

## Nar-Anon Family Group Meetings

Updated July 21, 2025

Due to this time of “social distancing,” several groups have created Zoom or conference call meetings.

New England Region meetings are listed here. Please feel free to join any meeting.

We look forward to “seeing” you. Any questions, email [neregionnaranon@gmail.com](mailto:neregionnaranon@gmail.com), or call the number listed with the meeting information on our full schedule. Thanks.

### HELPFUL TIPS

1	Put your phone on silent so it does not cause any disruptions
2	Mute your mic unless we are all reading out loud together or if you are speaking. If you do not mute yourself, every sound in your home gets picked up and this could cause a distraction. Depending on what viewing mode you are using, the main screen focuses on the person speaking. If you are not muted but noise is coming from your end, the screen will show you, as opposed to the person who is sharing.
3	As with a regular meeting, there is one Chairperson who will open up. Depending on the size of the meeting there may be a timekeeper to make sure that everyone gets a fair opportunity to share.
4	If you have your video on, you can raise your hand to signal you would like to share. You can also message the Chairperson directly on zoom (Zoom has a chat feature). If you are using audio only you can just introduce yourself and share when its silent.
5	Regarding the format, it will be very similar, if not exact, to the regular in person meeting. Since hosting meetings online is still a new thing for us, we can work together and discuss what format to use moving forward.
6	Not a rule, but just a helpful tip: If you are using Zoom on a computer, when muted, you can hold the space bar down and it will temporarily unmute you as long as it's being held.
7	<p>If you're calling by telephone, dial in using one of the phone numbers listed below, then enter the Meeting ID when prompted.</p> <p>Find your local number: <a href="https://us02web.zoom.us/j/kdxQSVmtgM">https://us02web.zoom.us/j/kdxQSVmtgM</a></p> <p>One tap mobile +13126266799,,8189350076#,,,,,0#,,216224# US (Chicago) +19292056099,,8189350076#,,,,,0#,,216224# US (New York)</p> <p>Dial by your location +1 312 626 6799 US (Chicago) +1 929 205 6099 US (New York) +1 301 715 8592 US (Washington D.C) +1 346 248 7799 US (Houston) +1 669 900 6833 US (San Jose) +1 253 215 8782 US (Tacoma)</p>

## Sunday

### **Sunday morning Meriden, CT “Look to This Day”**

Time: 9:30 AM ET

Join Zoom Meeting

<https://us04web.zoom.us/j/621852505?pwd=NkhLQ0h2Um5uWIZtVXN3WXU1T1Rjdz09>

Meeting ID: 621 852 505

Password: 070139

## Monday

### **Monday Naranon Family Group Journey to Recovery Nashua, NH**

Time: 5 pm Monday - This is a recurring meeting (Moved from Wednesday & time change 10/24/22)

Join Zoom Meeting

<https://zoom.us/j/94136331642?pwd=QStTWxIakIybktvbk9vUzVqYjdlZz09>

Meeting ID: 941 3633 1642

Passcode: 8eXf00

### **Monday Methuen MA “Trust & Hope”**

Time: 6:30 PM Eastern Time (US and Canada)

Now meeting in-person (4/7/22). See schedule for time and place.

### **Monday Belmont MA “Hope & Cope”**

Email for link [www.belmontcopeandhope.org/home](http://www.belmontcopeandhope.org/home)

## Tuesday

### **Tuesday East Haven Nar-Anon Meeting “Just for Me”**

Time: 07:00 PM Eastern Time (US and Canada)

Join Zoom Meeting

<https://us02web.zoom.us/j/542755659?pwd=RGhBeklIWfZsaVpCbDk4RE1jYWwhJZz09>

### **Tuesday “Danbury Nar-Anon”**

Time: 7 PM - 8:15 PM

Meeting ID: 956 715 1591

Password: Danbury

Join Zoom Meeting Link

<https://us02web.zoom.us/j/9567151591?pwd=OFE2bWdmN0JlaWJiNiJ0Z3ZZSWIxUT09>

### **Niantic, CT “Tuesday Night Shoreline “Road to Recovery**

Has moved to Wednesdays, see below.

