

## 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 - June 2020 - Ontario Meeting List

### Barrie – Tuesdays 7:00 p.m.

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



### Brampton – Wednesdays 7:30 p.m.

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



### Burlington – Wednesdays 7:30 p.m.

Serenity Time Group  
West Plains United Church  
549 Plains Road West  
**E: [naranonserenitytime@gmail.com](mailto:naranonserenitytime@gmail.com)**



### Colchester-Wednesdays 7- 9 p.m.

New Hope  
Christ Church  
190 Bagot St.  
**E: [martiestanton@hotmail.com](mailto:martiestanton@hotmail.com)**  
or 519-791-7124

### Etobicoke – Mondays 7:30 p.m.

Freedom & Serenity Group  
Islington United Church  
25 Burnhamthorpe Rd.  
(*Just north of Dundas*)  
**E: [serenityetobicoke@gmail.com](mailto:serenityetobicoke@gmail.com)**



### Georgetown – Tuesdays 7 p.m.

The Circle of Hope  
Georgetown Christian  
Reformed Church  
11611 Trafalgar Rd.  
**E: [steve.circle2@gmail.com](mailto:steve.circle2@gmail.com) or**  
**[kathleen.circle2@gmail.com](mailto:kathleen.circle2@gmail.com)**



### Guelph – Tuesdays 7:00 p.m.

We Do It Together Group  
Lakeside Hope House  
75 Norfolk St. (*use Cork St. entrance*)  
**E: [monica.naranon@gmail.com](mailto:monica.naranon@gmail.com)**

### Hamilton –Mondays 7:00 p.m.

You Are Never Alone Group  
St. Peter's HARRRP Centre  
705 Main St. E  
(*Enter side door of building, down steps into parlour*)  
Main and St. Clair, North Side  
**NOTE: No meetings held on Holiday Mondays**



### Kingston – Thursdays 7:30 p.m.

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.  
*Above the Common Cafe*

### London – Mondays 7:30 p.m.

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

### London – Thursdays 7:00 p.m.

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



### Manitowaning Island

Dragonfly Wings  
Chat/Meet Up 1:1  
**E: [earlene@amtelecom.net](mailto:earlene@amtelecom.net)**  
or Call Earlene @ 705-368-2362

### Oakville – Thursdays 7:30 p.m.

Serenity On Kerr Group  
Palermo United Church  
(*Rear entrance*)  
2521 Dundas St. W.  
**E: [serenityonkerr@gmail.com](mailto:serenityonkerr@gmail.com)**

**Oshawa – Tuesdays 7:00 p.m.**

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

**Ottawa – Saturdays 7:30 p.m.**

Pioneer Group  
Royal Ottawa Mental  
Health Center  
1145 Carling Ave.  
(East of Merivale Rd)



**E: ottawa@naranonontario.com**

**Owen Sound-Wednesdays 6-7 p.m.**

We Too Recover  
St. Mary's  
and the Mission Parish  
554-15 St. East



**E: michelleparkeso1@gmail.com**

**Pembroke – Mondays 7 p.m.**

Just for Today  
Care for Centre  
425 Cecelia St., West Basement  
**E: carine.provencher@hotmail.com**

**Scarborough – Mondays 7:30 p.m.**

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 7:00 p.m.**

Peace of Mind ... Today  
Center Street Baptist Church  
28 Southwick



**E: naranonrecovery@gmail.com**

**St. Thomas –NARATEEN**

**Wednesdays 7:00 p.m.**

'HUGS' - Helping Us Grow  
Stronger  
Center Street Baptist Church  
28 Southwick



**E: naranonrecovery@gmail.com**

**Narateen Zoom Meeting**

**Mondays - 6:00 p.m .**

**E: d\_g63RL@outlook.com**

Or call 226-658-0077 to confirm  
attendance or become a member

**Thamesville – Mondays 7:30 p.m.**

HOPE (Hold On Pain Ends)  
Westover Treatment Centre  
2 Victoria Rd S.

**E: thamesvillenanaron@outlook.com**

**Thornhill – Tuesdays 7:30 p.m.**

Faith Group  
Holy Trinity Anglican Church  
140 Brooke St

**Thunder Bay – Tuesdays 6:30 p.m.**

Sister Margaret Smith Centre  
301 Lillie Street North, Room 110

**Toronto – Thursdays 7:30 p.m.**

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 7:30 p.m.**

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.

**Woodstock**

**Wednesdays 6:30 - 7:30 p.m.**

New Hope  
Church of the Epiphany  
560 Dundas St. N4S 1C7

**E: newhopenaron@gmail.com**

Contact Us:

**E: info@naranonontario.com**

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1-877-239-0096

