

## 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 **9/18**.  
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**

**September 2018**

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

SUNDAY		TUESDAY (continued)		THURSDAY (continued)	
<b>“Look To This Day”</b>	<b>9:30 AM</b>	<b>“Just For Me”</b>	<b>7:00 PM</b>	<b>“Feel the Freedom”</b>	<b>7:30 PM</b>
Meriden Center 845 Paddock Ave. Meriden, CT <i>Donna V-J: (203) 234-7218 or Suzy: (860) 558-6547</i>	<b>H</b>	Christ & The Epiphany Church 39 Park Place East Haven, CT <i>Karen M: (203) 804-5406 or Maria P: (203) 815-4688</i>	<b>N</b>	Bridge Community Church/Bristol Baptist Church 43 School Street Bristol, CT <i>Joe: (860) 302-4894</i>	
<b>“Let’s Grow Together”</b>	<b>7:30 PM</b>	<b>“Shoreline Road To Recovery”</b>	<b>7:00 PM</b>	<b>“Let It Begin With Me”</b>	<b>7:30 PM</b>
New Covenant United Methodist Church 16 Church Street East Hartford, CT <i>Gerry: (860) 247-6893 or Dom: (860) 798-6435</i>	<b>N</b>	Oceanside Recovery LLC 30 West Main St. Niantic, CT <i>Erin: (860) 961-8700</i>		Temple Emanu-El 29 Dayton Rd. Waterford, CT <i>Steve: (860)460-0963 or Devon: (860) 303-9677</i>	<b>H</b>
<b>“My Journey to Recovery”</b>	<b>7:30 PM</b>	<b>“Danbury Nar-Anon”</b>	<b>7:00 PM</b>	<b>“Within &amp; Without Us”</b>	<b>6:15 PM</b>
First Pentecostal Church 121 Beechwood Ave. Torrington, CT <i>Rebecca T: (860) 806-5186</i>		St Gregory's The Great Church 85 Great Plain Rd. (Parish Building) Danbury, CT <i>Linda: (203) 826-6531</i>		Eastham United Methodist Church 3200 State Highway 6 Eastham, MA <i>Gary F: (508) 896-8273</i>	
MONDAY		WEDNESDAY		FRIDAY	
<b>“Trust &amp; Hope”</b>	<b>6:30 PM</b>	<b>“Together We Can”</b>	<b>7:00 PM</b>	<b>“The Beginning of Hope”</b>	<b>6:15 PM</b>
Forest Street United Church 15 Forest St. Methuen, MA <i>Christine M: (978) 258-3464 or Danette D: (978) 884-3020</i>		Adcare Hospital 95 Lincoln St. Worcester, MA <i>Chris or Tim D: (508) 248-6209</i>	<b>H</b>	St. David's Episcopal Church 205 Old Main St. South Yarmouth, MA <i>Steve P: (508) 280-3449</i>	
<b>“Let it Begin with Me”</b>	<b>7:30 PM</b>	<b>“Journey To Recovery”</b>	<b>7:00 PM</b>	<b>“I Am Not Alone Anymore”</b>	<b>7:00 PM</b>
Lifehouse Church 17 Jericho Rd Middleborough, MA 02346 <i>Natecia: (774) 260-1924</i>		Southern NH Medical Center (West Campus) 29 Northwest Blvd Nashua, NH <i>Danette D: (978) 884-3020 or Tanya G: (603) 233-0182</i>		St. Thomas The Apostle 872 Farmington Ave. West Hartford, CT <i>Donna C: (860) 690-4266 or Pat D: (860) 232-2861</i>	<b>H</b>
<b>“New Beginnings”</b>	<b>7:30 PM</b>	<b>“The Power Within”</b>	<b>7:30 PM</b>	<b>“Hope In Recovery”</b>	<b>7:00 PM</b>
Johnson Memorial Hospital (Community Medical Center) 201 Chestnut Hill Rd. Rte 190 Stafford Springs, CT <i>Betsy: (860) 729-1805</i>	<b>H N</b>	St. Patrick's Church (Parish Center Building behind Church) 64 Pearl St.-2 <sup>nd</sup> Floor Enfield, CT <i>Bev F: (860) 463-9824 or Donna J-S: (860) 745-3692</i>	<b>N</b>	Mary Queen of Peace, Parrish Hall 200 Lawrence Rd. Salem, NH <i>CJ: (603)401-2259</i>	
<b>“Cope &amp; Hope”</b>	<b>7:45 PM</b>	<b>“Letting Go With Love”</b>	<b>7:30 PM</b>	SATURDAY	
McLean Hospital - De Marneffe Building 115 Mill St. Belmont, MA <i>Barbara: (617) 281-7615</i>	<b>H</b>	St. Anthony's Parish Center Building 4 Union City Road Faith Room Prospect, CT <i>Terry: (203) 233-0889 or Wanda: (203) 494-8935</i>		<b>“Journey To Recovery”</b>	<b>10:00 AM</b>
<b>“Serenity Through Recovery”</b>	<b>7:00 PM</b>	THURSDAY		Christ & The Epiphany Church 39 Park Place East Haven, CT <i>MaryEllen: (203) 848-8245</i>	
Church of the Holy Trinity 381 Main St. Middletown, CT <i>Tom: (860) 478-5735</i>		<b>“Let’s Get Honest”</b>	<b>7:00 PM</b>	<b>“Saturday Morning Serenity”</b>	<b>10:00 AM</b>
TUESDAY		Bethesda Lutheran Church - Upstairs 455 Island Pond Road Springfield, MA.01108 <i>Nancy: (413) 273-2263 or Diane: (413) 297-3726</i>		Adcare Hospital 95 Lincoln St. Worcester, MA <i>Ira: (508) 829-5752 or Louise: (508) 756-1150</i>	<b>H</b>
<b>“Steps to Serenity”</b>	<b>6:30 PM</b>	<b>“Courage to Change”</b>	<b>7:00 PM</b>	<b>“Hope Through Empowerment”</b>	<b>10:30 AM</b>
Natchaug Hospital 189 Storrs Rd. Mansfield Center (CT-195) Mansfield, CT <i>Wally: (860) 377-8309 or Mark: (860) 949-0705</i>	<b>H</b>	Harborside Health Care –Arden House 850 Mix Ave. (Board Room) Hamden, CT <i>Rose: (203) 641-9380 or Maxine: (203) 215-6961</i>	<b>H</b>	Coalition for a Better Wallingford 136 Center St. Wallingford, CT <i>Lynn D: (860) 614-6247</i>	<b>H</b>

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