

SUNDAY
9:00AM Asbury Park <i>Therapeutic Value Group</i> , Lumley Homes, entrance in back, 1025 2nd Avenue (O,NS,Ta,Gr)
9:30AM Oakhurst <i>Sunday Morning Recovery</i> , Senior Center / West Park Rec Center, Rear Entrance, 615 West Park Avenue (O,D,RR,Tp,WC,NS,HY)
10:00AM Matawan <i>Sunday Morning Meditation</i> , St. Clements House Of Hope, 180 Freneau Ave. (Route 79) (C,JFT,RR,WC,NS,SPAD)
10:30AM Freehold <i>Wellness Group</i> , New Attitudes Clubhouse, 45 Throckmorton Street (O,D,P,S,St,WC,NS)
11:00AM New Brunswick <i>Cha Cha Cha</i> , RWJ Fitness Center Community Room, 100 Kirkpatrick St. (O,B,Bk,S,WC,NS,St1-3)
4:00PM Keansburg <i>Off the Beach</i> , St. Mark's Church Community Center, 247-A Carr Avenue (adjacent field) (O,D,Ro,WC,Y,NS) <i>park on Kennedy Way and enter via ramp - do not use kitchen door</i>
5:30PM Highland Park <i>You Better Work</i> , Pride Center of New Jersey, 85 Raritan Ave (O,G,WC,NS,V)
6:30PM Perth Amboy <i>Courage To Change</i> , Grace Lutheran Church, 600 New Brunswick Ave. (C,Bk,D,NC,RR,St,WC,NS)
7:00PM Long Branch <i>Neversink Group</i> , Long Branch Elks Club, 150 Garfield Avenue (O,B,Ro,NS)
7:00PM Union Beach <i>Stepping into Recovery</i> , Grace United Methodist Church, 115 St. James Street (C,D,St,WC,NS)
7:30PM Spotswood <i>Can't Buy It In A Bag</i> , Spotswood Reformed Church, 429 Main Street (O,D,St,Tp,NS,V)
7:30PM Manalapan <i>Miracles In Manalapan</i> , Old Tennent Presbyterian Church Cemetery, 448 Tennent Road (O,WC,NS,V) <i>In brick building</i>
MONDAY
11:00AM Woodbridge <i>Recovery On The Waterfront Live</i> , Our Lady of Mt. Carmel, 267 E Smith St. (C,B,D,S,Tp,NS,St1-3)
5:30PM New Brunswick <i>Here & Now</i> , Emanuel Lutheran Church, corner of New St., 1-3 Kirkpatrick St. (C,D,NS)
6:30PM Asbury Park <i>Monday Night Madness</i> , Q Spot, 1601 Asbury Ave. (C,Ro,NS)
7:00PM Eatontown <i>Exit Addiction 105</i> , St. James Memorial Episcopal Church, 69 Broad Street (O,Ro)
7:00PM South Plainfield <i>Living the Dream</i> , Cedarcroft Bible Chapel, 1715 Kenyon Avenue (O,S,WC,NS,Lc)
7:00PM Highland Park <i>Pain, Patience, Peace Women's Meeting</i> , 233 Raritan Ave (O,D,S,W,NS,HY)
7:30PM Freehold <i>Hope in Freehold</i> , Reformed Church of Freehold, 67 West Main street (O,WC,NS,V)
7:30PM Old Bridge <i>Old Skool</i> , Club Serenity at St. Ambrose Church, 83 Throckmorton Lane (O,Ro,W,NS,L)
7:30PM Perth Amboy <i>Open Up And Let It Rip</i> , 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 <i>The Masks Have To Go</i> , Sycamore Senior Center, 290 Old Road (O,D,S,St,WC,NS,L)
7:30PM Union Beach <i>We Will Survive Group</i> , Grace United Methodist Church, enter on Floyd Ave., 115 St. James Ave. (O,D,NS,L)

