SUNDAY

9:00AM Asbury Park *Therapeutic Value Group*, Lumley Homes, entrance in back, 1025 2nd Avenue **(O,NS,Ta,Gr)**

9:30AM Oakhurst *Sunday Morning Recovery*, Senior Center / West Park Rec Center, Rear Entrance, 615 West Park Avenue **(O,D,RR,Tp,WC,NS,HY)**

10:00AM Matawan *Sunday Morning Meditation*, St. Clements House Of Hope, 180 Freneau Ave. (Route 79) **(C,JFT,RR,WC,NS,SPAD)**

10:30AM Freehold *Wellness Group*, New Attitudes Clubhouse, 45 Throckmorton Street **(O,D,P,S,St,WC,NS)**

11:00AM New Brunswick *Cha Cha Cha*, RWJ Fitness Center Community Room, 100 Kirkpatrick St. **(O,B,Bk,S,WC,NS,St1-3)** *Park at 95 Paterson St in Wellness Garage. Bring ticket to meeting for validation (covers 3 hours)*

1:30PM Keansburg *Bayshore Beginners Brunch*, St. Mark's Church Community Center, 13 Kennedy Way & Carr Ave. **(O,B,D,P,JFT,WC,NS)** *use wheelchair ramp behind small church*

5:30PM Highland Park *You Better Work*, Pride Center of New Jersey, 85 Raritan Ave **(O,G,WC,NS,V)**

6:30PM Perth Amboy *Courage To Change*, Grace Lutheran Church, 600 New Brunswick Ave. **(C,Bk,D,NC,RR,St,WC,NS)**

7:00PM Long Branch *Neversink Group*, Long Branch Elks Club, 150 Garfield Avenue **(O,B,Ro,NS)**

7:00PM Union Beach *Stepping into Recovery*, Grace United Methodist Church, 115 St. James Street **(C,D,St,WC,NS)**

7:30PM Spotswood *Can't Buy It In A Bag*, Spotswood Reformed Church, 429 Main Street **(O,D,St,Tp,NS,V)**

7:30PM Manalapan *Miracles In Manalapan*, Old Tennent Presbyterian Church Cemetery, 448 Tennent Road **(O,WC,NS,V)** *In brick building*

MONDAY

11:00AM Woodbridge *Recovery on the Waterfront*, Our Lady of Mt. Carmel, 267 E Smith St. **(O,B,D,S,Tp,NS,St1-3)**

5:30PM New Brunswick *Here & Now*, Emanuel Lutheran Church, corner of New St., 1-3 Kirkpatrick St. **(C,D,NS)**

6:30PM Asbury Park *Monday Night Madness*, Q Spot, 1601 Asbury Ave. **(C,Ro,NS)**

7:00PM Eatontown *Exit Addiction 105*, St. James Memorial Episcopal Church, 69 Broad Street **(O,Ro)**

7:00PM South Plainfield *Living the Dream*, Cedarcroft Bible Chapel, 1715 Kenyon Avenue **(O,S,WC,NS,Lc)**

7:00PM Highland Park *Pain, Patience, Peace Women's Meeting*, 233 Raritan Ave **(O,D,S,W,NS,HY)**

7:30PM Freehold *Hope in Freehold*, Reformed Church of Freehold, 67 West Main street **(O,WC,NS,V)**

7:30PM Old Bridge *Old Skool*, Club Serenity at St. Ambrose Church, 83 Throckmorton Lane **(O,Ro,W,NS,L)**

7:30PM Perth Amboy *Open Up And Let It Rip*, Grace Lutheran Church (Parking Lot behind church on Neville St) 600 New Brunswick Ave. **(O,B,D,Ro,S,St,Td,WC,NS)**

7:30PM Port Reading *The Masks Have To Go*, Sycamore Senior Center, 290 Old Road **(O,D,S,St,WC,NS,L)**

MONDAY (CONT)

7:30PM Union Beach *We Will Survive Group*, Grace United Methodist Church, enter on Floyd Ave., 115 St. James Ave. **(O,D,NS,L)**

