

## 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 4<sup>th</sup> Sunday of every month at 12:00 P.M. - at 934 N. Mountain Ave. Upland, CA (IVRS)

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

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

**Hospitals & Institutions: Sub-Committee:** Meets  
On the 4<sup>th</sup> 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 3<sup>rd</sup> 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

[illegible]

24-HOUR HELPLINE  
(909) 622-4274



# Inland Empire West Area

*NARCOTICS  
ANONYMOUS*

## Meeting Directory

*July 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



**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**

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

**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**  
 “Getting into the Solution”  
 934 N. Mountain Ave., Upland 91786  
*Topic meeting/speaker last week of the month*  
 (Recovery Center, S.E. corner of Mountain & Foothill)  
**In Person Meeting**

**7:00 P.M. (O-H) ONTARIO**  
**“Dealers Choice”**  
 1311 W. 5<sup>th</sup> 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**

**7:00 P.M. (O-P- LGBTQ) CLAREMONT**  
 "Finding Our Pride" (Claremont Center for Spiritual Living)  
 509 S. College Ave., Claremont 91711  
*Candlelight Meeting, 4<sup>th</sup> 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**

**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**

**12:30 P.M. (O-P) UPLAND**  
**"Women's Luncheon"**  
 934 N. Mountain Ave., Upland 91786  
 (Recovery Center, S.E. corner Mountain & Foothill)  
**In Person Meeting**

**5:00 P.M. (O-P) ONTARIO**  
 “Wednesday Winners”  
 812 N. Euclid Ave., Ontario 91762  
 3<sup>rd</sup> 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)  
*1<sup>st</sup> Wed. Speaker & Potluck at 6pm / last Wed. B-day Celebration*  
 Zoom ID: 883 268 0791 Password: letgo  
**Hybrid Meeting**

**7:00 P.M. (O-P) ONTARIO**  
**“RAW” (Recovery At Work)**  
 1311 W. 5<sup>th</sup> 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**

**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**

**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. 5<sup>th</sup> 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 3<sup>rd</sup> Friday at 7 pm  
**In Person Meeting**

**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 1<sup>st</sup> 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**

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**PLEASE CHECK THE WEBSITE FOR  
THE MOST CURRENT INFORMATION**  
<http://iewana.todayna.org>

