

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

(Last updated October 30, 2021)

Area 1 In Person Meeting List

BARRIE

Free to be me
Tuesdays @ 7:00 pm
Grace United Church
350 Grove St. East
Barrie, ON



(Follow the Rainbow Walkway to the side door – RSVP for protocols)

E: barrienaranon@gmail.com

BRAMPTON

Miracles in Brampton
Wednesdays @ 7:30 pm
Temp. Closed
St. Paul's Presbyterian Church
723 Balmoral Dr.
Brampton, ON
E: miraclesinbrampton@gmail.com



BURLINGTON

Serenity Time
Wednesdays @ 7:30 pm
West Plains United Church
549 Plains Rd. West
Burlington, ON
E: naranonserenitytime@gmail.com



ETOBICOKE

Freedom & Serenity
Mondays @ 7:30 pm
Temp. Closed
Islington United Church
25 Burnhamthorpe Rd.
Etobicoke, ON
E: freedomandserenity2021@gmail.com



GEORGETOWN

The Circle of Hope
Tuesdays @ 7:00 pm
Georgetown Christian Reformed Church
11611 Trafalgar Rd.
Georgetown, ON
(Rear entrance)
E: steve.circle2@gmail.com
or kathleen.circle2@gmail.com



GUELPH

We Do It Together
Tuesdays @ 7:00 pm
Temp. Closed
Lakeside Hope House
75 Norfolk St.
Guelph, ON
(use Cork St. entrance)
E: monica.naranon@gmail.com

INNISFIL

Stronger Together
Tuesdays @ 6:00pm
Innisfil Community Church
1571 Innisfil Beach Road
Innisfil, ON
(Park at rear, enter door #14, go upstairs to meeting room - RSVP for Protocols)
E: innisfilnaranon@gmail.com

KINGSTON

From Grief to Hope
Thursdays @ 7:30 pm
Temp. Closed
Salvation Army Church
816 Centennial Dr. *(Library)*
Kingston, ON

LONDON

Never Alone
Mondays @ 7:30 pm
Temp. Closed
All Saints Church
249 Hamilton Rd (east of Adelaide)
London, ON
(in "The Lounge")

OAKVILLE

Serenity On Kerr
Thursdays @ 7:00 pm
Palermo United Church
2521 Dundas St. W.
Oakville, ON
(Rear entrance)
E: serenityonkerr@gmail.com

OSHAWA – (ASL Interpreter)

Hearts of Courage
Tuesdays @ 7:00 pm
Temp. Closed
Simcoe Street United Church
66 Simcoe Street-The Parlour Room
(Enter at rear, ring bell)
E: heartsofcourage66@gmail.com

OTTAWA

Pioneer
Saturdays @ 7:30 pm
Temp. Closed
Royal Ottawa Mental
Health Center
1145 Carling Ave.(East of Merivale Rd)
Ottawa, ON
E: ottawa@naranonontario.com



OWEN SOUND

We Too Recover
Wednesdays @ 6:00 pm

Temp. Closed

St. Mary's and the Mission Parrish
554 15th St. East

E: michelleparkes01@gmail.com



SCARBOROUGH

New Beginnings
Mondays @ 7:30 pm

Temp. Closed

St. Theresa's Shrine of the Little Flower
2559 Kingston Rd. (at Midland)
(Rear entrance, basement steps of Rectory)

E: scoffey628@rogers.com

THUNDER BAY - NORTH

Strength and Hope
Thursdays @ 7:00 pm

Faith City Church

360 Black Bay Road
(Front Parking Lot/ Far Right Door/Lower Level)

E: strengthandhopetbay@gmail.com

THUNDER BAY - SOUTH

Tuesdays @ 6:30 pm

Temp. Closed

Sister Margaret Smith Centre
301 Lillie St. N., Room 110

E: naranontbay@gmail.com

THORNHILL

Faith

Tuesdays @ 7:30 pm

Temp. Closed

Holy Trinity Anglican Church
140 Brooke St. (Center & Yonge)
Thornhill, ON

E: thomasmacflatt@icloud.com

WINDSOR

Road to Hope

Tuesdays @ 7:00 pm

All Saints Anglican Church
330 City Hall Square

E: Naranonwindsor@gmail.com

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



Area 2 In Person Meeting List

COLCHESTER

New Hope

Temp. Closed

Wednesdays @ 7:00 pm

Christ Church

190 Bagot St

E: newhopenaranon@outlook.com

Or call **519-791-7124**

LONDON

Steps to Serenity

Thursdays @ 7:00 pm

Temp. Closed

Salvation Army-Westminster
Park

Community Church

1190 Southdale Rd E (main door)

E: stepstoserenitylondon@gmail.com



ST. THOMAS

HUGS – Helping Us Grow

Stronger - Narateen

Wednesdays @ 6:00 pm

Temp. Closed

Center Street Baptist Church
28 Southwick St.

E: naranonrecovery@gmail.com



Peace of Mind ... Today

Wednesdays @ 7:00 pm

Temp. Closed

Center Street Baptist Church
28 Southwick St.

E: naranonrecovery@gmail.com



THAMESVILLE

HOPE – Hold On Pain Ends

Mondays @ 7:30 pm

Temp. Closed

Westover Treatment Centre
2 Victoria Rd S

E: thamesvillenaranon@outlook.com

WINDSOR

Courage to Change

1st & 2nd Thursday @ 7:30 pm

Holy Name of Mary Church –

McEwen Campus

711 McEwan Ave (side door)

3rd/4th/5th Thurs. @ 7:30 pm

Skype

E: scharlt@hotmail.com for details

WOODSTOCK

New Hope

Wednesdays @ 6:30 pm

Temp. Closed

Church of the Epiphany

560 Dundas St.

E: kdegraaf@rogers.com

Contact Us:

E: info@naranonontario.com

Telephone: 416-239-0096

Outside of Toronto Toll free:

1-877-239-0096