

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 Jan 4, 2022)

Area 1 In Person Meeting List

BARRIE

Free to be me

Tuesdays @ 7:00 pm



Temp. Closed but meeting virtually until re-opening

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 but meeting virtually until re-opening

St. Paul's Presbyterian Church

723 Balmoral Dr.

Brampton, ON

E: miraclesinbrampton@gmail.com

BURLINGTON

Serenity Time

Wednesdays @ 7:30 pm



Temp. Closed but meeting virtually until re-opening

West Plains United Church

549 Plains Rd. West

Burlington, ON

E: serenityburlington@gmail.com

ETOBICOKE

Freedom & Serenity

Mondays @ 7:30 pm



Temp. Closed but meeting virtually until re-opening

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 but meeting virtually until re-opening

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 but meeting virtually until re-opening

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 but meeting virtually until re-opening

Royal Ottawa Mental

Health Center

1145 Carling Ave.(East of Merivale Rd)

Ottawa, ON

E: ottawa@naranonontario.com

SCARBOROUGH

New Beginnings

Mondays @ 7:30 pm

Temp. Closed but meeting virtually until re-opening

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 but meeting virtually until re-opening

Sister Margaret Smith Centre

301 Lillie St. N., Room 110

E: naranontbay@gmail.com

THORNHILL

Faith

Tuesdays @ 7:30 pm

Temp. Closed but meeting virtually until re-opening

Holy Trinity Anglican Church

140 Brooke St. (Center & Yonge)

Thornhill, ON

E: thomasacflatt@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



Temp. Closed but meeting virtually until re-opening

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**

INGERSOLL

New Hope

Mondays @ 7:30 pm

St Paul's Presbyterian

56 Thames St S.

E: kdegraaf@rogers.com

LONDON

Steps to Serenity

Thursdays @ 7:00 pm

Temp. Closed but meeting virtually until re-opening

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

Contact Us:

E: info@naranonontario.com

Telephone: 416-239-0096

Outside of Toronto Toll free:

1-877-239-0096