

Newcomer's Welcome

The Nar-Anon Family group is primarily for you who know or have known a feeling of desperation concerning the addiction problem of someone very near to you. We have traveled that unhappy road too, and found the answer with serenity and peace of mind.

When you come into the Family Group you are no longer alone but among true friends who understand your problem as few others could. We will respect your confidence and anonymity as we know you will respect ours. We hope to give you the assurance that no situation is too difficult and no unhappiness is too great to be overcome.

Our program, which is not a religious one, but a spiritual way of life, is based on the Twelve Steps of Nar-Anon. We have found that the working of these steps will bring the solution to practically any problem. We urge you to take this program and its twelve steps seriously. It has been helpful to us as the Narcotics Anonymous program is to the addict. We only ask for the wisdom and courage to see ourselves as we really are, to do something about ourselves with the help of a higher power as we understand this, and for the grace to release our addicts with love and cease trying to change them.

Keep an open mind and attend as many meetings as possible. Feel free to share during the meeting. You may ask questions after the meeting. You will soon make new friends and will feel very much a part of the group.

With the understanding that addiction is a disease, and the realization that we are powerless over it as well as over other people's lives, we are ready to do something useful and constructive with our own. Then, and only then, can we be of any help to others.

I Can't ...We Can

Name

Phone #

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Remember all people are always changing. When we judge them we judge on what we believe we know of them, failing to realize that there is much we do not know, and that they are constantly changing as they try for better or worse to cope with life. Give others credit for having had many victories which are unknown. We are all of the same cloth, though of a different cut.

Remember you too are always changing and you can direct that change consciously if you so desire. Yourself you can change. Others you can only love.

Taken from Nar-Anon Literature

For schedule changes, please inform the **Outreach** Committee by having your Group Representative call: Maxine (203) 215-6961

**8 VALLEY VIEW COURT
HAMDEN, CT 06518**

This information is current as of 12/19.
Meeting information changes periodically.
Please call the individuals listed to confirm times & locations



