



# Narcotics Anonymous® Western Cape Area

Meetings list • 24-Hour helpline: 083 900 69 62

## MEETINGS IN CAPE TOWN

### MONDAYS

- **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 Street & Longmarket Street
- **Sea Point** "NOT SO EARLY BIRD" group: Last meeting of each month is *open to non-addicts*  
1:10–1:50 PM. Evangelical Church, corner of Main Road and Marais Road
- **City centre** "ROSE STREET EXPRESS" group  
6–7 PM. 4th Floor, State House, 3–9 Rose Street (off Strand Street, near corner of Buitengracht)
- **Constantia**: 2nd Meeting of each month is *open to non-addicts*  
7–8:30 PM. Constantia Waldorf School sports hall, Spaanschemat River Road (near corner of Strawberry Road)
- **MOVED Hout Bay**: 1st Meeting of month is *open to non-addicts*; Format: Step, tradition, share, topic  
7:30–8:45 PM. Hangberg Community Hall, Harbour Heights till end January, then back to Hout Bay Museum, Andrews Road, off Main Road, near the Shell garage
- **MOVED Woodstock Observatory**: 1st & Last meetings of each month are *open to non-addicts*  
7:30–9 PM. Observatory Community Centre, corner of Lower Main & Station Rd
- **Bonteheuwel**: 1st & Last meetings of each month are *open to non-addicts*; No meetings on public holidays  
7:30–9 PM. Multi-purpose Centre, Jakkalsvlei Avenue
- **Observatory**: Last meeting of each month is *open to non-addicts*  
7:30–9 PM. Observatory Community Centre (entrance on Collingwood Street), corner of Lower Main Road & Station Road
- **City centre** "CITY BOWL" group: 3rd Meeting of each month is *open to non-addicts*  
8–9:30 PM. Service Dining Rooms (brickface building opposite Fruit & Veg City), Canterbury Street (off Roeland Street)
- **MOVED Durbanville** "TOGETHER WE CAN" group: 2nd Meeting of each month is *open to non-addicts*  
8–9:30 PM. Durbanville Presbyterian Church, Hafele Road (entrance on Louw Street)
- **Fish Hoek**: 1st Meeting of each month is *open to non-addicts*  
8–9:30 PM. St Kiarans Church hall, corner of Recreation Road & 7th Avenue (off Kommetjie Road)
- **Lansdowne** "SEARCHING & FEARLESS" group: 1st Meeting of each month is *open to non-addicts*  
8–9:30 PM. Moravian Primary School, corner of Church Road & Albert Road
- **Strandfontein** "THE TIES THAT BIND US TOGETHER" group: Last meeting of each month is *open to non-addicts*  
8–9:30 PM. Strandfontein High School, Frigate Street (off Dennegeur)

### TUESDAYS

- **Tafelsig, Mitchells Plain** "LUNCHTIME" group: Last meeting of each month is *open to non-addicts*  
1–2:30 PM. Tafelsig Family & Youth Centre, opposite Tafelsig Clinic (off Kilimanjaro Road)
- **City centre** "ROSE STREET EXPRESS" group: Last meeting of each month is *open to non-addicts*  
1–2 PM. 4th Floor, State House, 3–9 Rose Street (off Strand Street, near corner of Buitengracht)
- **City centre** "JUST FOR TODAY": Last meeting of month *open to non-addicts*; No meetings on public holidays  
1:05–1:45 PM. Methodist Church (upstairs, at the back), Greenmarket Square, corner of Burg Street & Longmarket Street
- **Belhar**: Last meeting of each month is *open to non-addicts*  
7:30–9 PM. Belhar Anglican Church, 1 Denneboom Road
- **TIME CHANGED Bridgetown**: Last meeting of each month is *open to non-addicts*  
8–9 PM. Bridgetown Community Centre (next to Cornfield sports field), Cornflower Road
- **Southfield** "SOUTHFIELD TUESDAY" group: Last meeting of each month is *open to non-addicts*  
8–9 PM. Southfield Public Library (opposite Shoprite), corner of Victoria and Cassino Road
- **Kalk Bay** "CHANGING TIDES" group: Pre-arranged milestone celebrations are *open to non-addicts*  
8–9:30 PM. Holy Trinity Church (opposite train station), Main Road, St James
- **MOVED Woodstock Observatory**: 1st Meeting of each month is *open to non-addicts*  
8–9:30 PM. Observatory Community Centre, corner of Lower Main & Station Rd
- **Table View** "KEEP IT SIMPLE" group: Last meeting of each month is *open to non-addicts*  
8–9:30 PM. Table View Methodist Church, 85 Janssens Avenue (off Blaauwberg)
- **Lentegeur, Mitchells Plain** "BASIC" group: Last meeting of each month is *open to non-addicts*; Format: Topic  
8–9:30 PM. Meadowridge Primary School, Nerine Way (off AZ Berman Drive)

