

## 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

**OPEN-Regulations in Effect**  
**Barrie – Tuesdays 6:00pm**

Free to Be Me Group

**\*ZOOM\***

**Thursdays 7:00 p.m.**

1571 Innisfil Beach Road

Innisfil, ON L9S 4B3

Park at rear, enter door #14, go  
upstairs to meeting room in loft

**E: [barrie@naranonontario.com](mailto:barrie@naranonontario.com)**



**Brampton – Wednesdays 7:30pm**

Miracles in Brampton Group

St. Paul's Presbyterian Church

723 Balmoral Dr.

North of Steeles.

**\*ZOOM\***

West of Torbram

**E:**

**[miraclesinbrampton@gmail.com](mailto:miraclesinbrampton@gmail.com)**



**Burlington – Wednesdays 7:30pm**

**Serenity Time Group \*\* OPI**

**Regulations In Effect**

West Plains United

Church

549 Plains Road West

**E: [naranonserenitytime@gmail.com](mailto:naranonserenitytime@gmail.com)**



## A R E A 1 Ontario Meeting List

**\*VIRTUAL MEETING\***

**Etobicoke – Mondays 7:30pm**

Freedom & Serenity Group

Islington United Church

25 Burnhamthorpe Rd.

**E: [serenityetobicoke@gmail.com](mailto:serenityetobicoke@gmail.com)**



**\*OPEN\* Regulations in Effect**

**Georgetown – Tuesdays 7 p.m.**

The Circle of Hope

Georgetown Christian

Reformed Church

11611 Trafalgar Rd.

Use rear entrance-follow signs

**E: [steve.circle2@gmail.com](mailto:steve.circle2@gmail.com) or**

**[kathleen.circle2@gmail.com](mailto:kathleen.circle2@gmail.com)**



**\*ZOOM Meeting\***

**Guelph – Tuesdays 7:00pm**

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)**

**October 2020**

**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)

Main and St. Clair, North Side

**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.

Above the Common Cafe

**London – Mondays 7:30pm**

Never Alone Family Group

All Saints Church (in "The Lounge")

249 Hamilton Road

(just east of Adelaide)

**Manitowaning Island**

Dragonfly Wings

Chat/Meet Up 1:1

E: [earlene@amtelecom.net](mailto:earlene@amtelecom.net)

or Call Earlene @ 705-368-2362

**\*VIRTUAL MEETING\***

**Oshawa – Tuesdays 7:00pm**

Hearts of Courage Group

Simcoe Street United Church

66 Simcoe Street-The Parlour Room

(Enter at rear, ring bell)

E: [heartsofcourage66@gmail.com](mailto:heartsofcourage66@gmail.com)

**Oakville – Thursdays 7:30pm**

Serenity On Kerr Group

Palermo United Church

(Rear entrance)

2521 Dundas St. W.

E: [serenityonkerr@gmail.com](mailto:serenityonkerr@gmail.com)

**Ottawa – Saturdays 7:30pm**

Pioneer Group **\*ZOOM\***

Royal Ottawa Mental

Health Center

1145 Carling Ave.

(East of Merivale Rd)

E: [ottawa@naranonontario.com](mailto:ottawa@naranonontario.com)



**Owen Sound-Wednesdays 6-7pm**

We Too Recover

St. Mary's

and the Mission Parish

554-15St. East

E: [michelleparkeso1@gmail.com](mailto:michelleparkeso1@gmail.com)



**Pembroke – Mondays 7pm**

Just for Today

Care for Centre

425 Cecelia St., West Basement

E: [carine.provencher@hotmail.com](mailto:carine.provencher@hotmail.com)

**\*ZOOM\***

**Scarborough – Mondays 7:30pm**

New Beginnings Group –

St. Theresa's Shrine of the Little Flower

2559 Kingston Rd. & Midland, rear of

church, basement steps of the Rectory

E: [scoffey628@rogers.com](mailto:scoffey628@rogers.com)

**Thornhill – Tuesdays 7:30pm**

Faith Group

Holy Trinity Anglican Church

140 Brooke St. (Center & Yonge)

**\*OPEN\* Regulations in Effect**

**Thunder Bay – Tuesdays 6:30pm**

Sister Margaret Smith Centre

301 Lillie Street North, Room 110

E: [naranontbay@gmail.com](mailto:naranontbay@gmail.com)

**\*ZOOM\***

**Toronto – Thursdays 7:00pm**

Serenity Today Group

The Centre for Addiction &

Mental Health

101 Stokes St. ROOM #1106

(South of Queen St. & Ossington)

**Contact: 647-888-1292**



## AREA 2

### **Colchester-Wednesdays 7-9pm**

New Hope  
Christ Church  
190 Bagot St.

**E: [newhopenaranon@outlook.com](mailto:newhopenaranon@outlook.com)**  
or 519-791-7124

### **\*OPEN – VIRTUAL Also\***

#### **RESTRICTIONS IN EFFECT**

### **London – Thursdays 7:00pm**

Steps to Serenity Group  
Salvation Army-Westminster Park  
Community Church  
1190 Southdale Rd. East (MAIN door)

**E: [stepstoserenitylondon@gmail.com](mailto:stepstoserenitylondon@gmail.com)**



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

Peace of Mind Today- \* ZOOM\*  
Center Street Baptist Church  
28 Southwick

**E: [naranonrecovery@gmail.com](mailto:naranonrecovery@gmail.com)**



### **St. Thomas –NARATEEN**

#### **Wednesdays 7:00pm**

'HUGS' - Helping Us Grow  
Stronger

Center Street Baptist Church  
28 Southwick

**E: [naranonrecovery@gmail.com](mailto:naranonrecovery@gmail.com)**

#### **Narateen Zoom Meeting**

Mondays 6PM

**Email: [d\\_g63RL@outlook.com](mailto: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](mailto:thamesvillenanaron@outlook.com)**

### **\*OPEN\* – Restrictions in Effect**

#### **Windsor – Tuesdays 7:30pm**

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

### **\*Virtual Meeting\***

#### **Windsor – Thursdays 7:30pm**

#### **NEW LOCATION**

Courage to Change Group  
MCEWAN Campus Assumption Cares  
711 McEwen Ave.  
Use the Side Door.

**E: [scharlt@hotmail.com](mailto:scharlt@hotmail.com)**

### **Woodstock**

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

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

**E: [newhopenaranon@gmail.com](mailto:newhopenaranon@gmail.com)**

Contact Us:

**E: [info@naranonontario.com](mailto:info@naranonontario.com)**

Telephone: 416-239-0096

Outside of Toronto Toll free:

1-877-239-0096