



Narcotics Anonymous® Western Cape area

Postal PO Box 2332, Cape Town, 8000 | 24-Hour Helpline 083 900 69 62 | E-mail wcp@na.org.za | Web www.na.org.za

Meetings list (22 July 2010 update)

RECENT CHANGES: New **Fri. Woodstock** Youth meeting; Heathfield duration changed; ~~Fri. Gardens~~ closed down; ~~Mon. eve Sea Point~~ closed down; ~~Wed. Westridge women's NOT~~ closed down; ~~All Sea Point morning~~ meetings closed down; New **Sat. morning City centre**; New **Tue. Paarl**; New **Fri. morning Gatesville**; Bridgetown changed time; Lakeside changed venue; ~~Macassar~~ closed down; ~~Gansbaai~~ closed down; Edgemoed time changed; New **Fri. Westridge** (Mitchells Plain).

- Addicts (or people who think they may have a drug problem) are welcome to **all** group meetings.
 - *OTP (Open to Public)* = visitors, observers, friends and family members are welcome – these meetings are held during the **last 7 days** of the month, unless otherwise indicated.
 - *CTP (Closed to Public)* = only addicts or anyone with a possible drug problem are welcome at these meetings.
- Narcotics Anonymous (NA) are not affiliated with any venues used for meetings, neither to any outside entities.
- Care centres who need to send groups of patients to meetings: Please contact us beforehand, as some meetings may not be able to support large groups.
- Those who prefer intimate meetings may want to try those marked as "small".

GROUP MEETINGS IN CAPE TOWN

MONDAYS

- **City centre** "*JUST FOR TODAY*" group (all *CTP*; no meet. on public holidays): **1:05 - 1:45 PM**, Methodist Church (upstairs, at the back), Greenmarket Square, corner of Burg & Longmarket St.
- **City centre** "*EXPRESS*" (all *CTP*; smoking; small): **6 - 7 PM**, 4th Floor, State House, 3-9 Rose St, off Strand St, near cnr Buitengragt.
- **Constantia** (*OTP* 2nd meeting of month; large): **7 - 8:30 PM**, sports hall, Constantia Waldorf School, Spaanschemat River Rd, near corner with Strawberry Rd.
- **Woodstock** (*OTP* 1st & last meetings of month): **7:30 - 9 PM**, 42A Roodebloem Rd (through corridor next to church), off Victoria (Main) Rd at KFC.
- **Bonteheuwel** (*OTP* 1st & last meet./month; no meet. on public holidays; small): **7:30 - 9 PM**, Multi-purpose Centre, Jakkalsvlei Ave.
- **Observatory**: **7:30 - 9 PM**, Observatory Community Centre, cnr Lower Main & Station, entrance on Collingwood St.
- **City centre** "*CITY BOWL*" (*OTP* 3rd meeting of month; large): **8 - 9:30 PM**, Service Dining Rooms, Canterbury St (brickface building opp. Fruit & Veg City).
- **Durbanville** "*TOGETHER WE CAN*" group (*OTP* 2nd meeting of month): **8 - 9:30 PM**, Catholic Church, The Crescent (Die Singel), off Voortrekker St, off Kerk (Church) St, off Durbanville (Main) Rd.
- **Fish Hoek** (*OTP* 1st meeting/month): **8 - 9:30 PM**, St Kiarans Church hall, cnr of Recreation Rd & 7th Ave, off Kommetjie Rd.
- **Lansdowne** "*SEARCHING & FEARLESS*" (*OTP* 1st meet./month; large): **8 - 9:30 PM**, Moravian Primary School, cnr Church & Albert Rds.
- **Strandfontein** "*THE TIES THAT BIND US TOGETHER*": **8 - 9:30 PM**, Strandfontein High School, Frigate St, off Dennegeur, off Spine.