NEW ENGLAND REGION

NAR-ANON

**A 12 Step Support Group for
Friends & Families of Addicts**

MEETING SCHEDULE

December 2019

**www.naranonctma.org
www.nar-anon.org**

SUNDAY		TUESDAY (continued)		THURSDAY (continued)	
<p>“Look To This Day” 9:30 AM Meriden Center H 845 Paddock Ave. Meriden, CT <i>Rob: (203) 234-7218 or Donna V-J: (203) 915-5974</i></p>		<p>“Shoreline Road To Recovery” 7:00 PM Oceanside Recovery LLC 30 West Main St. Niantic, CT <i>Erin: (860) 961-8700</i></p>		<p>“Feel the Freedom” 7:30 PM Bridge Community Church/Bristol Baptist Church 43 School Street Bristol, CT <i>Joe: (860) 302-4894</i></p>	
<p>“Let’s Grow Together” 7:30 PM New Covenant United Methodist Church N 16 Church Street East Hartford, CT <i>Gerry: (860) 247-6893 or Dom: (860) 798-6435</i></p>		WEDNESDAY		<p>“Let It Begin With Me” 7:00 PM Temple Emanu-El H 29 Dayton Rd. Waterford, CT <i>Steve: (860)460-0963</i></p>	
MONDAY		<p>“The Light Within” 6:30 PM Manchester Memorial Hospital H N 71 Haynes St. Manchester, CT <i>Brenda: (860) 268-9988 or Paige: (860) 338-1069</i></p>		<p>“Within & Without Us” 6:15 PM Eastham United Methodist Church 2ND & 4TH WEEK 3200 State Highway 6 Eastham, MA <i>Gary F: (508) 896-8273</i> Meeting suspended through winter; reopening in April 2020</p>	
<p>“My Journey to Recovery” 7:30 PM First Pentecostal Church 121 Beechwood Ave. Torrington, CT <i>Rebecca T: (860) 806-5186</i></p>		<p>“Together We Can” 7:00 PM Adcare Hospital H 95 Lincoln St. Worcester, MA <i>Chris or Tim D: (508) 248-6209</i></p>		FRIDAY	
<p>“Trust & Hope” 6:30 PM Forest Street United Church H 15 Forest St. Methuen, MA <i>Christine M: (978) 258-3464 or Crystal: (610) 597-0928</i></p>		<p>“Journey To Recovery” 7:00 PM Southern NH Medical Center (West Campus) 29 Northwest Blvd Nashua, NH <i>Danette D: (978) 884-3020 or Tanya G: (603) 233-0182</i></p>		<p>“The Beginning of Hope” 6:15 PM St. David's Episcopal Church 205 Old Main St. South Yarmouth, MA <i>Steve P: (508) 280-3449</i></p>	
<p>“New Beginnings” 6:00 PM Johnson Memorial Hospital H Community Medical Center 201 Chestnut Hill Rd. Rte 190 Stafford Springs, CT <i>Betsy: (860) 729-1805</i></p>		<p>“The Power Within” 7:30 PM St. Patrick's Church (Parish Center Building behind Church) N 64 Pearl St.-2nd Floor Enfield, CT <i>Bev F: (860) 463-9824 or Donna J-S: (860) 745-3692</i></p>		<p>“I Am Not Alone Anymore” 7:00 PM St. Thomas The Apostle H 872 Farmington Ave. West Hartford, CT <i>Lori W: (860) 685-1845 or Pat D: (860) 232-2861</i></p>	
<p>“Cope & Hope” 7:45 PM McLean Hospital - De Marneffe Building H 115 Mill St. Belmont, MA <i>Barbara: (617) 281-7615</i></p>		<p>“Letting Go With Love” 7:00 PM St. Anthony's Parish Center Building H 4 Union City Road Faith Room Prospect, CT <i>Terry: (203) 233-0889 or Wanda: (203) 494-8935</i></p>		<p>“Hope In Recovery” 7:00 PM Mary Queen of Peace, Parrish Hall H 200 Lawrence Rd. Salem, NH <i>CJ: (603)401-2259</i> Meeting will close January 31, 2020.</p>	
TUESDAY		THURSDAY		SATURDAY	
<p>“Steps to Serenity” 6:30 PM Natchaug Hospital H 189 Storrs Rd. Mansfield Center (CT-195) Mansfield, CT <i>Wally: (860) 377-8309 or Mark: (860) 949-0705</i></p>		<p>“Let’s Get Honest” 7:00 PM Bethesda Lutheran Church - Upstairs 455 Island Pond Road Springfield, MA.01108 <i>Fran: (413) 627-2117 or Diane: (413) 297-3726</i></p>		<p>“Journey To Recovery” 10:00 AM Christ & The Epiphany Church 39 Park Place East Haven, CT <i>Mary Ellen: (203) 848-8245</i></p>	
<p>“Just For Me” 7:00 PM Christ & The Epiphany Church N 39 Park Place East Haven, CT <i>Karen M: (203) 804-5406 or Maria P: (203) 815-4688</i></p>		<p>“Courage to Change” 7:00 PM Harborside Health Care – Arden House H 850 Mix Ave. (Board Room) Hamden, CT <i>Rose: (203) 641-9380 or Carol T. (203) 640-8897</i></p>		<p>“Saturday Morning Serenity” 10:00 AM Adcare Hospital H 95 Lincoln St. Worcester, MA <i>Ira: (508) 829-5752 or Louise: (508) 756-1150</i></p>	
<p>“Danbury Nar-Anon” 7:00 PM St James Episcopal Church 25 West St. Danbury, CT <i>Linda: (203) 826-6531</i></p>		<p>KEY: N-NA meeting in the building H-handicap accessible</p>		<p>“Hope Through Empowerment” 10:30 AM Coalition for a Better Wallingford H 136 Center St. Wallingford, CT <i>Lynn D: (860) 614-6247</i></p>	