8:00PM Farmingdale *Be in the Solution*, The Farm, In the Barn, plenty of parking, 260 Casino Drive **(O,Ro,S,NS,L)**

TUESDAY

11:00AM Woodbridge *Recovery on the Waterfront*, Our Lady of Mt. Carmel, 267 E Smith St. **(O,B,D,S,SWG,NS)**

7:00PM Manasquan *Blessings by the Sea*, Holy Trinity Church, 6 Osborn Avenue **(O,JFT,S,NS)**

7:15PM Manalapan *Recovery in Manalapan*, Old Tennent Presbyterian Church, 448 Tennent Road **(O,WC,NS,V)** *In brick building*

7:30PM Old Bridge *Lost-n-Found*, St. Thomas Church, 333 Route 18 South **(O,D,WC,NS)**

7:30PM Matawan *Principles Before Personalities*, St. Clements House Of Hope, 180 Freneau Avenue **(O,SWG,St,Td,WC,NS)**

7:30PM East Brunswick *Turn the Page*, Aldersgate United Methodist Church, Room 211, 568 Ryders Ln **(C,Bk,WC,NS,Lc)**

7:30PM Keyport *Twelve Steps to Freedom*, Calvary Methodist Church, 3rd and Osborn Streets **(C,Cn,D,St,WC,NS)**

7:30PM Asbury Park *Twelve Steps to Freedom*, Trinity Church, 503 Asbury Avenue **(O,Bk,D,S,St,WC,NS)**

8:00PM Iselin *Listen And Learn*, First Presbyterian Church, 1295 Oak Tree Rd & Rt. 27 **(O,S,NS)**

WEDNESDAY

11:00AM Woodbridge *Recovery on the Waterfront*, Our Lady of Mt. Carmel, 267 E Smith St. **(O,B,D,S,NS,L,Lc)**

NOON Metuchen *Twelve Steps To Freedom*, St. Lukes Church, 17 Oak Ave. & Rt. 27 **(O,D,St,WC,NS)** *Starting July 1, 2026 our meeting will start at 12:00PM and end at 1:15PM*

7:00PM Asbury Park *Against All Odds*, The Center House, at Memorial Dr., 806 3rd Ave. **(O,D,S,St,NS)**

7:00PM Red Bank *Women Kicking It*, First Baptist Church of Red Bank, 84 Maple Ave. **(O,W,NS,V)**

7:30PM Perth Amboy *Bouncing Back*, St. Peter's Church Hall, 183 Rector St. **(O,D,JFT,S,Td,NS)**

7:30PM Sayreville *First Things First*, United Methodist Church, 406 Main Street **(O,D,JFT,S,NS)** *NOT Handicap accessible*

7:30PM Howell *Home in Howell*, Prince of Peace Lutheran Church, 434 Aldrich Road **(O,S,St,Tp,NS,Gr,SPAD)**

7:30PM New Brunswick *Stardust Ballroom Men's Meeting*, Emanuel Lutheran Church, 1-3 Kirkpatrick St **(C,D,M,Ro,S,NS,HY)**

7:30PM Matawan *The Steps and Traditions Work*, First Presbyterian Church, upstairs, Rt. 34 at Franklin Ave. **(C,Cn,D,S,St,Td,NS)**

7:30PM Eatontown *We Had to Hear It Group*, St. James Episcopal Church, parish hall behind church, 69 Broad St. (Rte.71) **(C,D,S,Tp,NS)**

8:00PM Asbury Park *It Gets Better*, Q Spot, 1601 Asbury Ave. **(O,G,JFT,St,NS)** *LGBTQ*

8:00PM Port Reading *Old Road New Life*, Sycamore Senior Center, 290 Old Road **(O,D,S,Tp,WC,NS)**

THURSDAY

11:00AM Woodbridge *Recovery on the Waterfront*, Our Lady of Mt. Carmel, 267 E Smith St. **(O,B,D,JFT,RR,S,NS)**

NOON Old Bridge *Midday Miracles*, Club Serenity at St. Ambrose Church, small bldg on right, 83 Throckmorton Lane **(O,JFT,Ro,St,NS,L)**

