



BAHAMAS AREA

MEETING LIST

FEBRUARY 2026

**24 HOUR HELPLINE
242-802-6262**

<https://bahamasna.org>

SUGGESTIONS FOR EVERYONE

DON'T USE no matter what

Ask your Higher Power to keep you clean

Come early and stay late

Get a home group

Go to 90 meetings in 90 days

Read NA literature daily

Get and use a sponsor

Use the PHONE

KEEP COMING BACK. IT WORKS

Meetings Weekly: 4