### WEDNESDAYS

- **City centre** "JUST FOR TODAY" group: Last meeting of month *open to non-addicts*; No meetings on public holidays  
1:05–1:45 PM. Methodist Church (upstairs, at the back), Greenmarket Square, corner of Burg Street & Longmarket Street
- **Sea Point** "NOT SO EARLY BIRD" group: Last meeting of each month is *open to non-addicts*  
1:10–1:50 PM. Evangelical Church, corner of Main Road and Marais Road
- **City centre** "ROSE STREET EXPRESS" group: Last meeting of each month is *open to non-addicts*  
6–7 PM. 4th Floor, State House, 3–9 Rose Street (off Strand Street, near corner of Buitengracht)
- **Ocean View** "OPEN DOOR" group  
7–8:30 PM. 6 Flamingo Road (off Milky Way)
- **Wynberg**: Last meeting of each month is *open to non-addicts*  
7:30–9 PM. Tenterden School hall, Durban Road (off Wellington Road)
- **MOVED Woodstock Observatory**: 2nd Meeting of each month is *open to non-addicts*  
8–9:30 PM. Observatory Community Centre, corner of Lower Main & Station Rd
- **Claremont** "MIRACLES & MILESTONES" group: Last meeting of each month is *open to non-addicts*  
8–9:30 PM. St Bernard's Church hall, corner of Buchan & Protea Road, Newlands
- **Somerset West** "HELDERBERG" group: Last meeting of each month is *open to non-addicts*  
8–9:30 PM. NG Kerk, corner of Plein & Cloetenberg Street (off Gordon Road, which is off Main Road)
- **Grassy Park** "COURAGE TO CHANGE" group: Last meeting of each month is *open to non-addicts*  
8–9:30 PM. Cafda Community Centre, corner of Prince George & 8th Avenue

## MONTH: January 2012

This list changes every month. Download the current edition (PDF format) at [www.na.org.za/meetings\\_cape\\_town.htm](http://www.na.org.za/meetings_cape_town.htm) or ask your group's literature person.

### RECENT CHANGES:

- Gansbaai day of week changed
- Athlone temporarily moved
- Hout Bay temporarily moved
- Sat Sea Point time changed
- Bridgetown time changed
- Parklands moved to Blouberg;
- Fri Parklands time changed
- Durbanville new venue
- Wed Westridge Womens closed down
- All Woodstock meetings moved to Obz
- Fri Woodstock closed down
- Wed Hout Bay closed down
- Muizenberg closed down

**Meetings are for addicts only, except where otherwise indicated.**

If you believe you may have a drug problem, you are welcome to all meetings.

Because friends, family members and observers may be interested in how NA meetings work, or would like to support their loved ones, they are most welcome to meetings marked "open to non-addicts".

Narcotics Anonymous (NA) are not affiliated with any venues used for meetings, nor to any outside entities.

New NA groups are invited to attend the monthly Area Service Committee meeting or to contact them at [ct-asc@na.org.za](mailto:ct-asc@na.org.za) in order to be listed here.

