

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 #

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

**PO Box 18-5881
HAMDEN, CT 06518**

This information is current as of **12/18**. 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 2018

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

SUNDAY		TUESDAY (continued)		THURSDAY (continued)	
		“Just For Me”	7:00 PM	“Feel the Freedom”	7:30 PM
“Look To This Day ”	9:30 AM	Christ & The Epiphany Church	N	Bridge Community Church/Bristol Baptist Church	
Meriden Center	H	39 Park Place		43 School Street	
845 Paddock Ave.		East Haven, CT		Bristol, CT	
Meriden, CT		<i>Karen M: (203) 804-5406 or Maria P: (203) 815-4688</i>		<i>Joe: (860) 302-4894</i>	
<i>Donna V-J: (203) 234-7218 or Suzy: (860) 558-6547</i>		“Shoreline Road To Recovery”	7:00 PM	“Let It Begin With Me”	7:00 PM
		Oceanside Recovery LLC		Temple Emanu-El	H
“Let’s Grow Together”	7:30 PM	30 West Main St.		29 Dayton Rd.	
New Covenant United Methodist Church	N	Niantic, CT		Waterford, CT	
16 Church Street		<i>Erin: (860) 961-8700</i>		<i>Steve: (860)460-0963 or Devon: (860) 303-9677</i>	
East Hartford, CT		“Danbury Nar-Anon”	7:00 PM	“Within & Without Us”	6:15 PM
<i>Gerry: (860) 247-6893 or Dom: (860) 798-6435</i>		St Gregory's The Great Church		Eastham United Methodist Church	Meet only
		85 Great Plain Rd. (Parish Building)		3200 State Highway 6	2ND & 4TH
“My Journey to Recovery”	7:30 PM	Danbury, CT		Eastham, MA	WEEK
First Pentecostal Church		<i>Linda: (203) 826-6531</i>		<i>Gary F: (508) 896-8273</i>	
121 Beechwood Ave.		WEDNESDAY			
Torrington, CT		“Together We Can”	7:00 PM	FRIDAY	
<i>Rebecca T: (860) 806-5186</i>		Adcare Hospital	H	“The Beginning of Hope”	6:15 PM
MONDAY		95 Lincoln St.		St. David's Episcopal Church	
“Trust & Hope”	6:30 PM	Worcester, MA		205 Old Main St.	
Forest Street United Church		<i>Chris or Tim D: (508) 248-6209</i>		South Yarmouth, MA	
15 Forest St.		“Journey To Recovery”	7:00 PM	<i>Steve P: (508) 280-3449</i>	
Methuen, MA		Southern NH Medical Center (West Campus)		“I Am Not Alone Anymore”	7:00 PM
<i>Christine M: (978) 258-3464 or Danette D: (978) 884-3020</i>		29 Northwest Blvd		St. Thomas The Apostle	H
		Nashua, NH		872 Farmington Ave.	
“Let it Begin with Me”	7:30 PM	<i>Danette D: (978) 884-3020 or Tanya G: (603) 233-0182</i>		West Hartford, CT	
Lifehouse Church		“The Power Within”	7:30 PM	<i>Donna C: (860) 690-4266 or Pat D: (860) 232-2861</i>	
17 Jericho Rd		St. Patrick's Church (Parish Center Building behind Church)	N	“Hope In Recovery”	7:00 PM
Middleborough, MA 02346		64 Pearl St.-2 nd Floor		Mary Queen of Peace, Parrish Hall	H
<i>Natecia: (774) 260-1924</i>		Enfield, CT		200 Lawrence Rd.	
		<i>Bev F: (860) 463-9824 or Donna J-S: (860) 745-3692</i>		Salem, NH	
“New Beginnings”	7:30 PM	“Letting Go With Love”	7:30 PM	<i>CJ: (603)401-2259</i>	
Johnson Memorial Hospital (Community Medical Center)	H N	St. Anthony's Parish Center Building		SATURDAY	
201 Chestnut Hill Rd. Rte 190		4 Union City Road		“Journey To Recovery”	10:00 AM
Stafford Springs, CT		Faith Room		Christ & The Epiphany Church	
<i>Betsy: (860) 729-1805</i>		Prospect, CT		39 Park Place	
		<i>Terry: (203) 233-0889 or Wanda: (203) 494-8935</i>		East Haven, CT	
“Cope & Hope”	7:45 PM	THURSDAY		<i>MaryEllen: (203) 848-8245</i>	
McLean Hospital - De Marneffe Building	H	“Let’s Get Honest”	7:00 PM	“Saturday Morning Serenity”	10:00 AM
115 Mill St.		Bethesda Lutheran Church - Upstairs		Adcare Hospital	H
Belmont, MA		455 Island Pond Road		95 Lincoln St.	
<i>Barbara: (617) 281-7615</i>		Springfield, MA.01108		Worcester, MA	
		<i>Nancy: (413) 273-2263 or Diane: (413) 297-3726</i>		<i>Ira: (508) 829-5752 or Louise: (508) 756-1150</i>	
TUESDAY		“Courage to Change”	7:00 PM	“Hope Through Empowerment”	10:30 AM
“Steps to Serenity”	6:30 PM	Harborside Health Care – Arden House	H	Coalition for a Better Wallingford	H
Natchaug Hospital	H	850 Mix Ave. (Board Room)		136 Center St.	
189 Storrs Rd. Mansfield Center (CT-195)		Hamden, CT		Wallingford, CT	
Mansfield, CT		<i>Rose: (203) 641-9380 or Maxine: (203) 215-6961</i>		<i>Lynn D: (860) 614-6247</i>	
<i>Wally: (860) 377-8309 or Mark: (860) 949-0705</i>					

**KEY: N- NA meeting in the building
H-handicap accessible**