

Are you affected by someone's drug use? Do you keep trying to make things better and nothing helps? Addiction is a family disease. It affects the relationships of those close to the addict. If someone's addiction is affecting you, first you must help yourself.

You are not alone!

# Nar-Anon



## What is Nar-Anon?

Nar-Anon is a twelve-step support group for families and friends of addicts. In our meetings you will hear others, who are going through similar problems, talk about how they cope and find recovery. There is hope! The only requirement for membership is that there be a problem of addiction in a relative or friend.

Meetings:

**Wednesdays 7:00-8:30 pm**

**Southern NH Medical Center (West Campus)**

29 Northwest Blvd., Nashua, NH 03062

**1<sup>st</sup>/3<sup>rd</sup> Mondays of the Month 7:00-8:30 pm**

**HOPE for NH Recovery**

140 Central Street, Manchester NH 03103

For more information, please contact Robyn at (603)305-8237

Nar-Anon Family Groups World Services website: [www.nar-anon.org](http://www.nar-anon.org)