Please notify us of changes or incorrect details at [website@na.org.za](mailto:website@na.org.za)

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## CAPE TOWN CONTINUED

### THURSDAYS

- **City centre** "JUST FOR TODAY" group: Last meeting of each month is *open to non-addicts*; No meetings on public holidays  
1:05–1:45 PM. Methodist Church (upstairs, at the back), Greenmarket Square, corner Burg & Longmarket St
- **City centre** "ROSE STREET EXPRESS" group  
6–7 PM. 4th Floor, State House, 3–9 Rose Street (off Strand Street, near corner of Buitengracht)
- **Edgemead**: Last meeting of each month is *open to non-addicts*  
7:30–8:30 PM. Anglican Church (opposite shopping centre), corner of Letchworth and Louis Thibault Road
- **Observatory** "BEGINNERS" group: 1st Meeting of each month is *open to non-addicts*  
8–9:30 PM. Observatory Community Centre (entrance on Collingwood St), corner of Lower Main & Station Rd
- **Camps Bay** "NEW LIFE" group: All meetings are *open to non-addicts*; Format: Basic Text study  
8–9:30 PM. St Peter's Church hall, corner of Fairway & Park
- **Boston, Bellville**: Pre-arranged milestone celebrations are *open to non-addicts*  
8–9:30 PM. Presbyterian Church hall, corner of Rhos Street & Davies Avenue (De Lange St) (off Durban Rd)
- **Heathfield** "WELCOME HOME" group: Last meeting of each month is *open to non-addicts*  
8–9 PM. Opposite St Anthony's Primary, Gordon Road
- **Manenberg**: All meetings are *open to non-addicts*; Format: Steps and traditions study  
8–9:30 PM. Sherwood Park Community Centre, 4th Avenue

### FRIDAYS

- **Gatesville**: Last meeting of each month is *open to non-addicts*  
10–? AM. SANCA, Child Welfare Buildings (off Lower Klipfontein Road)
- **Kenilworth**: Last meeting of each month *open to non-addicts*  
12:30–1:30 PM. Christ Church, corner of Summerley & Richmond Roads
- **City centre** "ROSE STREET EXPRESS" group: Last meeting of each month *open to non-addicts*  
6–7 PM. 4th Floor, State House, 3–9 Rose Street (off Strand Street, near corner of Buitengracht)
- **Observatory** "BINN'S" group: 2nd Meeting of each month is *open to non-addicts*  
6–7:30 PM. Observatory Community Centre (entrance on Collingwood St), corner of Lower Main & Station Rd
- **MOVED TIME CHANGED Parklands Blouberg Rise** "BLOUBERG FRIDAY": Last meeting/month *open to non-addicts*; Format: Topic  
6–7 PM. Sea Scout Hall, Willow Road (off Porterfield Rd)
- **Tokai** "FRIDAY FOREST" group  
7–8:30 PM. Tokai Library, Tokai Road (corner of Forest Road)
- **Westridge, Mitchells Plain** "ONE ADDICT HELPING ANOTHER" group: Last meeting of each month is *open to non-addicts*  
8–9:30 PM. Westridge High School, corner of Dagbreek (off Wespoort Road) & Silversands Road

### SATURDAYS

- **Wynberg** "EYES WIDE OPEN" group  
7:30–8:45 AM. Tenterden School hall, Durban Road (off Wellington)
- **City centre** "ROSE STREET EXPRESS" group  
10–11 AM. 4th Floor, State House, 3–9 Rose Street (off Strand Street, near corner of Buitengracht)
- **Westridge, Mitchells Plain** "WEST REACH" group: Last meeting of each month is *open to non-addicts*; Focus: Newcomers  
3–4:30 PM. Westridge High School, corner of Dagbreek (off Wespoort Road) & Silversands Road
- **TIME CHANGED Sea Point** "SUNSHINE" group: Last meeting / each month is *open to non-addicts*  
6–7:15 PM. Scouts Hall, 14 Hall St, between Main Road and Beach Road
- **MOVED Woodstock Observatory**: "THE FAT CANDLE MEETING": 3rd Meeting of each month is *open to non-addicts*  
5–6:30 PM. Observatory Community Centre, corner of Lower Main & Station Rd
- **Goodwood**: Last meeting of each month is *open to non-addicts*  
7:30–9 PM. Catholic Church, Goulburn Road (off Voortrekker Rd, behind the Spur, near KFC)

