

## 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

**“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

## TUESDAY (continued)

**“Danbury Nar-Anon” 7:00 PM**  
**VIRTUAL MEETING**

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

**“Shoreline Road To Recovery” 7:00 PM**  
**IN PERSON AND VIRTUAL MEETINGS**

Oceanside Recovery LLC  
23 Church Lane  
East Lyme, CT  
Erin: (860) 961-8700

**“Peace and Serenity” 7:00 PM**  
**IN PERSON MEETING**

All Saints Church  
258 S Main St.  
Wolfeboro, NH  
Lucia: (425) 599-0090  
Wolfeboro.naranonmeeting@gmail.com

## WEDNESDAY

**“The Light Within” 6:15 PM**  
**IN PERSON MEETING**

Assumption Church  
27 Adams St.  
Manchester, CT  
Brenda: (860) 268-9988 or  
Debbie: (860) 268-6860

**“Together We Can” 7:00 PM H**  
**IN PERSON 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

## THURSDAY

**“Let’s Get Honest” 7:00 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  
214B Thames 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 **9/9/23**. 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](http://www.naranonctma.org)** – click “schedule” in the left menu.

You can contact our Region with questions at **[neregionnaranon@gmail.org](mailto:neregionnaranon@gmail.org)**.



## New England Region NAR-ANON

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

**Meeting Schedule  
Updated September 9, 2023**

Virtual meeting information  
is on the website  
**[www.naranonctma.org](http://www.naranonctma.org)**

World Service Headquarters  
**[www.nar-anon.org](http://www.nar-anon.org)**