

About Addiction

We have learned that addiction is an illness. It is a physical, mental, and spiritual disease that affects every area of life. It can be arrested but never cured. We have found that compulsive use of drugs does not indicate a lack of affection for the family. It is not a matter of love, but of illness. The addicts' inability to control their use of drugs is a symptom of the disease of addiction. Even when they know what will happen when they take the first drink, pill or fix, they will do so. This is the "insanity" we speak of in regard to this disease. Only complete abstinence from the use of drugs, including alcohol, can arrest this disease. No one can prevent the addicts' use of drugs. When we accept that addiction is a disease, and that we are powerless over it, we become ready to learn a better way to live.

On Friendship – Nar-Anon Style

Oh, the comfort – the inexpressible comfort of feeling safe with a person.

Having neither to weigh thoughts, nor measure words, but pouring them all right out – just as they are – chaff and grain together Certain that a faithful hand will take and sift them - Keep what is worth keeping

And with a breath of kindness, blow the rest away.

Nar-Anon

If I am willing to stand aside and let God's will be done, I free myself from personal anxiety and a mistaken sense of responsibility.

The Twelve Steps of Nar-Anon Family Groups

1. We admitted we were powerless over the addict – that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we understood Him.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as a result of these steps, we tried to carry this message to others, and to practice these principles in all our affairs.

Nar-Anon Family Groups



*For Families Affected
By Addiction*

Ontario Region Meetings

Helpline

Toronto: 416-239-0096

Toll Free: 1-877-239-0096

Website: www.naranonontario.com

Nar-Anon Family Groups Ontario Meeting List
List updated February 2019

Barrie – Tuesdays 7:00pm

Free to Be Me Group
Grace United Church
350 Grove St. E., (East of Duckworth)

Brampton – Wednesdays 7:30pm

Miracles in Brampton Group
St. Paul's Presbyterian Church
723 Balmoral Dr.



Burlington – Wednesdays 7:30pm

Serenity Time Group
West Plains United Church
549 Plains Road West, Burlington



Eastern Ontario and Quebec – Thursdays @ 7:00pm

Star of Victory/ L'etoile de la victoire Group
Eglise Saint Gregoire de Naziance
137 Higginson St.
Vankleek Hill, Ont. K0B 1R0
Email: Naranonvkh@gmail.com
Spoken Language: French/English

Etobicoke – Mondays 7:30pm

Freedom & Serenity Group
Islington United Church
25 Burnhamthorpe Rd.
(Just north of Dundas)
Email: serenityetobicoke@gmail.com



Guelph – Tuesdays 7:00pm

We Do it Together Group
Lakeside Hope House
75 Norfolk St. Guelph (use Cork St. entrance)
Email: monica.naranon@gmail.com

Hamilton – Mondays 7:00pm

You Are Never Alone Group
St. Peter's HARRRP Centre
705 Main St. E
(Enter side door of building, down steps into parlour)

NOTE: No meetings held on holiday Mondays

Kingston – Thursdays 7:30pm

From Grief to Hope Group
Salvation Army Church (in the library)
816 Centennial Drive

Kitchener – Wednesdays 7:00 p.m.

Supporting our Community
The Hive and Grove
226 Frederick St.
N2H 2M8

London – Mondays 7:30pm

Never Alone Group
All Saints Church (in "The Lounge")
249 Hamilton Road (just east of Adelaide)

London – Thursdays 7:00pm

Steps to Serenity Group
Salvation Army-Westminster Park Community Church
1190 Southdale Rd. East (side door)
Email: stepstoserenitylondon@gmail.com

Oakville – Thursdays 7:30pm

Serenity On Kerr Group
Palermo United Church
2521 Dundas St. W.
Oakville, ON
(Rear entrance)
Email: serenityonkerr@gmail.com

Oshawa – Tuesdays 7:00pm

Hearts of Courage Group
Simcoe Street United Church
66 Simcoe Street
(Enter at rear, ring bell)

Ottawa – Saturdays 7:30pm

Pioneer Group
Royal Ottawa Mental Health Centre
1145 Carling Ave, Rm 3350
(East of Merivale Rd)
Email: ottawa@naranonontario.com



Richmond Hill – Tuesdays 7:30pm

Faith Group
Holy Trinity Anglican Church
140 Brooke St., Thornhill



Scarborough – Mondays 7:30pm

New Beginnings Group
St. Theresa's Shrine of the Little Flower
(SE corner of Kingston Rd. & Midland,
rear of church, basement of Rectory)



St. Thomas – Wednesdays 7:00pm

Peace of Mind ... Today
Center Street Baptist Church
28 Southwick
Email: Naranonrecovery@gmail.com

Thamesville – Mondays 7:30 p.m.

HOPE (Hold On Pain Ends)
Starts April 1, 2019
Westover Treatment Centre
2 Victoria Rd S.
Email: thamesvillenanaron@outlook.com

Thunder Bay – Tuesdays 6:30pm

Sister Margaret Smith Centre
301 Lillie Street North, Room 110
Contact: 475-8186

Toronto – Thursdays 7:30pm

Serenity Today Group
The Centre for Addiction & Mental Health
101 Stokes St. ROOM #1106
(South of Queen St. & Ossington)



Windsor – Tuesdays 7:30pm

Road to Hope Nar-Anon Group
All Saints Anglican Church
330 City Hall Square W.

Windsor – Thursdays 7:30pm

Courage to Change Group
350 Huron Church Rd.
Basement of Church Hall behind
Assumption Church (which is closed).
Parking is free if you notify the gate person that
you are attending a meeting at the church.