### SUNDAYS

- **City centre** "ROSE STREET EXPRESS" group: Last meeting of month *open to non-addicts*  
8:30–9:30 AM. 4th Floor, State House, 3–9 Rose Street (off Strand Street, near corner of Buitengracht)
- **City centre** "ROSE STREET EXPRESS" group: Last meeting of each month *open to non-addicts*  
10–11 AM. 4th Floor, State House, 3–9 Rose Street (off Strand Street, near corner of Buitengracht)
- **Lakeside**: 1st Meeting of each month is *open to non-addicts*  
5–6:30 PM. False Bay Rendezvous (old Lakeside Bowling Club), 57 Promenade Street
- **TEMPORARILY MOVED Athlone Lansdowne** "SUNNYSIDE" group: All meetings *open to non-addicts*  
5–6:30 PM. St Marys of the Angels Catholic Church hall, 88 Lawrence Road, 6 Queen Bess Road
- **Somerset West** "HELDERBERG" group: Last meeting of each month is *open to non-addicts*; Format: Basic Text study  
6:30–7:30 PM. NG Kerk, corner of Plein & Cloetenberg Street (off Gordon Road, which is off Main Road)
- **Observatory** "STEPS & TRADITIONS" group  
7–8:30 PM. Observatory Community Centre (entrance on Collingwood St), corner of Lower Main & Station Rd
- **MOVED Parklands Blouberg Rise**: Last meeting/month *open to non-addicts*; Format: Topic round-robin  
7:30–8:30 PM. Sea Scout Hall, Willow Road (off Porterfield Rd)