TUESDAYS

- **City centre** "*JUST FOR TODAY*" group (no meetings on public holidays): **1:05 - 1:45 PM**, Methodist Church (upstairs, at the back), Greenmarket Square, corner of Burg & Longmarket St.
- **Belhar** (small): **7:30 - 9 PM**, Belhar Anglican Church, 1 Denneboom Road.
- **TIME CHANGED** **Bridgetown** (small): **7:30 - ? PM**, Bridgetown Community Centre, Cornflower Rd (next to Cornfield sports field).
- **Wynberg** (small): **8 - 9 PM**; Novalis Ubuntu Institute, Rosmead avenue.
- **Kalk Bay** "*CHANGING TIDES*" group (all *CTP* except pre-arranged milestones; large): **8 - 9:30 PM**, Holy Trinity Church (opposite train station), Main Rd, St James.
- **Woodstock** (*OTP* 1st meeting of month; large): **8 - 9:30 PM**, 42A Roodebloem Rd (through corridor next to church), off Victoria (Main) Rd at KFC.
- **Table View** "*KEEP IT SIMPLE*" (large): **8 - 9:30 PM**, Table View Methodist Church, 85 Janssens Ave, off Blaauwberg.
- **Lentegeur, Mitchells Plain** "*BASIC*" group (topic): **8 - 9:30 PM**, Meadowridge Primary School, Nerine Way, off AZ Berman Dr.

WEDNESDAYS

- **City centre** "*JUST FOR TODAY*" group (no meeting on public holidays): **1:05 - 1:45 PM**, Methodist Church (upstairs, at the back), Greenmarket Square, corner of Burg & Longmarket St.
- **City centre** "*EXPRESS*" (smoking; small): **6 - 7 PM**, 4th Floor, State House, 3-9 Rose St, off Strand St, near cnr with Buitengragt.
- **Hout Bay** (all *OTP*; Steps & Traditions meeting): **7:15 - 8:30 PM**, Harmony Clinic, Valley Rd
- **Parow** "*SPIRITUAL PRINCIPLES*" group: **7:30 - ? pm**; Opposite 24hr Pick 'n' Pay.
- **Woodstock** (*OTP* 2nd meeting of month; large): **8 - 9:30 PM**, 42A Roodebloem Rd (through corridor next to church), off Victoria (Main) Rd at KFC.
- **Claremont** "*MIRACLES & MILESTONES*" group (large): **8 - 9:30 PM**, St Bernard's Church hall, corner of Buchan & Protea Rd, off Main Rd at Cavendish Square, or off M3 near Shell station, Newlands.
- **Somerset West** "*HELDERBERG*" group: **8 - 9:30 PM**, NG Kerk, cnr Plein & Cloetenberg St, off Gordon Rd, off Main Rd.
- **Grassy Park** "*COURAGE TO CHANGE*" group: **8 - 9:30 PM**, Cafda Community Centre, cnr Prince George & 8th Ave.
- **Westridge, Mitchells Plain** women's meeting (small): **8 - ? PM**; Westridge High School, corner of Dagbreek (off Wespoort Rd, off M7) & Silversands Rd.

THURSDAYS

- **City centre** "JUST FOR TODAY" group (no meetings on public holidays): **1:05 - 1:45 PM**, Methodist Church (upstairs, at the back), Greenmarket Square, corner of Burg & Longmarket St.

- **City centre** "EXPRESS" (all CTP; small): **6 - 7 PM**, 4th Floor, State House, 3-9 Rose St, off Strand St, near cnr with Buitengragt.
- **Westlake**: **7 - 8 PM**, Assembly of God church.
- **TIME CHANGED Edgemead** (small): **7:30 - 8:30 PM**, St Michael And All Angels Anglican Church, corner of Letchworth and Louis Thibault Road (church is opposite the shopping centre).
- **Observatory** "BEGINNERS" group (OTP 1st meeting of month; large): **8 - 9:30 PM**, Observatory Community Centre, cnr Lower Main & Station, entrance on Collingwood St.
- **Camps Bay** "NEW LIFE" group (all OTP; Basic Text; large): **8 - 9:30 PM**, St Peter's Church hall, cnr Fairway/Park.
- **Bellville** (all CTP except cleantime celebrations): **8 - 9:30 PM**, Presbyterian Church hall, corner of Rhos St & Davies Ave (De Lange St), off Durban Rd near Telkom tower, Boston.
- **TIME CHANGED Heathfield** "WELCOME HOME" group (small): **8 - 9 PM**; Gordon rd, opposite St Anthony's Primary.
- **Manenberg** (all OTP; Steps and Traditions study, small): **8 - 9:30 PM**, Sherwood Park Community Centre, 4th Avenue.

