recovering addicts who meet regularly to help each other stay clean. There is only one requirement for membership, the desire to stop using. We suggest that you keep an open mind and give yourself a break. Our program is a set of principles written so simply that we can follow them in our daily lives. The most important thing about them is that they work.

There are no strings attached to N.A. We are not affiliated with any other organizations, we have no pledges to sign, no promises to make to anyone. We are not connected to any political, religious or law enforcement groups, and are under no surveillance at any time. Anyone may join us regardless of age, race, sexual identity, creed, religion, or lack of religion.

We are not interested in what or how much you used, who your connections were, what you have done in the past, how much or how little you have, but only in what you want to do about your problem and how we can help. The newcomer is the most important person at any meeting, because we can only keep what we have by giving it away. We have learned from our group experience that those who keep coming to our meetings regularly stay clean.

Area Service Meetings

Area Service Committee: Meets on the 4th Sunday of every month at 12:00 P.M. - at 934 N. Mountain Ave. Upland, CA (IVRS)

Public Relations Sub-Committee: Meets on the 4th Sunday of every month at 10:00 A.M. - at 934 N. Mountain Ave. Upland, CA (IVRS)

Activities Sub-Committee: Meets on the 3rd Sunday of every month at 2:00 P.M. - at 934 N. Mountain Ave. Upland, CA (IVRS)

Hospitals & Institutions: Sub-Committee: Meets On the 4th Sunday of every month at 10:30 A.M. Virtual Meeting: ID: 660 244 1273 PW: 58YZ8R. Meets quarterly in person at 10:30 A.M. - at 934 N. Mountain Ave. Upland, CA (IVRS). Next in person meeting will be determined.

Labor Day Marathon Sub-Committee: Meets on the 3rd Sunday of the month at 12:00 pm at 934 N. Mountain Ave. Upland, CA (IVRS)

A listing in this directory is not meant to imply endorsement or approval of the group's practice of the principles and traditions of Narcotics Anonymous. The groups listed in this directory are included at their request. Narcotics Anonymous does not endorse, finance, or lend the N. A. name to any related facility or outside enterprise.

MEETING CODES

O =Open: All welcome, addicts only participate C = Closed: for addicts only P = Participation H = Handicapped accessible S = Step Study SP= Speaker T = Topic; BS= Book Study

Virtual Meetings & Hybrid Meetings see listings

Telephone Numbers

24-HOUR HELPLINE
(909) 622-4274

Inland Empire West Area

NARCOTICS ANONYMOUS

Meeting Directory

May 2025

Chino, Chino Hills, Claremont, East Diamond Bar, La Verne, Montclair, Ontario, Pomona, Rancho Cucamonga, East San Dimas, Upland

Web Sites: http://iewana.todayna.org
http://todayna.org

(909) 622-4274

1-800-TodayNA
1-888-Naahora (Spanish)
In the spirit of cooperation, not affiliation, the Nar-Anon number for those who need it (800) 477-6291

7 DAYS A WEEK

6:30 A.M (O-P-H) UPLAND
"Just for Today Attitude Adjustment"
934 N. Mountain Ave., Upland 91786 (In the coffee area)
Zoom ID: 85968191890 Password: JFTIEW
Hybrid Meeting

MONDAY through FRIDAY

12:00 P.M. (O-P) POMONA
"Just for Today" High Noon
401 N. Gibbs St., Pomona 91767
In Person Meeting

SUNDAY

5:30 P.M (O-S-P-BS) CLAREMONT
"Living Proof" Step & Tradition/ Speaker
509 S. College Ave., Claremont 91711
In Person Meeting

7:00 P.M. (O-H-SP-T) UPLAND
934 N. Mountain Ave., Upland 91786
(Recovery Center, S.E. corner of Mountain & Foothill)
In Person Meeting

MONDAY

7:00 P.M. (O-H) ONTARIO
"Dealers Choice"
1311 W. 5th St., Ontario 91762
(Open on holidays)
In Person Meeting

7:00 P.M. (O-H-SP-T) UPLAND
"Monday Night Madness"
934 N. Mountain Ave., Upland 91786 (No Children)
(Recovery Center, S.E. corner of Mountain & Foothill)
In Person Meeting