## REST OF WESTERN CAPE

### MONDAYS

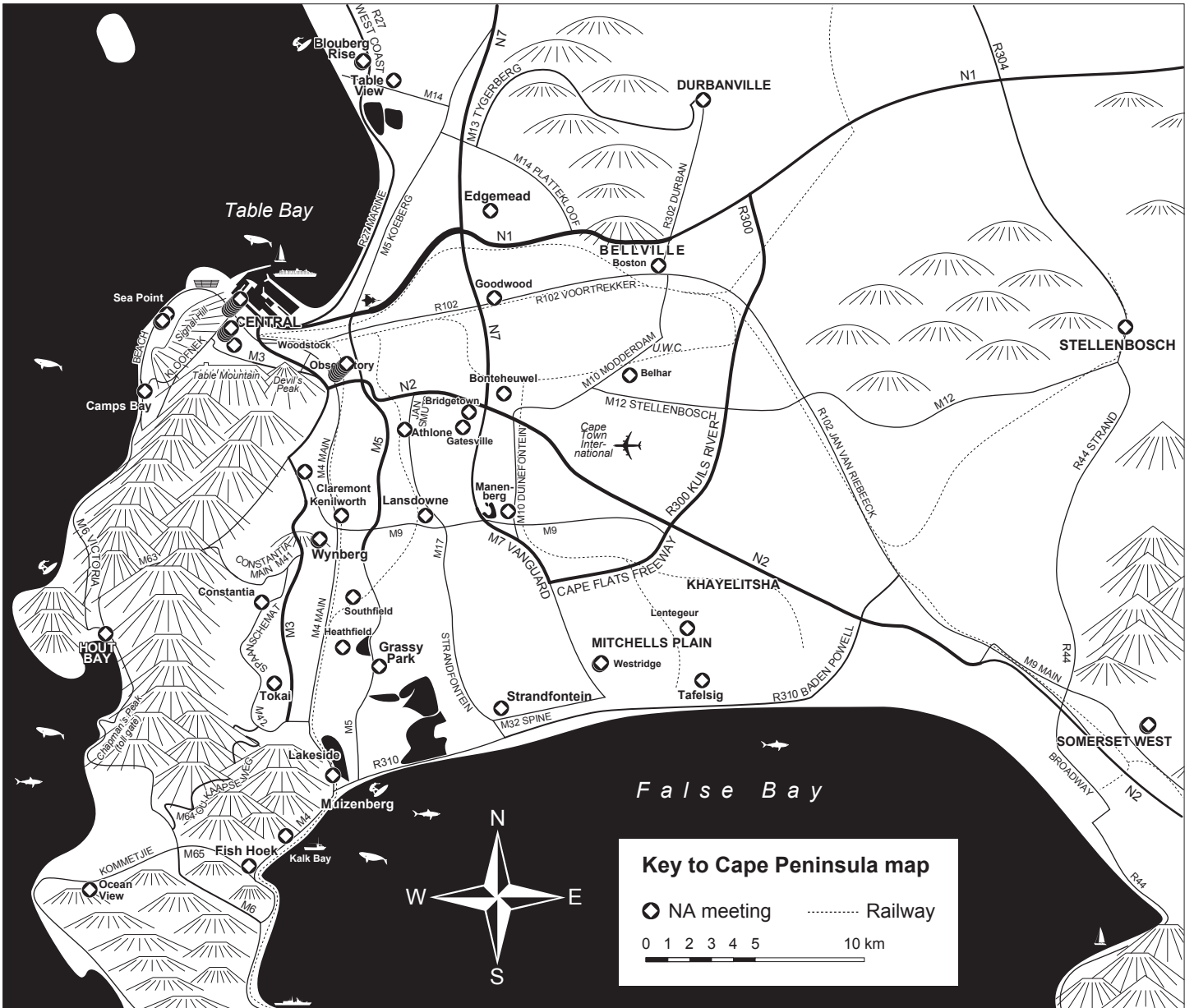
- **Hermanus**: Last meeting of each month is *open to non-addicts*  
7:30–9 PM. United Church, Royal Street
- **Stellenbosch**: 1st Meeting of each month is *open to non-addicts*  
8–9:30 PM. St Nicholas Church hall, 4 Paul Kruger Street (off Bird Street)

### WEDNESDAYS

- **DAY CHANGED Gansbaai**: Last meeting of each month is *open to non-addicts*  
7–8:30 PM. AGS (at the Shalom building, next to "Cool Kids"), Buitenkant Street

