

## FACE TO FACE MEETINGS

### MANHATTAN

SUNDAY, 3:15 PM; OD  
Sunday Freedom in Manhattan  
Midnite Club  
220 West Houston St, Manhattan, Second floor

### BROOKLYN

WEDNESDAY, 1:00 pm; OD  
Nicotine Free in Brooklyn  
St. Francis College  
179 Livingston St, Brooklyn

### NASSAU COUNTY

Saturday, 11:30 am OD  
Long Island Freedom  
North Bellmore Public Library  
1551 Newbridge Road, North Bellmore  
Michelle S, 516-578-4145  
www.northbellmorelibrary.org; click on  
hours/holidays for days the library is closed

### UPSTATE NEW YORK

THURSDAY, 11:00 AM; OD  
Third Evangelical Lutheran Church  
31 Livingston St, Rhinebeck, door on left front  
415-725-3053

MONDAY, 5:30 PM; OD  
Fresh Air Group  
Capital District Recovery Center  
45 Colvin Ave, Albany

## #PHONE MEETINGS

For a complete schedule: <https://www.nicotine-anonymous.org/phone-meetings>

### FREE BRIDGE

Meetings throughout the day and evening 7 days a week.  
667-770-1474 and 207490#  
If blocked, dial 206-451-6066 and number above

### PRIMARY PURPOSE

Meetings throughout the day and evening 7 days a week.  
(712) 832-7056 and 766237#

## #INTERNET MEETINGS

<https://www.nicotine-anonymous.org/internet-meetings>

**PRIOR TO ATTENDING A MEETING**  
**PLEASE PHONE TO CONFIRM THE TIME AND LOCATION.**

OD = Open Discussion      ST = Step Meeting  
SP = Speaker Meeting      SW = Step Writing  
SS = Step Study

# NYMAI NICA

NEW YORK METROPOLITAN AREA  
INTERGROUP OF NICOTINE ANONYMOUS

January 2024

**DIRECTORY OF MEETINGS**



NICOTINE ANONYMOUS IS A NON-PROFIT  
12-STEP FELLOWSHIP OF PEOPLE HELPING  
EACH OTHER LIVE NICOTINE-FREE LIVES.

PO BOX 1363

HUNTINGTON, NY 11743

631-665-0527

[www.nymainica.org](http://www.nymainica.org)

**NEW YORK STATE  
VIDEO CONFERENCE  
MEETINGS  
ALL U.S. EASTERN TIME**

NB: TO DIAL IN FROM A LAND LINE  
Find your local number if not listed below:  
<https://us02web.zoom.us/j/keC6jFfAJ>

Sunday, 3:15 PM  
Hudson Nic A  
Meeting ID: 858 6831 3632  
Passcode: 909090  
One tap mobile  
+19294362866,,85868313632# US (New York)  
Dial by your location  
+1 929 436 2866 US (New York)

Wednesday, 7:00 PM  
Wednesday Freedom in Manhattan  
Meeting ID: 817 151 285  
Passcode: 592210  
One tap mobile  
+19292056099,,817151285#,,,,\*592210# US  
(New York)  
Dial by your location (land lines)  
+1 929 205 6099 US (New York)

Wednesday, 7:00 PM  
New Paltz Nic A  
Meeting ID: 84177970735  
Passcode: 411651  
One tap mobile US (New York)  
+19294362866,,86915288226#,,,,\*411651#

Thursday, 1:15 PM  
Rhinebeck Nicotine Anonymous  
Time: 1:15 PM  
Meeting ID: 708 085 809  
Passcode: 091875  
One tap mobile  
+19294362866,,708085809# US (New York)  
Dial by your location  
+1 929 436 2866 US (New York)

Thursday 6:30 PM  
Islip Group  
Meeting ID: 881 7723 2534  
Passcode: 388836  
One tap mobile  
+19292056099,,88177232534# 388836# US  
(New York)  
Dial by your location  
+1 929 205 6099 US (New York)

Thursday, 7:00 PM  
Park Slope Group  
Meeting ID: 858 2656 0753  
Passcodes: bm70YC (if from app), or 732727  
(numeric, if from phone)  
One tap mobile  
+16465588656,,85826560753# US (New York)  
Dial by your location (for land lines)  
+1 646 558 8656 US (New York)

Friday, 7:00 PM  
Freedom Friday  
Meeting ID: 860 3268 7189  
Passcode: 909090  
One tap mobile US (New York)  
+16468769923,,86032687189#,,,,\*909090#  
Dial by your location  
+1 646 876 9923 US (New York)  
Find your local number:  
<https://us02web.zoom.us/j/kd3gcSHvwn>

Saturday, 12:00 noon  
Realization Center Group  
Meeting ID: 851 9270 3053  
Passcode: 630110  
One tap mobile (New York)  
+19292056099,,85192703053#,,,,\*630110#  
Dial by your location  
+1 929 205 6099 US (New York)  
Find your local number:  
<https://us02web.zoom.us/j/kb3C0LiFtd>

Saturday, 6:00 PM  
Saturday Freedom in Manhattan  
Meeting ID: 273 006 588  
Passcode: 335082  
One tap mobile US (New York)  
+19292056099,,273006588#,,,,\*335082#  
Dial by your location  
+1 929 205 6099 US (New York)  
Find your local number:  
<https://us02web.zoom.us/j/kcdKBjS7bf>