



**Looking for help?** our national helpline can put you in touch with a local volunteer who can. Call **083 900 69 62**

Monday	
Uganda 13:00 - 14:00	Christ The King Church, Colville Street, Kampala, Central Region, Uganda Kampala <a href="#">[open]</a> Contact: +256784549797,+256751785511, email peter: pnobenga@gmail.com, derick: miggied@gmail.com
Kenya 17:00 - 18:00	Old Malindi Road, Barsheba, Mombasa <i>Mewa Detox Unit, come off at Dobi bus stop</i> Mombasa - Mwangaza Group <a href="#">[express]</a> <a href="#">[closed]</a>
Dar es Salaam, Tanzania 17:30 - 18:30	St. Peter's Parish Haile Selassie Road, Oyster Bay, Tanzania Just For Today Group Contact: Sameer M +255 754 752 705
Zimbabwe 17:30 - 18:30	Highlands Presbyterian Church, 112 Enterprise Road, Highlands, Harare, Zimbabwe <i>(in one of the rooms at the back)</i> Harare
Tanzania 18:00 - 19:00	254 Mnara Road, Dar es Salaam, Tanzania <i>IOGT Offices</i> Dar-es-salaam <a href="#">[The Just For Today' group]</a> Contact: tanzania@na.org.za
Zimbabwe 18:00 - 19:30	597 Kuwadzana, Harare, Zimbabwe Harare <a href="#">[english and shona]</a> <a href="#">[open]</a>
Namibia 18:30 - 20:00	Swakopmund, Namibia <i>Roman Catholic Pastoral Center, Side Hall</i> Swakopmund <a href="#">[Naranon meetings every fortnight]</a> Contact: 081 124 4465, 081 129 242, 081 141 0383
Tuesday	
Tanga, Tanzania 17:00 - 18:00	Independence Avenue, Tanga, Tanzania <i>Tanga Urithi Museum</i> WE DO RECOVER Contact: +255 684 731 384
Kenya 17:00 - 18:00	Old Malindi Road, Barsheba, Mombasa <i>Mewa detox unit, come off at Dobi bus stop</i> Mombasa - Mwangaza Group <a href="#">[express]</a> <a href="#">[closed]</a>
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Zimbabwe 18:00 - 19:30	597 Kuwadzana, Harare, Zimbabwe Harare <a href="#">[english and shona]</a> <a href="#">[open]</a>
Namibia 18:00 - 19:00	Corner of Luderitz Street and Daniel Munamava Street, Windhoek , Namibia <i>NG Kerk, opposite old house of the State President and adjacent to Telecom BLDG</i> Windhoek Contact: 081 465 5890
Botswana 19:00 - 20:00	Christ the King Cathedral, Independence Avenue, Gaborone, Botswana <i>Intersection of Gobuamang Road (in a back room on the church property)</i> Gaborone Contact: Anna-Leese (00267) 72874728 gaborone@na.org.za
Wednesday	
Uganda 12:00 - 13:00	Serenity Centre Uganda, Busiro, Central Region, Uganda Kampala <a href="#">[closed]</a> Contact: +256784549797,+256751785511, email peter: pnobenga@gmail.com, derick: miggied@gmail.com
Mozambique 12:30 - 13:30	Av. Mao Tse Tung No 542, Maputo <i>Centro cultural Americano</i> Maputo Contact: +258 84 047 8973   +258 84 825 9132
Kenya 17:00 - 18:00	Old Malindi Road, Barsheba, Mombasa <i>Mewa detox unit, come off at Dobi bus stop</i> Mombasa - Mwangaza Group <a href="#">[express]</a> <a href="#">[closed]</a>
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Dar es Salaam, Tanzania 17:30 - 18:30	St. Peter's Parish Haile Selassie Road, Oyster Bay, Tanzania Just For Today Group Contact: Sameer M +255 754 752 705
Mozambique 18:00 - 19:00	Rua Luis Pasteur, Maputo <i>Paróquia da Igreja Santo Antonio de Polana, Grupo "Polana 2006"</i> Maputo Contact: Manuel +258 84 405 2522 or Antonio +258 82 469 0210
Mozambique 18:00 - 19:30	Paroquia Da Igreja Da Polana Maputo
Zimbabwe 18:00 - 19:30	597 Kuwadzana, Harare, Zimbabwe Harare <a href="#">[english and shona]</a> <a href="#">[closed]</a>
Friday	
Kenya	Old Malindi Road, Barsheba, Mombasa <i>Mewa detox unit, come off at Dobi bus stop</i>

