



NC MOUNTAIN AREA

MEETING LIST

NOVEMBER 2024

**COVERS CHEROKEE, HAYWOOD, JACKSON,
MACON AND SWAIN COUNTIES.**

HELPLINE

888-764-0365

STATE WIDE HELPLINE

855-227-6262

NCMANA

**537 Fox Trace Dr
Sylva, NC 28779**

<https://ncregion-na.org/nc-mountain-area>

SUGGESTIONS

Avoid People, Places, and Things You Used With or At
Come Early and Stay Late
Don't Use and Go to Meetings
Get and Use a Sponsor
Get a Home Group
Go to 90 Meetings in 90 Days
Use the Phone
Keep Coming Back, It Works
Get Involved In Service
Meetings Weekly: 6