

Nar-Anon Family Group Meetings

Due to this time of “social distancing,” several groups have created Zoom or conference call meetings. New England Region meetings are listed here. In the interest of making as many meetings available as possible, we are also including some meetings in the New York Area. Please feel free to join any meeting.

We look forward to “seeing” you. Any questions, email neregionnaranon@gmail.com, or call the number listed with the meeting information on our full schedule. Thanks.

HELPFUL TIPS (Thank you NY)

1	Put your phone on silent so it does not cause any disruptions
2	Mute your mic unless we are all reading out loud together or if you are speaking. If you do not mute yourself, every sound in your home gets picked up and this could cause a distraction. Depending on what viewing mode you are using, the main screen focuses on the person speaking. So if you are not muted but noise is coming from your end, the screen will show you, as opposed to the person who is sharing.
3	As with a regular meeting there is one Chairperson who will open up. Depending on the size of the meeting there may be a timekeeper to make sure that everyone gets a fair opportunity to share.
4	If you have your video on, you can raise your hand to signal you would like to share. You can also message the Chairperson directly on zoom (Zoom has a chat feature). If you are using Audio only you can just introduce yourself and share when its silent.
5	Regarding the format - it will be very similar if not exact to the regular in person meeting. Since hosting meetings online is still a new thing for us, we can work together and discuss what format to use moving forward.
6	Not a rule, but just a helpful tip: If you are using Zoom on a computer, when muted, you can hold the space bar down and it will temporarily unmute you as long as it's being held.
7	If you're calling by telephone, dial in using one of the phone number listed under any meeting, then enter the Meeting ID when prompted.

SUNDAY

Topic: Nar-Anon Meeting – Sunday morning Meriden CT “Look to This Day”

Time: 9:30AM EDT

Join Zoom Meeting

<https://us04web.zoom.us/j/621852505?pwd=NkhLQ0h2Um5uWIZtVXN3WXU1T1Rjdz09>

Meeting ID: 621 852 505

Password: 070139

MONDAY

Topic: Monday Methuen MA “Trust & Hope” (new info 5/19/20)

Time: 6:30 PM Eastern Time (US and Canada)

<https://us04web.zoom.us/j/77206723998?pwd=Mnp6YzNGOE4rRGtJVXY4bTI2VURPQT09>

Meeting ID: 772 0672 3998

Passcode: XqmvF1

TUESDAY

Topic: Tues East Haven Nar-Anon Meeting

Time: 07:00 PM Eastern Time (US and Canada)

Join Zoom Meeting

<https://us04web.zoom.us/j/542755659>

Meeting ID: 542 755 659

TUESDAY

Steps to Serenity Nar anon is inviting you to a scheduled Zoom meeting.

Topic: Nar Anon Mansfield CT 6:30PM

This Zoom meeting has closed. We plan to meet in-person when conditions allow.

TUESDAY

Tuesday Night Danbury Nar-Anon Meeting!

When: Every Tuesday, 7:00 pm - 8:15 pm

Join Zoom Meeting

<https://us02web.zoom.us/j/9567151591?pwd=OFE2bWdmN0JlYWJiNIJ0Z3ZZSWIxUT09>

Meeting ID: 956 715 1591

Password: Danbury

One tap mobile

+19292056099,,9567151591#,,1#,635123# US (New York)

+13017158592,,9567151591#,,1#,635123# US (Germantown)

Dial by your location

+1 929 205 6099 US (New York) ; +1 301 715 8592 US (Germantown)

+1 312 626 6799 US (Chicago) ; +1 669 900 6833 US (San Jose)

+1 253 215 8782 US (Tacoma) ; +1 346 248 7799 US (Houston)

Find your local number: <https://us02web.zoom.us/u/kcvi7NBmu>

<p>TUESDAY Tuesday Night Shoreline Road to Recovery, Niantic, CT Time: 7:00 PM EDT Join Zoom Meeting https://us02web.zoom.us/j/84725931720?pwd=ZFpGa2ZqZExVN3hSOXVjY2x0SmhWdz09 Meeting ID: 847 2593 1720 Passcode: 722578</p>
<p>WEDNESDAY Wednesday 6:45 PM Enfield CT “The Power Within” Free Conference Call 978-990-5000 Password 707788#</p>