12:30PM Long Branch *Bring A Friend*, Long Branch Public Library, Community Room basement (side entrance) 328 Broadway **(O,D,JFT,WC,NS)**

5:30PM Milltown *More Than Surviving*, Good Day Preschool, enter behind preschool, 7 Lakewood Ave **(O,JFT,RR,S,WC,NS)**

6:00PM Long Branch *Men's Meeting*, Fidelity Lodge, 136 Cp Williams Pl (Brook St) **(O,D,M,WC,NS)**

7:00PM Woodbridge *Keep It In Today*, First Presbyterian Church of Woodbridge, 600 Rahway Ave. **(O,D,JFT,NC,S,NS)** *No children allowed*

7:00PM Manasquan *Manasquan 11th Step*, Holy Trinity Church, Downstairs, 6 Osborn Ave **(H&W)**

7:00PM Belmar *Recovery by the Sea*, Belmar Presbyterian Church, enter on E Street, 600 9th Avenue **(C,D,S,St,NS,HY)**

7:00PM Freehold *Sisters Seeking Serenity*, Hope Lutheran Church, near Jackson Mills Rd., 211 Elton-Adelphia Rd. **(O,D,S,W,WC,NS)**

7:30PM Matawan *Cut To The Chase*, Trinity Episcopal Church, all the way at dead end, 18 Ryers Lane **(O,Ro,WC,NS)**

7:30PM New Brunswick *Speak@Ease*, Temporary move - Emanuel Lutheran Church, Do not park in the Bank, 1-3 Kirkpatrick St. **(C,H&W,NC,S,St,Td,WC,NS)** *Park at 95 Paterson St in Wellness Garage. Bring ticket to meeting for validation (covers 3 hours)*

7:30PM Sayreville *What Comes Second Group*, Sayreville Senior Center, 2nd floor, Rm 207, 423 Main St. **(C,M,St,WC,NS)**

8:00PM Perth Amboy *Powerless In Perth Amboy*, Grace Lutheran Church, 600 New Brunswick Ave. **(O,B,D,S,WC,NS)**

8:00PM Oakhurst *We Dare to Care*, West Park Recreation Center, 615 West Park Ave. **(O,Ro,NS)**

9:30PM New Brunswick *New Brunswick Young People's Meeting*, Bioresource Engineering Lab (near 20 College Farm Road West) 18 Ag Extension Way **(O,D,JFT,S,Y,NS)**

FRIDAY

11:00AM Port Reading *Anniversary (Black Friday ONLY) Recovery on the Waterfront*, Sycamore Senior Center, 290 Old Road **(O,S,NS)**

1:30PM Keansburg *That Was Then ... This Is Now!!*, St. Mark's Church Community Center, 13 Kennedy Way & Carr Ave. **(O,D,P,JFT,St,WC,NS)** *use wheelchair ramp behind small church*

6:30PM Asbury Park *We Do Recover*, The Center House, 806 3rd Avenue **(O,D,WC,NS,L)**

7:00PM New Brunswick *Back To Basics*, Bioresource Engineering Lab (near 20 College Farm Road West) 18 Ag Extension Way **(O,Bk,D,S,NS)**

7:15PM Matawan *Women Seeking Recovery*, St. Clements House Of Hope, 180 Freneau Avenue **(C,W,WC,NS,V)**

8:00PM Carteret *Back To Life*, St. Elias Byzantine Catholic Church, 42 Cooke Ave. **(O,D,S,NS)**

FRIDAY (CONT)

8:00PM Oakhurst *Friday Night Hope*, Ocean Township Rec Center, 615 West Park Ave. **(O,Cn,Ro,RR,WC,NS)**

8:00PM Matawan *Men About Recovery*, Trinity Episcopal Church, off Route 79, 18 Ryers Lane **(C,D,JFT,M,St,WC,NS)**

8:00PM Englishtown *Never Too Late*, First Presbyterian Church of Englishtown, 50 N. Main Street **(O,JFT,S,WC,NS)**

