

## 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](http://www.naranonontario.com)**

**Nar-Anon Family Groups  
Ontario Meeting List  
List updated May 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  
Nazianze  
137 Higginson St.  
Vankleek Hill, Ont. K0B 1R0  
Email: [naranonvkh@gmail.com](mailto: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](mailto:serenityetobicoke@gmail.com)



**Georgetown – Tuesdays at 7 p.m.**

The Circle of Hope  
Georgetown Christian Reformed  
Church  
11611 Trafalgar Rd.

**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](mailto: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  
43 Queen St., Kitchener

**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](mailto: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](mailto:serenityonkerr@gmail.com)

**Oshawa – Tuesdays 7:00pm**

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

**Ohsweken – Thursdays at 7:30p.m.**

Gasasdenhsra/Ka'shatste'nhsera  
(Strengths/Supportive to One Another)  
Dajoh, Elders and Youth Center  
1738 A, 4th Line Rd.  
(the Six Nations of the Grand River First Nation near Brantford)

**Ottawa – Saturdays 7:30pm**

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



**Pembroke – Mondays 7pm begins May 6**

Just for Today  
Care for Centre  
425 Cecelia St., West Basement

**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 Rector)



**St. Thomas – Wednesdays 7:00pm**

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

**St. Thomas – NARATEEN Wednesdays 7:00pm**

'HUGS' Helping Us Grow Stronger  
Center Street Baptist Church  
28 Southwick  
Email: naranonrecovery@gmail.com

**Thamesville – Mondays 7:30 p.m.**

HOPE (Hold On Pain Ends)  
Westover Treatment Centre  
2 Victoria Rd S.  
Email:  
[thamesvillenanaron@outlook.com](mailto: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.