<p>WEDNESDAY Topic: Naranon Family Group Journey to Recovery Nashua, NH Time: 7pm Wednesdays - This is a recurring meeting Join Zoom Meeting https://zoom.us/j/94136331642?pwd=QStTWxIakIybktvbk9vUzVqYjdlZz09 Meeting ID: 941 3633 1642 Passcode: 8eXf00</p>
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<p>WEDNESDAY Wednesday 6 PM Old Orchard Beach, ME “Catch the Wave” Join Zoom Meeting https://us02web.zoom.us/j/82472652066?pwd=cWhSTTk0Z2JxdlpCUzY0TFNWNmtBZz09 Meeting ID: 824 7265 2066 Password: thewave One tap mobile +13017158592,,82472652066#,,,0#,,062800# US (Germantown) +13126266799,,82472652066#,,,0#,,062800# US (Chicago) Meeting ID: 824 7265 2066 Password: 062800</p>

THURSDAY

Topic: Nar-Anon Meeting Thursday Hamden CT “Courage to Change”

This group has closed and is no longer holding Zoom meetings.

THURSDAY

Thursday 6:45 PM Springfield MA “Let’s Get Honest”

Free Conference Call

Tel. 978-990-5000 Code is 184634

THURSDAY

Thursday Let it Begin With Me- Waterford group.

It starts at 7:00 PM

Join Zoom Meeting

<https://us02web.zoom.us/j/89368047045?pwd=V3ZrOEtXL2JWZjRWUyR3J4MGVhOT09>

Meeting ID: 893 6804 7045

Passcode: 548454

One tap mobile

+13017158592,,89368047045#,,,,,0#,,548454# US (Washington D.C)

+13126266799,,89368047045#,,,,,0#,,548454# US (Chicago)

Dial by your location: +1 301 715 8592 US (Washington D.C); +1 312 626 6799 US (Chicago);

+1 646 558 8656 US (New York); +1 253 215 8782 US (Tacoma); +1 346 248 7799 US (Houston);

+1 669 900 9128 US (San Jose);

Find your local number: <https://us02web.zoom.us/j/89368047045?pwd=V3ZrOEtXL2JWZjRWUyR3J4MGVhOT09>

THURSDAY

Thursday Feel the Freedom Bristol CT group

Time: Jul 23, 2020 07:00 PM Eastern Time (US and Canada)

Join Zoom Meeting

<https://us02web.zoom.us/j/84236928999?pwd=bXNKRVB2dHBsVENZVEx1L0kwcUhhKQ09>

Meeting ID: 842 3692 8999

Passcode: 821329

One tap mobile

+13017158592,,84236928999#,,,,,0#,,821329# US (Germantown)

+13126266799,,84236928999#,,,,,0#,,821329# US (Chicago)

Dial by your location

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+1 929 205 6099 US (New York); +1 253 215 8782 US (Tacoma)

+1 346 248 7799 US (Houston); +1 669 900 6833 US (San Jose)

Meeting ID: 842 3692 8999

Passcode: 821329

Find your local number: <https://us02web.zoom.us/j/84236928999?pwd=bXNKRVB2dHBsVENZVEx1L0kwcUhhKQ09>

FRIDAY

Topic: Friday West Hartford CT “I Am Not Alone”

Time: 7 PM – 8:30 PM EDT

Join Zoom Meeting

<https://us04web.zoom.us/j/970800592>

Meeting ID: 970 800 592

One tap mobile

+19292056099,,970800592# US (New York)

+13126266799,,970800592# US (Chicago)

Find your local number: <https://us04web.zoom.us/u/fbaDPMHNkt>

SATURDAY

Topic: Saturday East Haven CT Journey to Recovery

Time: 10 AM – 11:30 AM EDT (new as of 11/28/2020)

Join Zoom Meeting

<https://us02web.zoom.us/j/8189350076?pwd=YjJwaXRLNENxL1BSUUhzM3VGeWxKQT09>

Meeting ID: 818 935 0076

Passcode: 216224

One tap mobile

+13126266799,,8189350076#,,,,,0#,,216224# US (Chicago)

+19292056099,,8189350076#,,,,,0#,,216224# US (New York)

Dial by your location

+1 312 626 6799 US (Chicago)

+1 929 205 6099 US (New York)

+1 301 715 8592 US (Washington D.C)

+1 346 248 7799 US (Houston)

+1 669 900 6833 US (San Jose)

+1 253 215 8782 US (Tacoma)

Meeting ID: 818 935 0076

Passcode: 216224

Find your local number: <https://us02web.zoom.us/u/kbcKrXhajv>