

# Highlands & Islands Groups of NA

**Reaching out to addicts in need**

We welcome any addict from anywhere in the world who wants to attend an NA meeting and is unable, through geography, disability or for any other reason, to attend Face to Face NA meetings.

## Online Narcotics Anonymous Meetings

Held Via Bluejeans  
on your PC, Mac, Phone or Mobile device

We currently meet 10 times a week  
To find out how and when please go to

[www.higna.org.uk](http://www.higna.org.uk)

Being of service to the still suffering addict online since 2011