FRIDAYS

- **NEW! Gatesville** (small): **10 - ? AM**, SANCA in the Child Welfare Buildings off Lower Klipfontein Rd

- **City centre** "EXPRESS" (smoking; small): **6 - 7 PM**, 4th Floor, State House, 3-9 Rose St, off Strand St, near cnr with Buitengragt.
- **NEW! Woodstock** "THE YOUNG AND THE RESTLESS" (Youth meeting – 25 years old and younger, but all are welcome; small): **6 - 7 PM**, 42A Roodebloem Rd (through corridor next to church), off Victoria (Main) Rd at KFC.
- **Observatory** "BINN'S" group (OTP 2nd meeting of month; large): **6 - 7:30 PM**, Observatory Community Centre, cnr Lower Main & Station, entrance on Collingwood St.
- **Parklands** "EXPRESS" group (topic meeting): **6:30 - 7:30 PM**, Parklands Community Church, above Midas Spares, Parklands Main.
- **Muizenberg** "WAVES OF CHANGE" group (OTP 1st meeting of month; large): **7 - 8:30 PM**, Methodist Church, Marchmont Rd, off Belvedere Rd, off Main Rd.
- **Tokai** "FRIDAY FOREST" group (all CTP; small): **7 - 8:30 PM**, Tokai Library, Tokai Rd (corner with Forest Rd).
- **NEW! Westridge, Mitchells Plain** "ONE ADDICT HELPING ANOTHER" group (small): **8 - 9:30 PM**; Westridge High School, corner of Dagbreek (off Wespoort Rd, off M7) & Silversands Rd.

SATURDAYS

- **Wynberg** "EYES WIDE OPEN" group (all CTP; small): **7:30 - 8:45 AM**, School hall, 'Tenterden', Durban Rd, off Wellington, off Main.
- **NEW! City centre** (Express meeting; Smoking allowed; all meetings CTP; small): **10 - 11 AM**, 4th Floor, State House, 3-9 Rose St, off Strand St, near cnr with Buitengragt.

- **Westridge, Mitchells Plain** "WEST REACH" group (newcomers): **3 - 4:30 PM**; Westridge High School, corner of Dagbreek (off Wespoort Rd, off M7) & Silversands Rd.

- **Sea Point** "SUNSHINE" group (large): **5 - 6:15 PM**, NG Kerk, 265 Main Road (opposite St Elmo's).
- **Woodstock** "THE FAT CANDLE MEETING" (OTP 3rd meeting of month; large): **5 - 6:30 PM**, 42A Roodebloem Rd (through corridor next to church), off Victoria (Main) Rd at KFC.
- **Hazendal** "LET GO, LET GOD" (small): **5 - 6:30 PM**, AME church, 8 Harmonie Rd
- **Goodwood** (small): **7:30 - 9 PM**, Catholic Church, Goulburn Rd, off Voortrekker Rd (behind the Spur, near KFC).

SUNDAYS

- **City centre** "EXPRESS" (smoking; small): **10 - 11 AM**, 4th Floor, State House, 3-9 Rose St, off Strand St, near cnr with Buitengragt.

- **MOVED Lakeside** (OTP 1st meet of month): **5 - 6:30 PM**, False Bay Rendezvous (old Lakeside Bowling Club), 57 Promenade St
- **Athlone** "SUNNYSIDE" (all OTP): **5 - 6:30 PM**, St. Marys of the Angels Catholic Church Hall, 88 Lawrence Rd.
- **Somerset West** "HELDERBERG" group (Basic Text study meeting): **6:30 - 7:30 PM**, NG Kerk, cnr Plein & Cloetenberg St, off Gordon Rd, off Main Rd.
- **Observatory** "STEPS & TRADITIONS" study group (all CTP): **7 - 8:30 PM**, Observatory Community Centre, cnr Lower Main & Station, entrance on Collingwood St.
- **Parklands** (OTP last week/month; topic round robin; small): **7:30 - 8:30 PM**, Parklands Community Church, above Midas Spares, Parklands Main.

