

## 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 December 1, 2022)

## **Ontario Region – Virtual Meetings**

### **BARRIE**

Virtual Serenity

Wednesdays @ 7:00 p.m.

**(Email for Zoom Login)**

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

### **BRAMPTON**

Miracles in Brampton

Wednesdays @ 7:30 pm

**(Email for Zoom Login)**

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

### **ETOBICOKE**

Freedom & Serenity

Mondays @ 7:30 pm

**(Email for Zoom Login)**

E: [freedomandserenity2021@gmail.com](mailto:freedomandserenity2021@gmail.com)

### **GEORGETOWN**

The Circle of Hope

Tuesdays @ 7:30 pm

**(Email for Zoom Login)**

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

### **GUELPH**

We Do It Together

2<sup>nd</sup> and 4<sup>th</sup> Tuesday @ 7:00 pm

**(Email for Zoom Login)**

E: [monica.naranon@gmail.com](mailto:monica.naranon@gmail.com)

### **HAMILTON**

Hybrid – In-Person and Virtual

Never Alone in Hamilton

**(Email for Zoom Login)**

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

### **HAMILTON (cont.)**

Helping Hand And Heart

Fridays @ 7:30 pm

**(Email for Zoom Login)**

E: [helpinghandandheart22@gmail.com](mailto:helpinghandandheart22@gmail.com)

### **INNISFIL**

No Longer Alone

Thursdays @ 7:00 pm

**(Email for Zoom Login)**

E: [naranonvirtual@hotmail.com](mailto:naranonvirtual@hotmail.com)

### **KITCHENER / CAMBRIDGE**

Serenity

Tuesdays @ 7:00 pm

**(Email for Zoom Login)**

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

Serenity – Newcomer Meeting

Sundays @ 7:00 pm

**(Email for Zoom Login)**

E: [serenity1newcomermeeting@gmail.com](mailto:serenity1newcomermeeting@gmail.com)

Serenity – **NARATEEN**

Saturdays @ 3:00 pm

**(Email for Information and Login)**

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

### **LONDON**

Steps to Serenity

Thursdays @ 7:00 pm

**(Email for Zoom Login)**

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

### **OSHAWA**

Hearts of Courage

Tuesdays @ 7:00 pm (ASL

Interpreter)

**(Email for Zoom Login)**

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

### **OTTAWA**

Pioneer

Hybrid – In-Person and Virtual

Saturdays @ 7:30 pm

**(Email for Zoom Login)**

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

### **OWEN SOUND**

Owen Sound Nar-Anon

Thursdays @ 7:00 pm

*Temp. moving to virtual Dec 1 22 - April 4 23*

**(Email for Zoom Login)**

E: [naranon.owensound@gmail.com](mailto:naranon.owensound@gmail.com)

### **PORT STANLEY**

HOPE – **NARATEEN**

Mondays @ 6:00 pm

**(Email for Information and Login)**

E: [narateenrecovery@outlook.com](mailto:narateenrecovery@outlook.com)

Message of Hope

Mondays @ 7:30 pm

**(Email for Zoom Login)**

E: [messageofhope.nfg@gmail.com](mailto:messageofhope.nfg@gmail.com)

Peace of Mind

Wednesdays @ 7:00 pm

**(Email for Zoom Login)**

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

## **SCARBOROUGH**

New Beginnings

Mondays @ 7:30 pm

***(Email for Zoom Login)***

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

## **THORNHILL**

Faith

Tuesdays @ 7:30 pm

***(Email for Zoom Login)***

E: [thomasmacflatt@icloud.com](mailto:thomasmacflatt@icloud.com)

## **TORONTO**

Serenity Today

Thursdays @ 7:00 pm

***(Email or call 647-888-1292 for Zoom Login)***

E: [serenitytoday333@gmail.com](mailto:serenitytoday333@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