

SUNDAY / DOMINGO

6:30PM Lost and Found, AA

Clubhouse, Al Anon Serenity Room,
205 West Adams, Harlingen, TX, 78550

(O,JT,NS)

MONDAY / LUNES

7:00PM Life's 2nd Chance, Our

Savior Lutheran, Room C, 1104 W.
Fern Ave, McAllen, TX, 78501

(O,B,NS)

TUESDAY / MARTES

NOON Shot of Hope Group, The

University of Texas Rio Grande Valley,
University Center, Room 102, 1201 W.
University Drive, Edinburg, TX, 78539

(O,JT,WC,NS,LT)

6:00PM Lost and Found Women's

Meeting, AA Clubhouse, Al Anon
Serenity Room, 205 West Adams,
Harlingen, TX, 78550

(O,B,JT,RF,W,NS,LT,CC)

WEDNESDAY / MIÉRCOLES

7:00PM Dealing Hope, Upstairs, 134

S. Shore Drive, Port Isabel, TX, 78578

(O,JT,NS)

7:00PM Life's 2nd Chance, Our

Savior Lutheran, Room C, 1104 W.
Fern Ave, McAllen, TX, 78501

(O,D,To,NS)

8:00PM Lost and Found, AA

Clubhouse, Al Anon Serenity Room,
205 W Adams, Harlingen, TX, 78550

(O,B,LT,CC)

THURSDAY / JUEVES

6:00PM Life's 2nd Chance Women's

Meeting, Our Savior Lutheran, Room
C, 1104 W. Fern Ave, McAllen, TX,
78501

(O,B,D,To,BK,NS)

FRIDAY / VIERNES

6:00PM Lost and Found, AA

Clubhouse, Al Anon Serenity Room,
205 W Adams, Harlingen, TX, 78550

(O,B,BT,D,BK,LT,CC)

7:00PM Life's 2nd Chance, Our

Savior Lutheran, Room C, 1104 W.
Fern Ave, McAllen, TX, 78501

(O,D,BK,NS)

SATURDAY / SÁBADO

NOON Breakfast Club, Upstairs, 134

S. Shore Drive, Port Isabel, TX, 78578

(O,JT,NS)

MEETING FORMAT LEGEND

LT	Literature Study	B	Beginners
BT	Basic Text	D	Discussion
JT	Just for Today	O	Open
RF	Rotating Format	To	Topic
W	Women	WC	Wheelchair
NS	No Smoking	CC	Chairperson's Choice
BK	Book Study		

HELPLINES

Coastal Bend Area (361)
992-2113

Esperanza Area (210)
434-0665

PHONE NUMBERS

“¿Cuál es nuestro mensaje? El mensaje es que un adicto —cualquier adicto— puede dejar de consumir drogas, perder el deseo de consumirlas y descubrir una nueva forma de vida. Nuestro mensaje es esperanza y una promesa de libertad.” Texto Básico, página 79

What is our message?

**The message is that an addict,
any addict, can stop using drugs,
lose the desire to use,
and find a new way to live.
Our message is hope
and the promise of freedom.**

Basic Text, page 65



RIO GRANDE VALLEY AREA

MEETING LIST

MAY 2026

**24 HOUR HELPLINE
(956) 949-1900**



<https://rgvareaofna.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: 11