Group meetings in the rest of the Western Cape area

FR
TU
MON

- **Hermanus** (small): **7:30 - 9 PM**; United Church, Royal St.
- **Stellenbosch** (all OTP; small): **8 - 9:30 PM**, St Nicholas Church hall, 4 Paul Kruger St, off Bird St.

- **NEW! Paarl** (small): **8 PM - ?**, Methodist Church, 21 Sanddrift Street.

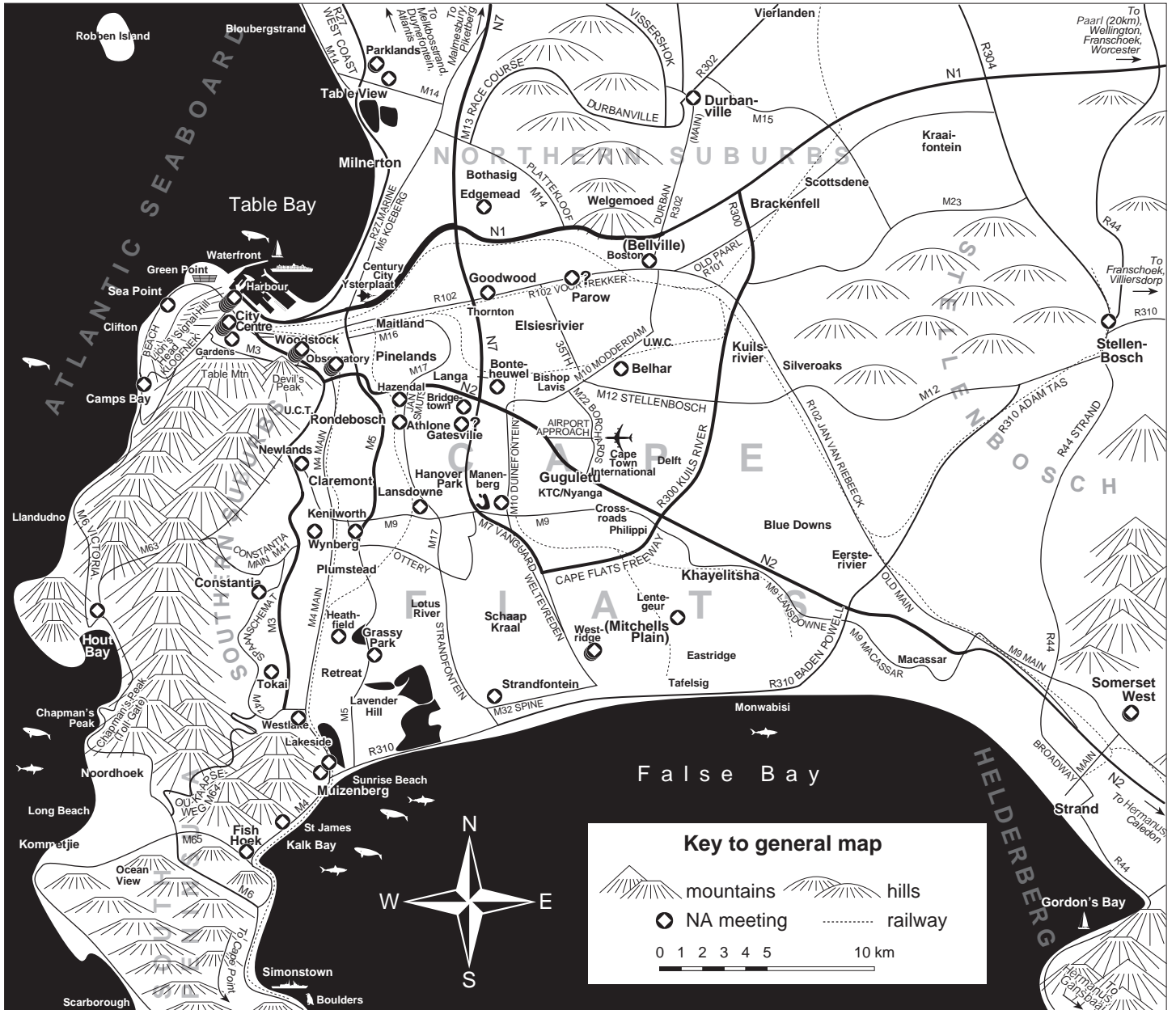
- **Porterville** (near Piketberg) (ID book or passport needed for entry): **10:30 AM - 12**, Voorberg Medium B Correctional Centre.

