

**SUNDAY**

**“Look To This Day”** 9:30 AM  
 Meriden Center **H**  
 845 Paddock Ave. **VIRTUAL MEETING**  
 Meriden, CT  
*Rob: (203) 234-7218 or Donna V-J: (203) 915-5974*

**“Let’s Grow Together”** 7:30 PM  
 New Covenant United Methodist Church **N**  
 16 Church Street **MEETING SUSPENDED**  
 East Hartford, CT  
*Gerry: (860) 247-6893 or Dom: (860) 798-6435*

**MONDAY**

**“My Journey to Recovery”** 7:30 PM  
 First Pentecostal Church  
 121 Beechwood Ave. **CALL FOR INFORMATION**  
 Torrington, CT  
*Rebecca T: (860) 806-5186*

**“Trust & Hope”** 6:30 PM  
 Forest Street United Church **H**  
 15 Forest St. **IN PERSON**  
 Methuen, MA  
*Mary Ann H. (978) 852-7921/Crystal: (610) 597-0928*

**“New Beginnings”** 6:00 PM  
 Johnson Memorial Hospital **H**  
 Community Medical Center **MEETING**  
 201 Chestnut Hill Rd. Rte 190 **SUSPENDED**  
 Stafford Springs, CT  
*Betsy: (860) 729-1805*

**“Stepping Together”** 6:30 PM  
 102 Norman St **IN PERSON**  
 Manchester, CT

**“Cope & Hope”** 7:45 PM  
 McLean Hospital - De Marneffe Building **H**  
 115 Mill St. **CALL FOR INFORMATION**  
 Belmont, MA  
*Barbara: (617) 281-7615*

**TUESDAY**

**“Steps to Serenity”** 6:30 PM  
 Natchaug Hospital **H**  
 189 Storrs Rd. Mansfield Center (CT-195)  
 Mansfield, CT **IN PERSON AND VIRTUAL**  
*Wally: (860) 377-8309 or Mark: (860) 949-0705*

**“Just For Me”** 7:00 PM  
 Christ & The Epiphany Church **N**  
 39 Park Place **VIRTUAL MEETING**  
 East Haven, CT  
*Karen M: (203) 804-5406/Maria P: (203) 815-4688*

**“Danbury Nar-Anon”** 7:00 PM  
 St James Episcopal Church  
 25 West St. **IN PERSON**  
 Danbury, CT **AND VIRTUAL**  
*Linda: (203) 826-6531*

**“Shoreline Road To Recovery”** 7:00 PM  
 Oceanside Recovery LLC  
 23 Church Lane **IN PERSON**  
 East Lyme, CT **AND VIRTUAL**  
*Erin: (860) 961-8700*

**WEDNESDAY**

**“The Light Within”** 6:30 PM  
 Assumption Church  
 27 Adams St. **IN PERSON**  
 Manchester, CT  
*Brenda: (860) 268-9988 or Paige: (860) 338-1069*

**“Together We Can”** 7:00 PM  
 Adcare Hospital **H**  
 95 Lincoln St. **CALL FOR INFORMATION**  
 Worcester, MA  
*Chris or Tim D: (508) 248-6209*

**“Journey To Recovery”** 7:00 PM  
 Southern NH Medical Center (West Campus)  
 29 Northwest Blvd. **VIRTUAL MEETING**  
 Nashua, NH  
*Danette D: (978) 884-3020/Tanya G: (603) 233-0182*

**WEDNESDAY (continued)**

**“Catch the Wave”** 6:00 PM  
 Old Orchard Beach, ME **VIRTUAL MEETING**

**“The Power Within”** 7:30 PM  
 St. Patrick's Church (Parish Center behind Church) N  
 64 Pearl St.-2<sup>nd</sup> Floor **VIRTUAL MEETING**  
 Enfield, CT  
*Bev F: (860) 463-9824/Donna J-S: (860) 745-3692*

**“Letting Go With Love”** 7:00 PM  
 St. Anthony's Parish Center Building **H**  
 4 Union City Road, Faith Room  
 Prospect, CT **VIRTUAL MEETING**  
*Terry: (203) 233-0889 or Wanda: (203) 494-8935*

**THURSDAY**

**“Let’s Get Honest”** 7:00 PM  
 Bethesda Lutheran Church - Upstairs  
 455 Island Pond Road **VIRTUAL MEETING**  
 Springfield, MA.01108  
*Fran: (413) 627-2117 or Diane: (413) 297-3726*

**“Feel the Freedom”** 7:30 PM  
 Bridge Community Church/Bristol Baptist Church  
 43 School Street **VIRTUAL MEETING**  
 Bristol, CT  
*Joe: (860) 302-4894*

**“Let It Begin With Me”** 6:30 PM  
 Community Speaks Out Inc **IN PERSON**  
 214B Thames St. **AND VIRTUAL**  
 Groton, CT  
 (was Waterford, CT)  
*Steve: (860)460-0963*

**“Within & Without Us”** 6:15 PM  
 Eastham United Methodist Church **Meets 2<sup>nd</sup> and**  
 3200 State Highway 6 **4<sup>th</sup> week**  
 Eastham, MA **CALL FOR INFORMATION**  
*Gary F: (508) 896-8273*

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

**THURSDAY continued**

**“The Beginning of Hope”** 6:15 PM  
St. David's Episcopal Church  
205 Old Main St. **MEETING IN PERSON**  
South Yarmouth, MA  
Steve P: (508) 280-3449

**FRIDAY**

**“I Am Not Alone Anymore”** 7:00 PM  
St. Thomas The Apostle **H**  
872 Farmington Ave. **VIRTUAL MEETING**  
West Hartford, CT  
Lori W: (860) 685-1845 or Pat D: (860) 232-2861

**“Hope In Recovery”** 7:00 PM  
Mary Queen of Peace, Parrish Hall **H**  
200 Lawrence Rd. **CALL FOR INFORMATION**  
Salem, NH  
CJ: (603)401-2259

**SATURDAY**

**“Journey To Recovery”** 10:00 AM  
Christ & The Epiphany Church  
39 Park Place **VIRTUAL MEETING**  
East Haven, CT  
Mary Ellen: (203) 848-8245

**“Saturday Morning Serenity”** 10:00 AM  
Adcare Hospital **H**  
95 Lincoln St. **CALL FOR INFORMATION**  
Worcester, MA  
Ira: (508) 829-5752 or Louise: (508) 756-1150

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 01/2022. 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 January 2, 2022**

**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)**