

## 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 April 23, 2023)

**Ontario Region – 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)  
E: [barrienaranon@gmail.com](mailto:barrienaranon@gmail.com)



**BURLINGTON**

Serenity Time  
Wednesdays @ 7:30 pm  
West Plains United Church  
549 Plains Rd. West  
Burlington, ON  
E: [serenityburlington@gmail.com](mailto:serenityburlington@gmail.com)



**CHATHAM**

Bienvenue (Bilingual)  
Sundays @ 4:00 pm  
St. Andrews United Church  
85 Williams St S  
Chatham, ON  
(use garden entrance off of Wellington)  
<https://nfgbienvenue.wixsite.com/bienvenue>  
Check the website for updates before heading out  
E: [bienvenuenfg@gmail.com](mailto:bienvenuenfg@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](mailto:freedomandserenity2021@gmail.com)



**GEORGETOWN**

Hybrid – In-Person and Virtual  
The Circle of Hope  
Tuesdays @ 7:30 pm  
Knox Presbyterian Church  
116 Main St. S  
Georgetown, ON  
(Use Church St. entrance and use stairs up to the right)  
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  
1<sup>st</sup> and 3<sup>rd</sup> Tuesday monthly @ 7:00 pm  
Lakeside Hope House  
75 Norfolk St.  
Guelph, ON  
(Use Cork St. entrance. 2<sup>nd</sup> and 4<sup>th</sup> Tuesday on Zoom)  
E: [monica.naranon@gmail.com](mailto:monica.naranon@gmail.com)

**HAMILTON**

Never Alone in Hamilton  
Hybrid – In-Person and Virtual  
Mondays @ 7:00 pm  
Trinity Presbyterian Church  
720 Ninth Ave.  
Hamilton Mountain, ON  
(Email for Zoom Login)  
E: [neveraloneinhamilton@gmail.com](mailto:neveraloneinhamilton@gmail.com)



Changing Ourselves in Hamilton  
Sundays @ 9:30 am  
Victory International Church  
2799 Barton St E.  
Hamilton, ON  
E: [changingourselvesinhamilton22@gmail.com](mailto:changingourselvesinhamilton22@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)  
E: [innisfilnaranon@gmail.com](mailto:innisfilnaranon@gmail.com)

**OAKVILLE**

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

**OSHAWA – (ASL Interpreter)**

Hearts of Courage  
Hybrid – In-Person and Virtual  
Tuesdays @ 7:00 pm  
Crosspoint Church  
700 Ritson Rd. North  
E: [heartsofcourage66@gmail.com](mailto:heartsofcourage66@gmail.com)

**OTTAWA**

Pioneer  
Hybrid – In-Person and Virtual  
Saturdays @ 7:30 pm  
Royal Ottawa Mental Health  
Center  
1145 Carling Ave. (East of Merivale Rd)  
Room 1421  
Ottawa, ON  
(Email for Zoom Login)  
E: [ottawa@naranonontario.com](mailto:ottawa@naranonontario.com)



## OWEN SOUND

Owen Sound Nar-Anon  
Thursdays @ 7:00 pm

*In Person 1<sup>st</sup> and 3<sup>rd</sup> Thursday of the month, Zoom on the other Thursdays.*

Central Westside United Church  
310 10<sup>th</sup> St. W  
Owen Sound, ON  
E: [naranon.owensound@gmail.com](mailto:naranon.owensound@gmail.com)

## PEFFERLAW

Cedar Group  
Tuesdays @ 7:00 pm  
Cedardale Church of the Nazarene  
471 Pefferlaw Rd  
Pefferlaw, ON  
E: [machew@live.ca](mailto:machew@live.ca)



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

## THAMESVILLE

HOPE – Hold On Pain Ends  
Mondays @ 7:30 pm  
Westover Treatment Centre  
2 Victoria Rd S  
*(Smaller administrative building east of the main house)*  
E: [thamesvillenaranon@outlook.com](mailto:thamesvillenaranon@outlook.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](mailto:strengthandhopetbay@gmail.com)

## THUNDER BAY - SOUTH

Tuesdays @ 6:30 pm  
Sister Margaret Smith Centre  
301 Lillie St. N., Room 110  
Thunder Bay, ON  
E: [naranontbay@gmail.com](mailto:naranontbay@gmail.com)

## WIARTON

Warton Nar-Anon  
Mondays @ 7:00 pm  
Frank Street Baptist Church  
356 Frank St.  
E: [warton@live.ca](mailto:warton@live.ca)

## WINDSOR

Road to Hope  
Tuesdays @ 7:00 pm  
All Saints Anglican Church  
330 City Hall Square  
E: [Naranonwindsor@gmail.com](mailto:Naranonwindsor@gmail.com)

## WINDSOR (cont)

Courage to Change  
Thursday @ 7:30 pm  
Holy Name of Mary Church –  
McEwen Campus  
711 McEwan Ave (side door)  
E: [couragetochangewindsor@naranonontario.com](mailto:couragetochangewindsor@naranonontario.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