Get the latest update of this list at www.na.org.za or at a group meeting. New NA groups are invited to contact or attend the ASC in order to be listed here.

For a complete list of known meetings, including groups less than 3 months old or not yet regarded as stable, see our website.

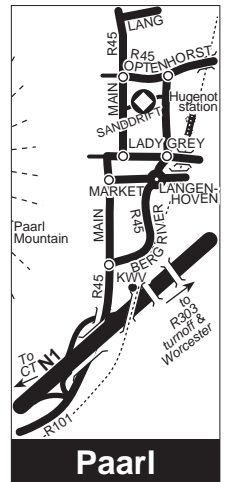
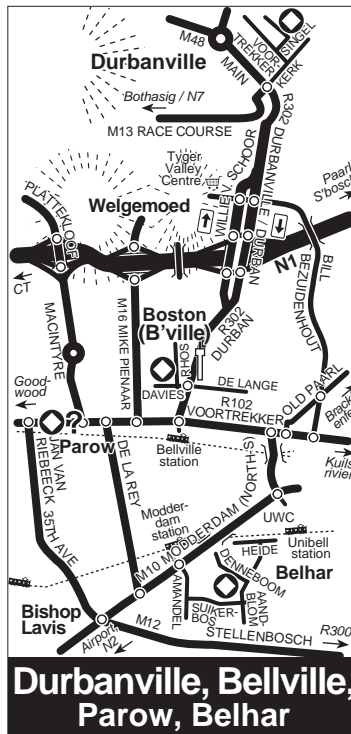
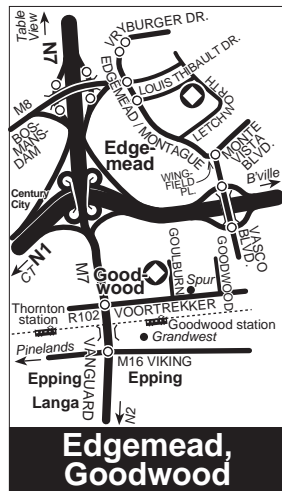
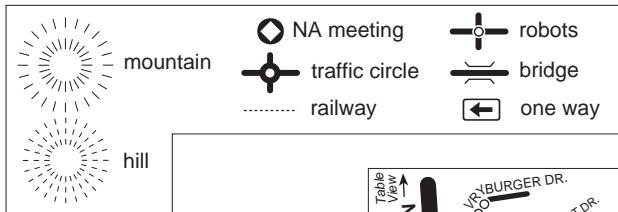
Groups are responsible for notifying us of changes or incorrect details at website@na.org.za

