

If you're new to NA or planning to go to your first Narcotics Anonymous meeting, you might be wondering how it's going. With this flyer we would like to let you know how a meeting goes and give you an idea of what we do there. You may find some of our expressions and processes a bit unusual. This information is intended to guide you and will help you feel more comfortable during a first meeting. If you arrive earlier and stay until the end, you can ask lots of questions before and after. This will allow you to benefit even more from the meeting.

Narcotics Anonymous is a non-profit organization made up of people for whom drugs have become a problem. We are recovering addicts helping each other stay clean. Even if you are not sober yet, you are also welcome. Our program is based on simple principles that we can apply to our daily lives. It is a complete abstinence program. The ever-increasing number of our recovering members and our meetings shows that our approach is working.

You may have health problems from your use and you may need medical help. However, you won't find it at NA. We are people like you, helping each other get and stay clean. In case of medical problems, you should consult a doctor. We are not professionals, but our experience tells us that nothing compares to the help given by one addict to another. This may be because addiction is often difficult to understand for people who are not affected by it. In NA, when addicts help each other, we often say that this help is of unparalleled therapeutic value.

General Information About NA Meetings

- It is not about what drugs or how much of them we have taken, but rather how addiction and recovery affect our lives.
- No professional opinions are given at NA meetings. Meetings are also not group therapy sessions. We do not want to give teachings or advice. We only share our personal addiction experiences and recovery solutions.
- Meetings are often held in community centers, clinics, parishes, or other places with low rent and easy access. These organizations or institutions own the premises only and are not connected to NA in any other way.
- To respect the anonymity of our members, we ask all participants not to say what they saw or what they heard during the meetings.
- NA does not charge you membership or admission fees. However, organizing meetings and providing other services still cost money. Since NA is completely autonomous and refuses any outside contribution, members are free to make a donation at the end of the meeting, if they have the possibility.

Our recovery program is based on abstinence from all drugs, including alcohol. Sometimes people who are not yet clean, in withdrawal, or on substitute drugs also attend NA meetings. No matter what you might still be taking: you are welcome!

Some Information on How NA Meetings Work

There are NA meetings of all sizes, genders and diversities. Although meetings are different from city to city, country to country, or simply happen on different days of the week, there are similarities between them around the world.

- The meetings are mainly discussion groups, around tables. They can also be testimony meetings. During speaking meetings, everyone speaks in turn. In testimony meetings, one or more speakers speak a little longer.
- Generally, we ask guests and newcomers to introduce themselves by their first name.
- Usually, the meeting ends with a short prayer or the reading of an NA text aloud by the participants who stand in a circle. Although you hear prayers at our meetings, our Program is spiritual, not religious.
- At NA, we emphasize unparalleled therapeutic value when one addict helps another. Non-addicted visitors are encouraged to simply listen.
- Usually, each member should speak only once in a meeting and ensure that others can speak as well. In some meetings speaking time is limited to five minutes or less.

- Members are asked not to argue or give advice, but rather to talk about their own experiences. There is always time for discussions before and after meetings.

You can find our meetings here :

www.narcotics-anonymous.ch/meetings

How do we maintain an atmosphere of recovery in our meetings ?

Groups organize their meetings in different ways. We suggest you go to several meetings to find out how they work. The following is common to most meetings:

- Drugs and the instruments used to use them are not allowed in NA meetings.
- If you arrive after the meeting has started, please enter discreetly and find a seat. We also avoid discussions between two members during meetings, even whispers can distract others.
- NA members frequently greet each other with “hugs”. If hugging should make you feel uncomfortable, please let them know !

While each meeting is somewhat different, they all have their own character. In some, there may be a handful of members who meet weekly. In others, there may be several dozen people. We suggest you try several meetings and see which one you feel most comfortable in.

In NA, many newcomers who are new to sobriety and in early recovery will attend 90 meetings in the first 90 days. You may hear this suggestion in meetings. Remember, no one in NA is going to tell you what to do. These are just suggestions, and you decide which ones you want to try.

NA in Switzerland :

Helpline for all of Switzerland in French — German — Italian — English :

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NA World : www.na.org



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**NA Meetings
Explanations**