## Wednesday

### **Wednesday 7 PM Enfield CT “The Power Within”**

Free Conference Call

978-990-5000

Password 707788#

### **Wednesday 6 PM Old Orchard Beach, ME “Catch the Wave”**

Join Zoom Meeting

<https://us02web.zoom.us/j/82472652066?pwd=cWhSTTk0Z2JxdlpCUzY0TFNWNmtBZz09>

Meeting ID: 824 7265 2066

Password: thewave or 062800

### **Niantic, CT “Wednesday Night Shoreline “Road to Recovery (beginning 2/21/22/used to be Tuesday)**

Time: 7:00 PM EDT

Join Zoom Meeting Also meeting in person. See Schedule.

<https://us02web.zoom.us/j/84725931720?pwd=ZFpGa2ZqZExVN3hSOXVjY2x0SmhWdz09>

Meeting ID: 847 2593 1720

Passcode: 722578

### **Wednesday, 7 PM (Shrewsbury, MA)**

Teams Meeting Also meeting in person. See Schedule.

[https://teams.microsoft.com/v2/?meetingjoin=true#/l/meetup-join/19:meeting\\_OWfKNDgyNTQtMWVhYS00OTc1LTk5OTgtZDE5ZDE5ZmNmM2Iy@thread.v2/0?context=%7b%22Tid%22%3a%22eed47443-791f-4cca-a9be-0d62f03aef44%22%2c%22Oid%22%3a%22e1a3176c-4ee4-4fbd-8b24-2f8951643223%22%7d&anon=true&deeplinkId=5254b859-4639-4aa1-a06a-178513653fc7](https://teams.microsoft.com/v2/?meetingjoin=true#/l/meetup-join/19:meeting_OWfKNDgyNTQtMWVhYS00OTc1LTk5OTgtZDE5ZDE5ZmNmM2Iy@thread.v2/0?context=%7b%22Tid%22%3a%22eed47443-791f-4cca-a9be-0d62f03aef44%22%2c%22Oid%22%3a%22e1a3176c-4ee4-4fbd-8b24-2f8951643223%22%7d&anon=true&deeplinkId=5254b859-4639-4aa1-a06a-178513653fc7)

## **Thursday**

### **Thursday Springfield MA “Let’s Get Honest”**

Thursday 7:00 to 8:30 PM + chat time after

Join Zoom Meeting

<https://us02web.zoom.us/j/86089472595>

Meeting ID: 86089472595

### **Thursday Let it Begin With Me - Waterford group.**

Starts at 6:30 PM

Call Steve at 860-460-0963 for meeting link.

### **Thursday Feel the Freedom Bristol CT group**

Time: Beginning September 4, 7:00 PM Eastern Time (US and Canada)

Join Zoom Meeting

<https://us02web.zoom.us/j/84236928999?pwd=bXNKRVB2dHBsVENZVEx1L0kwcUhKQT09>

Meeting ID: 842 3692 8999

Passcode: 821329

### **Thursday -Groton, CT**

Time: 6:30 PM Eastern Time (US and Canada)

Join Zoom Meeting

<https://us06web.zoom.us/j/85832411992?pwd=MFBacENNV3VxWlg0RnlHcXJORmg3QT09>

Meeting ID: 858 3241 1992

Passcode: 465569

## Friday

### Friday West Hartford CT “I Am Not Alone”

Time: 7 PM – 8:30 PM EDT

Join Zoom Meeting

<https://us04web.zoom.us/j/970800592>

Meeting ID: 970 800 592

## Saturday

### Saturday East Haven CT “Journey to Recovery”

Time: 10 AM – 11:30 AM EDT

Join Zoom Meeting (new link 8/24/22)

<https://us02web.zoom.us/j/88003527154?pwd=RGtWTFpOZGs4VjhwRkxRUTFRTHBDUT09>

Meeting ID: 880 0352 7154

Passcode: 539853

## More Meetings

Check here to find an in person or virtual meeting. <https://www.nar-anon.org/find-a-meeting>

Check here for a list of other area Nar-Anon websites that may have a list of in person and virtual meetings in their regions: <https://www.nar-anon.org/other-sites>