

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 May 9, 2022)

Ontario Region - Area 1 - Hybrid

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



OTTAWA

Pioneer
Saturdays @ 7:30 pm
Royal Ottawa Mental
Health Center
1145 Carling Ave. (East of Merivale Rd)
Room 1421
Ottawa, ON
(RSVP for Protocols or Zoom Login)
E: ottawa@naranonontario.com



Ontario Region - Area 1 - Virtual

BARRIE

Virtual Serenity
Wednesdays @ 7:00 p.m.
E: virtualserenitybarrie@gmail.com

BRAMPTON

Miracles in Brampton
Wednesdays @ 7:30 pm
E: miraclesinbrampton@gmail.com

GEORGETOWN

The Circle of Hope
Tuesdays @ 8:30 pm
E: steve.circle2@gmail.com or
kathleen.circle2@gmail.com

GREATER TORONTO

Etobicoke

Freedom & Serenity
Mondays @ 7:30 pm
E: freedomandserenity2021@gmail.com

Scarborough

New Beginnings
Mondays @ 7:30 pm
E: scoffey628@rogers.com

Toronto

Serenity Today
Thursdays @ 7:00 pm
Call 647-888-1292

GUELPH

We Do It Together
2nd and 4th Tuesday @ 7:00 pm
(a/o Apr 5, 2022)
E: monica.naranon@gmail.com

INNISFIL

No Longer Alone
Tuesdays @ 6:00 pm
E: naranonvirtual@hotmail.com

KITCHENER CAMBRIDGE

Serenity
Tuesdays @ 7:00 pm
E: serenitynaranon@gmail.com

Serenity – Newcomer Meeting
Sundays @ 7:00 pm
E: serenity1newcomermeeting@gmail.com

Serenity – **NARATEEN** *New Meeting*
Saturdays @ 3:00 pm
E: serenitynarateen@gmail.com

OSHAWA

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

THORNHILL

Faith
Tuesdays @ 7:30 pm
E: thomasmaclatt@icloud.com

THUNDER BAY

Thunder Bay South NFG
Tuesdays @ 6:30 pm
E: naranontbay@gmail.com

Ontario Region - Area 2 - Virtual

LONDON

Steps to Serenity
Thursdays @ 7:00 pm
E: stepstoserenitylondon@gmail.com

PORT STANLEY

HOPE – Helping Others Positively
Express Emotions - **NARATEEN**
Mondays @ 6:00 pm
E: narateenrecovery@gmail.com

PORT STANLEY

Message of Hope
Mondays @ 7:30 pm
E: messageofhope@gmail.com

PORT STANLEY

Peace of Mind
Wednesdays @ 7:00 pm
E: naranonrecovery@gmail.com

Contact Us:

E: info@naranonontario.com

Telephone: 416-239-0096

Outside of Toronto Toll free:

1-877-239-0096