

SUNDAY

“Look To This Day” 9:30 AM

VIRTUAL MEETING

Originally from Meriden, CT
Rob: (203) 234-7218 or
Donna V-J: (203) 915-5974

MONDAY

“Journey To Recovery” 5:00 PM

VIRTUAL MEETING

Originally from Nashua, NH
Felicia (603) 234-0492
naranonfamilygroupnh@gmail.com

“Trust & Hope” 6:30 PM H

IN PERSON MEETING

Forest Street United Church
15 Forest St.
Methuen, MA
Barbara: (978) 273-5967

“Peace and Serenity” 6:00 PM

IN PERSON MEETING

(Formerly Wolfeboro, NH Wednesday)
All Saints Church
202 N. State St.
Concord, NH
Lucia: (425) 599-0090
Wolfeboro.naranonmeeting@gmail.com

“Cope & Hope” 7:00 PM

VIRTUAL MEETING

Originally from Belmont, MA
Call or email for information
Barbara: (617) 281-7615
www.belmontcopeandhope.org/home

TUESDAY

“Just For Me” 7:00 PM

VIRTUAL MEETING

Originally from East Haven, CT
Maria P: mdpuziello@gmail.com

“Danbury Nar-Anon” 7:00 PM

VIRTUAL MEETING

Danbury, CT
Linda: (475) 444-9105 or
Cassandra: (203) 417-1744

WEDNESDAY

“The Light Within” 6:15 PM

IN PERSON MEETING

Assumption Church
27 South Adams St.
Manchester, CT
Debbie: (860) 268-6860
Barbara: (860) 682-7031
Fran: (727) 741-2119
Ira: (860) 256-5935

“Shoreline Road To Recovery” 6:30 PM

IN PERSON AND VIRTUAL MEETINGS –

Oceanside Recovery LLC
170 Flanders Rd, Unit C5
Niantic, CT
Erin: (860) 961-8700

“Together We Can” 7:00 PM H

IN PERSON AND VIRTUAL MEETING

Trinity Episcopal Church
440 Main St.
Shrewsbury, MA
Chris or Tim D: (508) 248-6209

WEDNESDAY (continued)

“Catch the Wave” 6:00 PM

VIRTUAL MEETING

Old Orchard Beach, ME
Roger B: (585) 732-0592
Jen C.: (207) 604-0216
catch.the.wave.oob@gmail.com

“The Power Within” 7:00 PM

IN-PERSON AND VIRTUAL MEETINGS

St Martha's Church
214 Brainard Rd.
Enfield, CT
Bev F: (860) 463-9824 or
Donna J-S: (860) 836-4408

“Letting Go With Love” 7:00 PM

VIRTUAL MEETING

Originally from Prospect, CT
Teri: (203) 233-0889 or
Wanda: (203) 494-8935
CLOSING FEBRUARY 5, 2025

THURSDAY

“Let's Get Honest” 6:30 PM

IN PERSON AND VIRTUAL MEETINGS

Springfield SDA Church
16 Whittum Ave.
Springfield, MA.
Fran: (413) 627-2117 or
Roxanne: (413) 552-7805

“Feel the Freedom” 7:00 PM

VIRTUAL MEETING

Originally from Bristol, CT
Kathy D: (203) 560-0120 or
Minnie Z: (203) 592-9395

THURSDAY (continued)

“Let It Begin With Me” 6:30 PM IN PERSON AND VIRTUAL

Community Speaks Out Inc.
124 North St.
Groton, CT
Call for virtual information.
Steve: (860)460-0963

“The Beginning of Hope” 6:15 PM IN PERSON MEETING

St. David's Episcopal Church
205 Old Main St.
South Yarmouth, MA
Gary F: (508) 896 8273

FRIDAY

“I Am Not Alone Anymore” 7:00 PM VIRTUAL MEETING

Originally from West Hartford, CT
Lori W: (860) 685-1845 or
Jim W: (860) 877-6352

SATURDAY

“Journey To Recovery” 10:00 AM VIRTUAL MEETING

Originally from East Haven, CT
Mary Ellen: (203) 848-8245

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

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

This information is current as of 5/10/24. Meeting information changes periodically. Please call the individuals listed to confirm times and location.

Virtual meeting information, including links, can be found on our Region website at www.naranonctma.org – click “schedule” in the left menu.

You can contact our Region with questions at neregionnaranon@gmail.org.



New England Region NAR-ANON

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

**Meeting Schedule
Updated May 10, 2024**

Virtual meeting information
is on the website
www.naranonctma.org

World Service Headquarters
www.nar-anon.org