

## 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  
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)**

(Last updated October 30, 2021)

## Area 1 Hybrid (In Person & Zoom)

### **HAMILTON**

Never Alone in Hamilton  
Mondays @ 7:00 pm  
Trinity Presbyterian Church  
720 Ninth Ave.  
Hamilton Mountain  
(RSVP for Protocols or Zoom Login)  
E: [neveraloneinhamilton@gmail.com](mailto:neveraloneinhamilton@gmail.com)



## Area 1 Virtual Meetings

### **BRAMPTON**

Miracles in Brampton  
Wednesdays @ 7:30 pm  
E: [miraclesinbrampton@gmail.com](mailto:miraclesinbrampton@gmail.com)

### **GEORGETOWN**

The Circle of Hope  
Tuesdays @ 8:30 pm  
E: [steve.circle2@gmail.com](mailto:steve.circle2@gmail.com) or  
[kathleen.circle2@gmail.com](mailto:kathleen.circle2@gmail.com)

### **GREATER TORONTO**

Etobicoke  
Freedom & Serenity  
Mondays @ 7:30 pm  
E: [freedomandserenity2021@gmail.com](mailto:freedomandserenity2021@gmail.com)

### **Scarborough**

New Beginnings  
Mondays @ 7:30 pm  
E: [scoffey628@rogers.com](mailto:scoffey628@rogers.com)

### **Toronto**

Serenity Today  
Thursdays @ 7:00 pm  
Call [647-888-1292](tel:647-888-1292)

### **GUELPH**

We Do It Together  
Tuesdays @ 7:00 pm  
E: [monica.naranon@gmail.com](mailto:monica.naranon@gmail.com)

### **INNISFIL**

No Longer Alone  
Tuesdays @ 6:00 pm  
E: [naranonvirtual@hotmail.com](mailto:naranonvirtual@hotmail.com)

### **KITCHENER/CAMBRIDGE**

Serenity  
Tuesdays @ 7:00 pm  
E: [serenitynaranon@gmail.com](mailto:serenitynaranon@gmail.com)

Serenity – Newcomer Meeting K/C  
Sundays @ 7:00 pm  
E: [serenitynaranon@gmail.com](mailto:serenitynaranon@gmail.com)

### **OSHAWA**

Hearts of Courage  
Tuesdays @ 7:00 pm (ASL Interpreter)  
E: [heartsofcourage66@gmail.com](mailto:heartsofcourage66@gmail.com)

### **OTTAWA**

Pioneer Group  
Saturdays @ 7:30 pm  
E: [ottawa@naranonontario.com](mailto:ottawa@naranonontario.com)

### **THORNHILL**

Faith  
Tuesdays @ 7:30 pm  
E: [thomasmacflatt@icloud.com](mailto:thomasmacflatt@icloud.com)

### **THUNDER BAY**

Thunder Bay South NFG  
Tuesdays @ 6:30 pm  
E: [naranontbay@gmail.com](mailto:naranontbay@gmail.com)

## Area 2 Virtual Meetings

### **LONDON**

Steps to Serenity  
Thursdays @ 7:00 pm  
E: [stepstoserenitylondon@gmail.com](mailto:stepstoserenitylondon@gmail.com)

### **PORT STANLEY**

**Narateen** - HOPE – Helping  
Others Positively Express  
Emotions  
Mondays @ 6:00 pm  
E: [d\\_g63RL@outlook.com](mailto:d_g63RL@outlook.com)  
or [deannathornton@hotmail.com](mailto:deannathornton@hotmail.com)  
or call [226-658-0077](tel:226-658-0077)

Message of Hope  
Mondays @ 7:30 pm  
E: [GSR.MOH@outlook.com](mailto:GSR.MOH@outlook.com)

Peace of Mind  
Wednesdays @ 7:00 pm  
E: [gsr.pom@gmail.com](mailto:gsr.pom@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