MONDAY (CONT)
8:00PM Matawan <i>Living Clean Just For Today</i> , St. Clements House of Hope, 180 Freneau Avenue (O,JFT,S,WC,NS,Lc)
TUESDAY
11:00AM Woodbridge <i>Recovery On The Waterfront Live</i> , Our Lady of Mt. Carmel, 267 E Smith St. (O,B,D,S,SWG,NS)
7:00PM Manasquan <i>Blessings by the Sea</i> , Holy Trinity Church, 6 Osborn Avenue (O,JFT,S,NS)
7:15PM Manalapan <i>Recovery in Manalapan</i> , Old Tennent Presbyterian Church, 448 Tennent Road (O,WC,NS,V) <i>In brick building</i>
7:30PM Old Bridge <i>Lost-n-Found</i> , St. Thomas Church, 333 Route 18 South (O,D,WC,NS)
7:30PM Matawan <i>Principles Before Personalities</i> , St. Clements House Of Hope, 180 Freneau Avenue (O,SWG,St,Td,WC,NS)
7:30PM East Brunswick <i>Turn the Page</i> , Aldersgate United Methodist Church, Room 211, 568 Ryders Ln (C,Bk,WC,NS,Lc)
7:30PM Keyport <i>Twelve Steps to Freedom</i> , Calvary Methodist Church, 3rd and Osborn Streets (C,Cn,D,St,WC,NS)
7:30PM Asbury Park <i>Twelve Steps to Freedom</i> , Trinity Church, 503 Asbury Avenue (O,Bk,D,S,St,WC,NS)
8:00PM Iselin <i>Listen And Learn</i> , First Presbyterian Church, 1295 Oak Tree Rd & Rt. 27 (O,S,NS,HY)
WEDNESDAY
11:00AM Woodbridge <i>Recovery On The Waterfront Live</i> , Our Lady of Mt. Carmel, 267 E Smith St. (O,B,D,S,NS,L,Lc)
12:15PM Metuchen <i>Twelve Steps To Freedom</i> , St. Lukes Church, 17 Oak Ave. & Rt. 27 (O,D,S,St,WC,NS)
7:00PM Asbury Park <i>Against All Odds</i> , The Center House, at Memorial Dr., 806 3rd Ave. (O,D,S,St,NS)
7:00PM Red Bank <i>Women Kicking It</i> , First Baptist Church of Red Bank, 84 Maple Ave. (O,W,NS,V)
7:30PM Perth Amboy <i>Bouncing Back</i> , St. Peter's Church Hall, 183 Rector St. (O,D,JFT,S,Td,NS)
7:30PM Sayreville <i>First Things First</i> , United Methodist Church, 406 Main Street (O,D,JFT,S,NS) <i>NOT Handicap accessible</i>
7:30PM Howell <i>Home in Howell</i> , Prince of Peace Lutheran Church, 434 Aldrich Road (O,S,St,Tp,NS,Gr,SPAD)
7:30PM New Brunswick <i>Stardust Ballroom Men's Meeting</i> , Emanuel Lutheran Church, 1-3 Kirkpatrick St (C,D,M,Ro,S,NS,HY)
7:30PM Matawan <i>The Steps and Traditions Work</i> , First Presbyterian Church, upstairs, Rt. 34 at Franklin Ave. (C,Cn,D,S,St,Td,NS)
7:30PM Eatontown <i>We Had to Hear It Group</i> , St. James Episcopal Church, parish hall behind church, 69 Broad St. (Rte.71) (C,D,S,Tp,NS)
8:00PM Asbury Park <i>It Gets Better</i> , Q Spot, 1601 Asbury Ave. (O,G,JFT,St,NS) <i>LGBTQ</i>
8:00PM Port Reading <i>Old Road New Life</i> , Sycamore Senior Center, 290 Old Road (O,D,S,Tp,WC,NS)
THURSDAY
11:00AM Woodbridge <i>Recovery On The Waterfront Live</i> , Our Lady of Mt. Carmel, 267 E Smith St. (O,B,D,JFT,RR,S,NS)