To pages 3 & 4 for maps >>

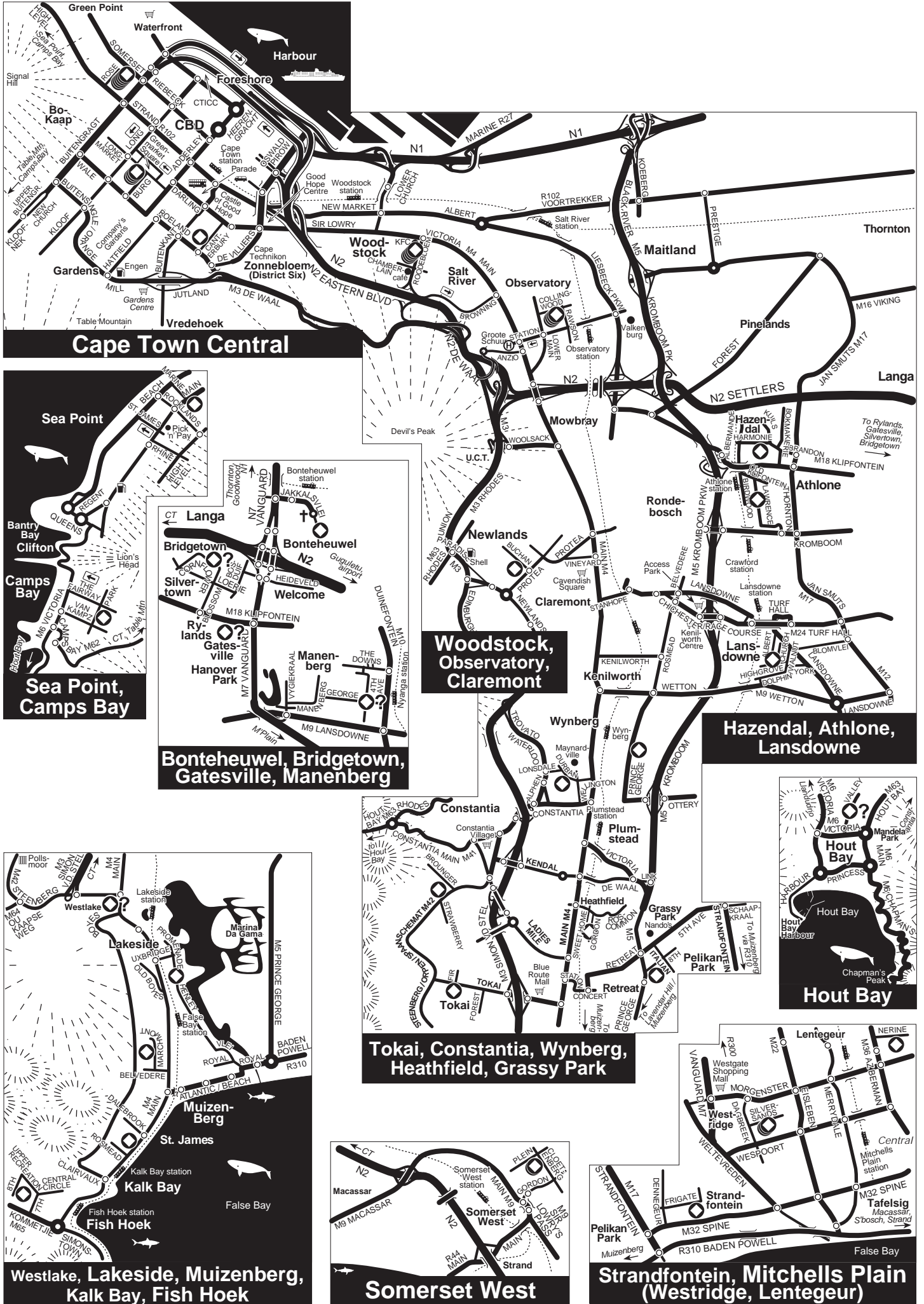


Key to detailed maps

(Maps distorted – use the general map above to judge distances)



To display your meeting accurately, please send the Western Cape meetings list person the full address details at website@na.org.za. GPS co-ordinates welcome.



Cape Town Central

Sea Point, Camps Bay

Woodstock, Observatory, Claremont

Hazendal, Athlone, Lansdowne

Bonteheuwel, Bridgetown, Gatesville, Manenberg

Tokai, Constantia, Wynberg, Heathfield, Grassy Park

Hout Bay

Westlake, Lakeside, Muizenberg, Kalk Bay, Fish Hoek

Somerset West

Strandfontein, Mitchells Plain (Westridge, Lenteguur)