### SUNDAYS

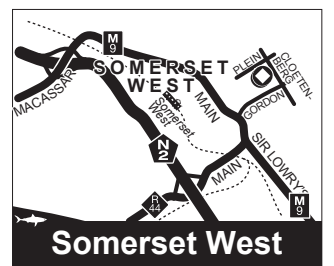
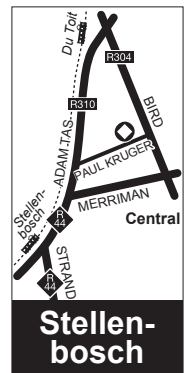
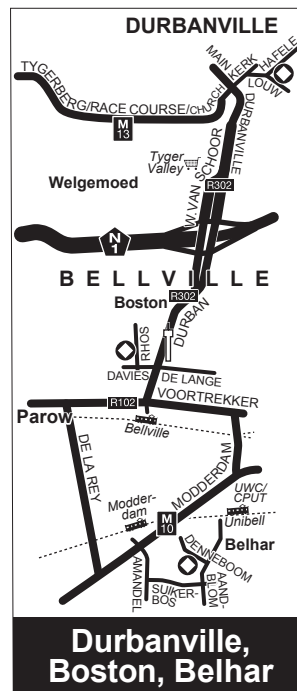
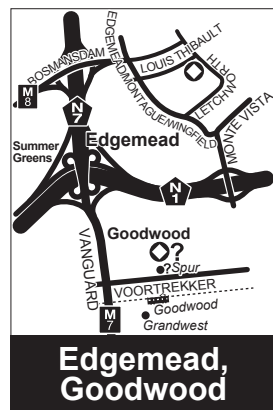
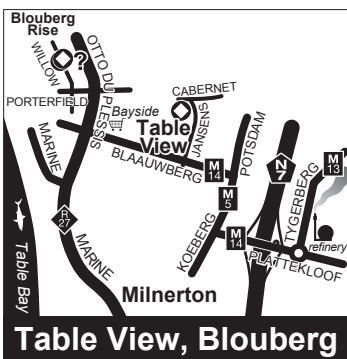
- **Porterville** "H.O.W." group: Last meeting/month *open to non-addicts*; ID book or passport needed for entry; Access must be pre-arranged through H&I by the Wednesday before the meeting (ct-hi@na.org.za)  
10–11:30 AM. Section G, Voorberg Medium B Correctional Centre, near Porterville

