

Phone Numbers

If you use them you won't lose them...

Red River Region Helpline:
1-888-851-1246

For schedule updates visit
The Red River Region's website at

www.redriverna.org

Suggestions

Go to meetings; don't use.
Avoid people, places and things
That you used with.
Get and use a sponsor.
Call people in the program.
90 meetings in 90 days.
Go early; stay late.

Keep coming back ... It works!

Narcotics Anonymous®

NA is a non-profit fellowship or society of men and women for whom drugs had become a major problem. We are recovering addicts who meet regularly to help each other stay clean. This is a program of complete abstinence from all drugs. **There is only one requirement for membership, the desire to stop using.**



Just For Today Tell yourself...

Just For Today my thoughts will be on my recovery, living and enjoying life without the use of drugs.

Just For Today I will have faith in someone in NA who believes in me and wants to help me in my recovery.

Just For Today I will have a program. I will try to follow it to the best of my ability.

Just For Today through NA I will try to get a better perspective on my life.

Just For Today I will be unafraid, my thoughts will be on my new associations, people who are not using and who have found a new way of life. So long as I follow that way, I have nothing to fear.



When at the end of the road we find that we can no longer function as a human being, either with or without drugs, we all face the same dilemma. What is there left to do? There seems to be this alternative; either go on as best we can to the bitter ends - jails, institutions or death - or find a new way to live. In years gone by, very few addicts ever had this last choice. Those who are addicted today are more fortunate. For the first time in history, a simple way has been proving itself in the lives of many addicts. It is available to us all. This is a simple spiritual - not religious - program, known as Narcotics Anonymous.

Basic Text, Page 84, Third Paragraph

RED RIVER Region



Meeting Schedule

**Red River Region
Service Committee**
P.O. Box 1461
Denison, TX 75021-1461

www.redriverna.org

1-888-851-1246

*Narcotics Anonymous is not
affiliated with any other organization.*

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