17:00 - 18:00	Mombasa - Mwangaza Group <a href="#">[express]</a> <a href="#">[open]</a>
Zimbabwe 17:30 - 18:30	Highlands Presbyterian Church, 112 Enterprise Road, Highlands, Harare, Zimbabwe <i>(in one of the rooms at the back)</i> Harare
Dar es Salaam, Tanzania 17:30 - 18:30	St. Peter's Parish Haile Selassie Road, Oyster Bay, Tanzania Just For Today Group Contact: Sameer M +255 754 752 705
Tanzania 18:00 - 19:00	254 Mnara Road, Dar es Salaam, Tanzania <i>IOGT Offices</i> Dar-es-salaam <a href="#">['The Just For Today' group]</a> Contact: tanzania@na.org.za
Kenya 18:00 - 19:30	Upper Hill, Ralph Bunche rd, opp silver springs hotel, Nairobi <i>Nairobi Hospital, Annex room close to the rear entry/ cleaners office.</i> Nairobi - New Dawn Group <a href="#">[express]</a> <a href="#">[closed - open last meeting of month]</a>
Zimbabwe 18:00 - 19:30	597 Kuwadzana, Harare, Zimbabwe Harare <a href="#">[english and shona]</a> <a href="#">[closed]</a>
Namibia 18:00 - 19:00	Corner of Luderitz Street and Daniel Munamava Street, Windhoek , Namibia <i>NG Kerk, opposite old house of the State President and adjacent to Telecom BLDG</i> Windhoek Contact: Contact: 081 465 5890
Swaziland 18:00 - 19:00	plot 543 Ngwane Park Manzini Swaziland Ngwane Park
Mozambique 18:00 - 19:30	Ireja De Sao Gabriel, Matola, Mozambique Matola Contact: +258 84 439 8557 (Jorge) and +258 84 937 1113 (Manuel)
Kenya 18:00 - 19:30	Upper Hill, Ralph Bunche rd, opposite Silver Springs Hotel, Nairobi <i>Nairobi Hospital, Annex room close to the rear entry/ cleaners office.</i> Nairobi <a href="#">[open last meeting of month]</a>
Swaziland 19:00 - 20:30	Ezulwini, Manzini, Swaziland <i>Flat No. 3, 706 Tea Road</i> Manzini <a href="#">[English]</a> <a href="#">[open]</a>
<b>Saturday</b>	
Kenya 11:00 - 12:00	Sixth Parklands Avenue, Nairobi <i>Held at a Eden Village treatment facility, Taza Lane, Behind Kenol Gas Station, last gate on the left on Taza Lane</i> Nairobi <a href="#">[express]</a> <a href="#">[closed]</a>
Nigeria 11:30 - 13:00	6 Harvey Road, Yaba, 234, Lagos, Nigeria <i>Luth Annexe</i> Lagos <a href="#">['One Day at a Time' group]</a> <a href="#">[open]</a>
Botswana 14:00 - 15:30	Jubilee Hospital, New Maun Road, Francistown, North-East, Botswana <i>Jubilee Hospital (psych ward)</i> Francistown <a href="#">[1st and 3rd Saturday of the month only]</a> <a href="#">[open]</a> Contact: Kingsley (+267) 75022439
Zimbabwe 14:00 - 15:30	597 Kuwadzana, Harare, Zimbabwe Harare <a href="#">[english and shona]</a> <a href="#">[closed]</a>
Dar es Salaam, Tanzania 17:30 - 18:30	St. Peter's Parish Haile Selassie Road, Oyster Bay, Tanzania Just For Today Group Contact: Sameer M +255 754 752 705
Tanzania 18:00 - 19:30	254 Mnara Road, Dar es Salaam, Tanzania <i>IOGT Offices</i> Dar-es-salaam <a href="#">['Step Working' group]</a> Contact: tanzania@na.org.za
<b>Sunday</b>	
Mozambique 11:00 - 12:30	Tofinho, Inhambane, Mozambique <i>Turtle Cove Yoga Centre</i> Serenity NA Tofo <a href="#">[topic meeting]</a> Contact: Nikki +258 847129086
Zimbabwe 14:00 - 15:30	597 Kuwadzana, Harare, Zimbabwe Harare <a href="#">[english and shona]</a> <a href="#">[closed]</a>
Tanga, Tanzania 17:00 - 18:00	Independence Avenue, Tanga, Tanzania <i>Tanga Urithi Museum</i> WE DO RECOVER Contact: +255 684 731 384

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