

## 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 #

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 4/17.  
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**

**APRIL 2017**

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

**SUNDAY**  
**“Look To This Day”** **9:00 AM**  
 Meriden Center **H**  
 845 Paddock Ave.  
 Meriden, CT  
*Donna V-J: (203) 234-7218 or Suzy: (860) 558-6547*

**“Let’s Grow Together”** **7:30 PM**  
 New Covenant United Methodist Church **N**  
 16 Church Street  
 East Hartford, CT  
*Gerry: (860) 247-6893 or Mary B: (860) 916-1274*

**MONDAY**  
**“Trust & Hope”** **6:30 PM**  
 Forest Street United Church  
 15 Forest St.  
 Methuen, MA  
*Christine M: (978) 258-3464 or Danette D: (978) 884-3020*

**“Let it Begin with Me”** **7:30 PM**  
 Lifehouse Church  
 17 Jericho Rd  
 Middleborough, MA 02346  
*Natecia: 774-260-1924*

**“New Beginnings”** **7:30 PM**  
 Johnson Memorial Hospital (Community Medical Center) **H N**  
 201 Chestnut Hill Rd. Rte 190  
 Stafford Springs, CT  
*Betsy: (860) 729-1805*

**“Cope & Hope”** **7:45PM**  
 McLean Hospital - De Marneffe Building **H**  
 115 Mill St.  
 Belmont, MA  
*Brian: (781) 801-4059*

**“Serenity Through Recovery”** **7:00 PM**  
 Church of the Holy Trinity  
 381 Main St.  
 Middletown, CT  
*Jessica: (860) 916-4571 or Tom (860) 478-5735*

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

**“Just For Me”** **7:00 PM**  
 Christ & The Epiphany Church  
 39 Park Place  
 East Haven, CT  
*Mary S: (203) 804-6330 or Maria P: (203) 815-4688*

**“Shoreline Road To Recovery”** **7:00 PM**  
 Oceanside Recovery LLC  
 30 West Main St.  
 Niantic, CT  
*Erin: (860) 961-8700*

**TUESDAY (continued)**  
**“Recovery”** **7:00 PM**  
 St Gregory’s The Great Church  
 85 Great Plain Rd. (Parish Building)  
 Danbury, CT  
*Linda: (203) 826-6531*

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

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

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

**“Letting Go With Love”** **7:30 PM**  
 St. Anthony’s Parish Center Building  
 4 Union City Road  
 Faith Room  
 Prospect, CT  
*Terry: (203) 233-0889 or Kathy (203) 560-0210*

**THURSDAY**  
**“Let’s Get Honest”** **7:00 PM**  
 Bethesda Lutheran Church - Upstairs  
 455 Island Pond Road  
 Springfield, MA.01108  
*Nancy: (413) 478-0066 or Barb M: (413) 786-8865*

**“Courage to Change”** **7:00 PM**  
 Harborside Health Care –Arden House **H**  
 850 Mix Ave. (Board Room)  
 Hamden, CT  
*Rose: (203) 641-9380 or Maxine: (203) 215-6961*

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

**“Let It Begin With Me”** **7:30 PM**  
 Temple Emanu-El **H**  
 29 Dayton Rd.  
 Waterford, CT  
*Steve: (860)460-0963 or Devon: (860) 303-9677*

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

**THURSDAY (continued)**  
**“Helping Others Find Peace”** **7:30 PM**  
 First United Methodist Church  
 Fellowship Hall-Ground Floor  
 25 Church St.  
 Greenfield, MA  
*Christine: (978) 551-0370 or Suzette: (603) 479-8063*

**“Within & Without Us”** **6:15 PM**  
 Eastham United Methodist Church  
 3200 State Highway 6  
 Eastham, MA  
*Gary F: (508) 896-8273*

**FRIDAY**  
**“The Beginning of Hope”** **6:00 PM**  
 St. David’s Episcopal Church  
 205 Old Main St.  
 South Yarmouth, MA  
*Steve P.: (508) 280-3449*

**“I Am Not Alone Anymore”** **7:00 PM**  
 St. Thomas The Apostle **H**  
 872 Farmington Ave.  
 West Hartford, CT  
*Donna C: (860) 690-4266 or Pat D: (860) 232-2861*

**“Friday Night Serenity Seekers”** **7:00 PM**  
 St. Stephen’s Church  
 67 East St. (use Allen St. door)  
 Pittsfield, MA  
*Helene: (413) 499-1025*

**SATURDAY**  
**“Journey To Recovery”** **10:00 AM**  
 Christ & The Epiphany Church  
 39 Park Place  
 East Haven, Ct.  
*MaryEllen (203) 848-8245 or Donna R.: (203) 410-3193*

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

**“Hope Through Empowerment”** **10:30 AM**  
 The Renaissance Club **H**  
 68 Quinpiac Street  
 Wallingford, CT  
*Paula: (860) 919-5525*

**“Nar-Anon at the Pier”** **9:15 AM**  
 Pier Recovery Center  
 209 Main St.(rear)  
 Hyannis, MA  
*Dory B: (508) 280-0364*