TUESDAY

7:00 P.M. (O-P- LGBTQ) CLAREMONT
"Finding Our Pride" (Claremont Center for Spiritual Living)
509 S. College Ave., Claremont 91711
Candlelight Meeting, 4th Tue. Speaker Meeting
In Person Meeting

7:00 P.M. (O-P) RANCHO CUCAMONGA
Men's Stag Meeting (Alano Club – Little Room)
10980 Arrow Route 107-108, Rancho Cucamonga 91730
In Person Meeting

TUESDAY

7:30 P.M. (O-BS-P-H) UPLAND
"Back to Basics"
934 N. Mountain Ave., Upland 91786
In Person Meeting

7:30 P.M. Tuesday Night Step Writing Group CHINO
AKA "Your Sponsors Favorite Meeting"
5559 Park Place, Chino 91710
In Person Meeting

WEDNESDAY

5:00 P.M. (O-P) ONTARIO
"Wednesday Winners"
812 N. Euclid Ave., Ontario 91762
3rd Wednesday Speaker meeting
In Person Meeting

7:00 P.M. (O-SP) MONTCLAIR
"Wednesday Women's Meeting"
9950 Monte Vista Ave., Montclair 91763 (Room 9)
1st Wed. Speaker & Potluck at 6pm / last Wed. B-day Celebration
Zoom ID: 743 137 109 Password: 918995
Hybrid Meeting

7:00 P.M. (O-P) ONTARIO
"RAW" (Recovery At Work)
1311 W. 5th St., Room 20, Ontario 91762
In Person Meeting

7:00 P.M. (O-P-H) POMONA
"Getting Real"
600 N. Garey Ave., Pomona 91767
In Person Meeting

7:30 P.M. (O-P-H) UPLAND
"Stick\Tag & Topic meeting"
934 N. Mountain Ave., Upland 91786
(Recovery Center S/E. corner of Mountain & Foothill)
In Person Meeting

THURSDAY

5:30 P.M. (O-P-BS) CLAREMONT
"Thursday Night Serenity Seekers"
Spiritual Principle a Day Book Study
233 Harrison Ave., Claremont 91711
(Upstairs-Church Hall) **In Person Meeting**

7:30 P.M. (O-P) UPLAND
"The Cow Bell Meeting"
934 North Mountain Ave., Upland 91786
In Person Meeting

7:30 P.M. (C-P-BS) POMONA
"It Works How & Why"
509 S. College Ave., Claremont 91711
In Person Meeting – NO CHILDREN

FRIDAY

7:00 P.M. (SP-O-H) POMONA
"Atmosphere of Recovery**"**
2180 Valley Blvd., Pomona, 91768
Speaker Meeting
In Person Meeting

7:30 P.M. (O-P) ONTARIO
"Keep It Simple"
1311 W. 5th St., Ontario, 91762
(Potluck Last Friday of Every Month, Starts at 7 P.M.) **In Person Meeting**

7:30 P.M. (O-P-H) UPLAND
"Bare Bones"
934 N. Mountain Ave., Upland 91786
(Recovery Center, S/E. Corner of Mountain & Foothill)
In Person Meeting

8:00 P.M. (O-P-H) CHINO HILLS
"Freedom Bonfire"
4377 Gird Ave, Chino Hills 91709 (Bring a chair)
Potluck 3rd Friday at 7 pm
In Person Meeting

SATURDAY

10:00A.M. (C-BS) CLAREMONT
"Gift of Hope**"**
233 Harrison Ave., Claremont 91711
(Upstairs-Church Hall)
In Person Meeting

12:00 P.M. (O-P) POMONA
"Saturday Nooner"
600 N. Garey Ave., Pomona 91767
(Back of church, Potluck 1st Sat. of Every Month)
In Person Meeting

7:30 P.M. (O-P) UPLAND
"Candlelight Meeting"
934 N. Mountain Ave., Upland CA 91786
In Person Meeting

7:30 P.M. (O-P) ALTA LOMA
"In the Process" (Bonfire meeting)
9238 19th Street, Alta Loma, 91701
Drive through west gate & park in the backyard
(No one under 18 allowed)
In Person Meeting

ALL MEETINGS ARE SUBJECT TO THE RULES OF FACILITIES

TELEPHONE NUMBERS

PLEASE CHECK THE WEBSITE FOR

THE MOST CURRENT INFORMATION

http://iewana.todayna.org