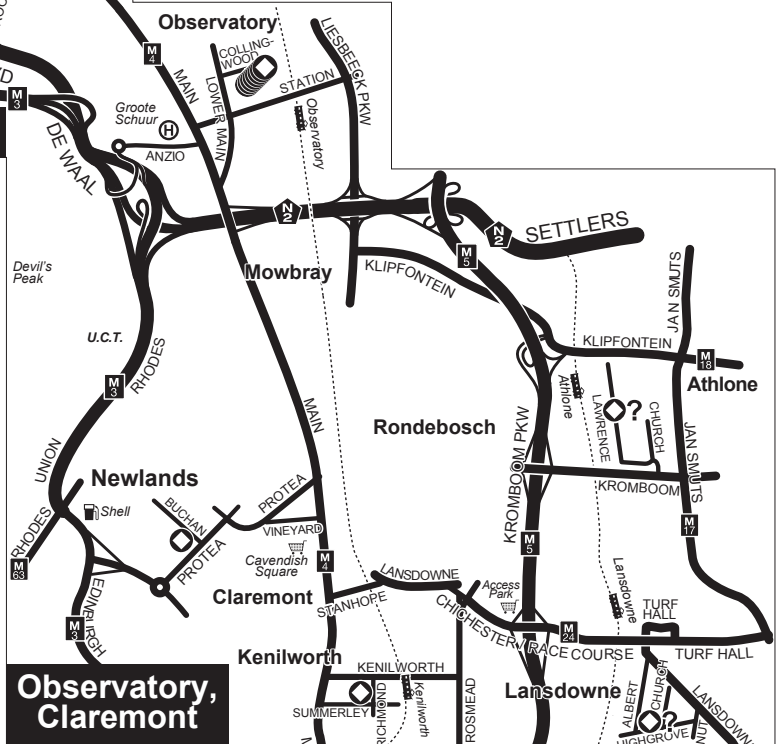
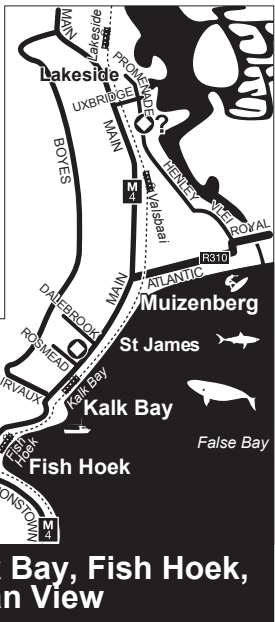
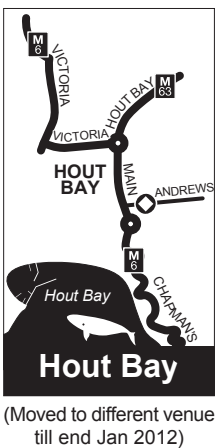
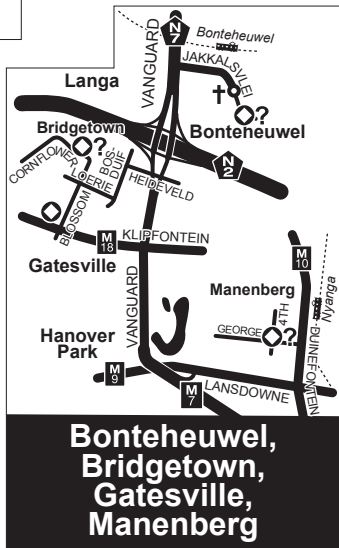
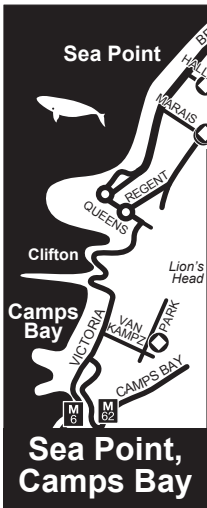
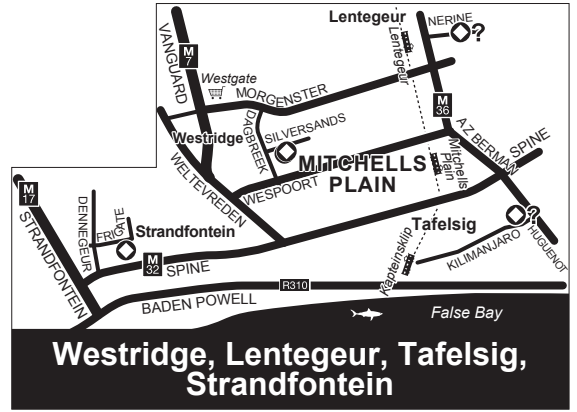
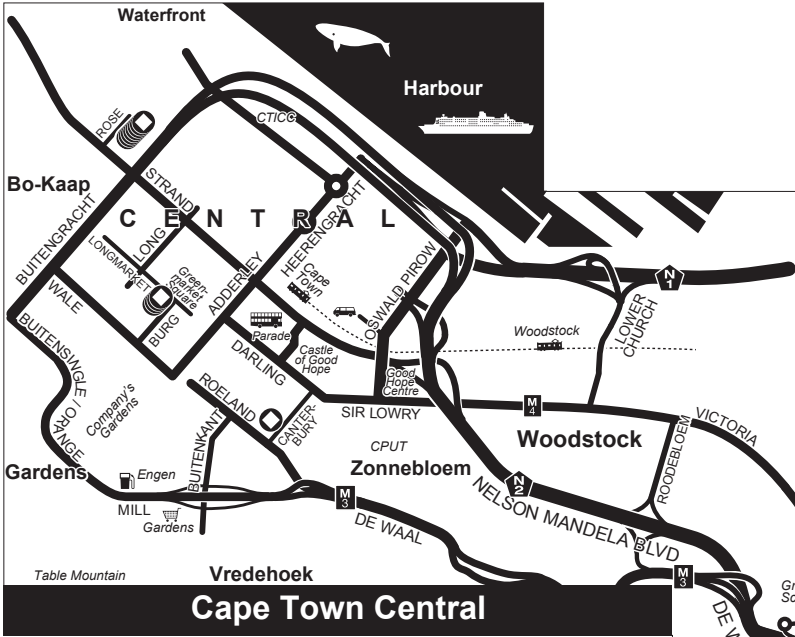


To display your meeting accurately, please send the Western Cape meetings list person the full address details at [website@na.org.za](mailto:website@na.org.za). GPS co-ordinates welcome.

**Key to detailed maps**

◊ NA meeting    
 + traffic circle  
 ..... railway





(Athlone has temporarily moved to Lansdowne)

