



## Nicotine Anonymous (Nic-A) Fact Sheet



[www.nicotine-anonymous.org](http://www.nicotine-anonymous.org)

Toll Free: 1-877-TRY-NICA (1-877-879-6422)

### *Nicotine Anonymous Background*

- Nicotine Anonymous is a non-profit 12-step fellowship of men and women helping each other live nicotine-free lives.
- Nicotine Anonymous is not allied with any sect, denominations, political entity or, organization or institution.
- There are no dues or fees for Nicotine Anonymous membership.
- Nicotine Anonymous uses the 12-step recovery model adapted from Alcohol Anonymous principles.

### *Meeting specifics*

- Only requirement for membership is the desire to stop using nicotine.
- Nicotine Anonymous welcomes those using tobacco cessation programs or using quit smoking medications
- There are several types of meetings:
  - **In-person:** Meetings are typically one hour long and happen in the afternoon or early evening. Please call 1-877-879-6422 to find a meeting in your neighborhood.
  - **Phone:** There are at least three telephone meeting every day of the week. They last about an hour and start at various times throughout the day. Each meeting is led by a moderator. You can participate, or just listen in from any phone. See the current phone meeting list on the reverse side of this document.
    - All meetings are 60 minutes a meeting. There are several phone meetings every day of the week. All phone meetings are Eastern Standard Time (EST)
    - All phone meetings are open meetings. For a weekly list of meetings go to [www.nicotine-anonymous.org](http://www.nicotine-anonymous.org). **Note, if you do not have unlimited long-distance or a pay as you go cell phone, you will be charged for the call.**
- **Internet** *Check the Nic-A web site for the links to the two groups that meet and to learn about meeting days and times and the procedures for attending*
  - Internet meetings are essentially email groups that you can join and comment, post, etc.

**Nicotine Anonymous (Nic-A) Telephone Meeting Schedule  
Spring 2014**

<b><i>Subject to Change, please check website for updates</i></b>				<b><u>DAY</u></b>	<b><u>TIME</u></b>	<b><u>Call-in number</u></b>
				Friday	8:00 am	218-339-2933 Pin: 944982#
<b><u>DAY</u></b>	<b><u>TIME</u></b>	<b><u>Call-in Number</u></b>		Friday	12:00 pm	218-548-7071 PIN: 766237#
Sunday	12:00 pm	218-339-2933 Pin: 944982#		Friday	1:00 pm	218-339-2933 Pin: 944982#
Sunday	6:00 pm	218-548-7071 PIN: 766237#		Friday	8:00 pm	218-339-2933 Pin: 944982#
Sunday	8:00 pm	218-339-2933 Pin: 944982#		Friday	9:15 pm	218-548-7071 PIN: 766237#
Monday	8:00 am	218-339-2933 Pin: 944982#		Saturday	12:00 pm	218-548-7071 PIN: 766237#
Monday	12:00 pm	218-548-7071 PIN: 766237#		Saturday	1:00 pm	218-339-2933Pin: 944982#
Monday	3:00 pm	218-339-2933 Pin: 944982#		Saturday	8:00 pm	218-339-2933 Pin: 944982#
Monday	8:00 pm	218-339-2933 Pin: 944982#		Saturday	9:15 pm	218-548-7071 PIN: 766237#
Monday	9:15 pm	218-548-7071 PIN: 766237#		Saturday	11:00 pm	218-339-2933 Pin: 944982#
Monday	11:00 pm	218-339-2933 Pin: 944982#				
Tuesday	12:00 pm	218-548-7071 PIN: 766237#				
Tuesday	1:00 pm	218-339-2933 Pin: 944982#				
Tuesday	8:00 pm	218-339-2933 Pin: 944982#				
Tuesday	9:15 pm	218-548-7071 PIN: 766237#				
Wednesday	12:00 pm	218-548-7071 PIN: 766237#				
Wednesday	3:00 pm	218-339-2933 Pin: 944982#				
Wednesday	8:00 pm	218-339-2933 Pin: 944982#				
Wednesday	9:15 pm	218-548-7071 PIN: 766237#				
Wednesday	11:00 pm	218-339-2933 Pin: 944982#				
Thursday	12:00 pm	218-548-7071 PIN: 766237#				
Thursday	1:00 pm	218-339-2933 Pin: 944982#				
Thursday	8:00 pm	218-339-2933 Pin: 944982#				
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