8:00PM Red Bank *The Blessings of Recovery*, AME Zion Church, 285 Shrewsbury Ave. **(O,B,JFT,S,NS,St1-3,SPAD)** *Parking on Drs James Parker Blvd. Use side door for basement.; 1st two parking spots are for the Pastor only.*

SATURDAY

7:00AM New Brunswick *Early Morning Serenity*, Emmanuel Lutheran Church, 1-3 Kirkpatrick St. **(O,D,S,Tp,WC,NS,HY)**

10:00AM Metuchen *Spiritual Awakenings*, St. Lukes Church, 17 Oak Ave **(O,D,S,Td,WC,NS,SPAD)**

11:00AM Matawan *Miracles in Matawan*, Trinity Episcopal Church, all the way at dead end, 18 Ryers Lane **(C,D,Ro,St,Tp,WC,NS)**

11:00AM Asbury Park *One Primary Purpose*, The Center House, at Memorial Drive, 806 3rd Avenue **(O,D,NS)**

12:30PM Port Reading *Youth Gone Wild*, Sycamore Senior Center, 290 Old Road **(O,D,JFT,SWG,St,WC,NS)**

6:30PM Asbury Park *Live Better Group*, The Center House, 806 3rd Ave **(O,Ro,S,WC,NS,V)**

7:00PM Manalapan *Surrender To Change*, Old Tennent Presbyterian Church Cemetary, in Brick Bldg. - do not park on grass, 448 Tennent Road **(O,NS,V)**

7:00PM New Brunswick *The Real Deal*, Emanuel Lutheran Church, Enter on side of building (on New Street) 1-3 Kirkpatrick Street **(O,D,JFT,St,WC,NS)**

7:00PM Perth Amboy *Write to Live*, St. Peter's Episcopal Church, 183 Rector Street **(C,D,SWG,NS,Md)** *20-min step writing, last week speaker*

7:30PM Port Reading *Men Who Care*, Saint Anthony of Padua Parish Hall, 436 Port Reading Avenue **(O,Cn,D,M,S,WC,NS)**

7:30PM Middletown (Belford) *Sanity through Spirituality Group*, St. Mary's Church, basement, 26 Leonardville Road **(O,Ro,S,WC,NS)**

10:00PM New Brunswick *Just For Tonight*, College Ave Community Church, 100 College Ave. **(O,D,JFT,S,NS)** *Candlelight*

11:00PM Keansburg *Kleansburg Group*, St. Mark's Church Community Center, 13 Kennedy Way & Carr Ave. **(O,D,S,WC,NS)** *use wheelchair ramp behind small church*

M	Men	St	Step
O	Open (anyone welcome)	B	Beginner
D	Discussion	Cn	Candlelight
Bk	Basic Text	C	Closed (addicts only)
G	Gay/Lesbian	P	Pamphlet
JFT	Just for Today	RR	Round Robin
S	Speaker	SWG	Step Working Guides
Tp	Topic	Td	Tradition
WC	Wheelchair	Y	Youth
Ro	Rotating	W	Women
Md	Meditation	H&W	It Works How and Why
NC	No Children	Ta	Tag
V	Varied	NS	No Smoking
Lc	Living Clean	L	Literature
Gr	Grab Bag	HY	Hybrid Meeting
SPAD	Spiritual Principle A Day	St1-3	Steps 1, 2 and 3

VIRTUAL MEETINGS

For virtual meetings, visit **online.nanj.org**

PHONE NUMBERS

What is our message?

The message is that an addict, any addict, can stop using drugs, lose the desire to use, and find a new way to live. Our message is hope and the promise of freedom.

NEW JERSEY NARCOTICS ANONYMOUS

Combined Area Meeting list for:

Central Jersey Area
Middlesex Area
Greater New Brunswick Area

NOVEMBER 2026

24 HOUR HELPLINE
732-933-0462

www.nanj.org

SUGGESTIONS FOR EVERYONE

Avoid People, Places and Things You Used With/At
Come Early and Stay Late
Don't Use and Go to meetings
Get and Use a Sponsor
Get a Home Group
90 Meetings in 90 Days
Use the Phone
Get involved in Service

KEEP COMING BACK. IT WORKS