

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

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

“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

WEDNESDAY (continued)

“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

“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

THURSDAY (continued)

“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 **2/28/23**. 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** – 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 February 13, 2023**

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

World Service Headquarters
www.nar-anon.org