THURSDAY (CONT)
NOON Long Branch <i>Bring A Friend</i> , Long Branch Public Library, side entrance, 328 Broadway (O,D,JFT,Tp,WC,NS)
NOON Old Bridge <i>Midday Miracles</i> , Club Serenity at St. Ambrose Church, small bldg on right, 83 Throckmorton Lane (O,JFT,Ro,St,NS,L)
5:30PM Milltown <i>More Than Surviving</i> , St. Paul's Church, enter behind preschool, 62 S. Main Street (O,JFT,RR,S,WC,NS)
7:00PM Woodbridge <i>Keep It In Today</i> , First Presbyterian Church of Woodbridge, 600 Rahway Ave. (O,D,JFT,NC,S,NS) <i>No children allowed</i>
7:00PM Manasquan <i>Manasquan 11th Step</i> , Holy Trinity Church, Downstairs, 6 Osborn Ave (H&W)
7:00PM Belmar <i>Recovery by the Sea</i> , Belmar Presbyterian Church, enter on E Street, 600 9th Avenue (C,D,S,St,NS,HY)
7:00PM Freehold <i>Sisters Seeking Serenity</i> , Hope Lutheran Church, near Jackson Mills Rd., 211 Elton-Adelphia Rd. (O,D,S,W,WC,NS)
7:30PM Matawan <i>Cut To The Chase</i> , Trinity Episcopal Church, all the way at dead end, 18 Ryers Lane (O,Ro,WC,NS)
7:30PM New Brunswick <i>Speak@Ease</i> , RWJ Health & Fitness Center Community Room, 2nd floor, 100 Kirkpatrick St. (C,H&W,NC,S,St,Td,WC,NS)
7:30PM Sayreville <i>What Comes Second Group</i> , Sayreville Senior Center, 2nd floor, Rm 207, 423 Main St. (C,M,St,WC,NS)
8:00PM Perth Amboy <i>Powerless In Perth Amboy</i> , Grace Lutheran Church, 600 New Brunswick Ave. (O,B,D,S,WC,NS)
8:00PM Oakhurst <i>We Dare to Care</i> , West Park Recreation Center, 615 West Park Ave. (O,Ro,NS)
9:30PM New Brunswick <i>New Brunswick Young People's Meeting</i> , Bioresource Engineering Lab (near 20 College Farm Road West), 18 Ag Extension Way (O,D,JFT,S,Y,NS)
FRIDAY
11:00AM Woodbridge <i>Recovery On The Waterfront Live</i> , Our Lady of Mt. Carmel, 267 E Smith St. (C,B,D,S,NS,L,V)
6:30PM Asbury Park <i>We Do Recover</i> , The Center House, 806 3rd Avenue (O,D,WC,NS,L)
6:45PM Keansburg <i>Friday Night Live!</i> , St. Mark's Church Community Center, 247-A Carr Avenue (adjacent field) (O,D,WC,NS,Lc) <i>park on Kennedy Way and enter via ramp - do not use kitchen door</i>
7:00PM New Brunswick <i>Back To Basics</i> , Bioresource Engineering Lab (near 20 College Farm Road West), 18 Ag Extension Way (O,Bk,D,S,NS)
7:15PM Matawan <i>Women Seeking Recovery</i> , St. Clements House Of Hope, 180 Freneau Avenue (C,W,WC,NS,V)
8:00PM Carteret <i>Back To Life</i> , Zion Lutheran Church, 712 Roosevelt Ave (O,D,S,NS)
8:00PM Red Bank <i>Blessings of Recovery</i> , AME Zion Church, corner J. Parker Blvd. (West Bergen), 285 Shrewsbury Ave. (C,B,S,NS) <i>basement entrance</i>
8:00PM Oakhurst <i>Friday Night Hope</i> , Ocean Township Rec Center, 615 West Park Ave. (O,Cn,Ro,RR,WC,NS)
8:00PM Matawan <i>Men About Recovery</i> , Trinity Episcopal Church, off Route 79, 18 Ryers Lane (C,D,JFT,M,St,WC,NS)

FRIDAY (CONT)

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

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,JFT,WC,NS)**

6:30PM Asbury Park *Live Better Group*, Em-Power Me, 1012 B Springwood Ave **(O,Ro,S,WC,NS,V)**

7:00PM Manalapan *Surrender To Change*, Old Tennent Presbyterian Church Cemetary, inside Neeffe Chapel - do not park on grass, 448 Tennent Road **(O,NS,V)** *Memorial Day to Labor Day in brick bldg.*

7:00PM New Brunswick *The Real Deal*, Emanuel Lutheran Church, 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)**

7:30PM Spotswood *Straight On Saturday Night*, Spotswood Reformed Church, 429 Main Street **(O,D,S,NS,St1-3)**

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*, Kitchen At St. Mark's, Next to Parish Hall, Corner of Myrtle Ave & Kennedy Way **(O,D,S,WC,NS)**

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



Combined Area Meeting list for:

**Central Jersey Area
Middlesex Area
Greater New Brunswick Area**

JANUARY 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

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.**