

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 of 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 February 9, 2024)

* All times are EST

Ontario Region - Virtual Meetings

BARRIE

Virtual Serenity

Wednesdays @ 7:00 p.m.

(Email for Zoom Login)

E: virtualeserenitybarrie@gmail.com

BRAMPTON

Miracles in Brampton

Wednesdays @ 7:30 pm

(Email for Zoom Login)

E: miraclesinbrampton@gmail.com

ETOBICOKE

Freedom & Serenity

Mondays @ 7:30 pm

(Email for Zoom Login)

E: freedomandserenity2021@gmail.com

GEORGETOWN

The Circle of Hope

Hybrid – In-Person and Virtual

Tuesdays @ 7:30 pm

(Email for Zoom Login)

E: steve.circle2@gmail.com or
kathleen.circle2@gmail.com

GUELPH

We Do It Together

2nd and 4th Tuesday @ 7:00 pm

(Email for Zoom Login)

E: monica.naranon@gmail.com

HAMILTON

Never Alone in Hamilton

Hybrid – In-Person and Virtual

Mondays @ 7:00 pm

(Email for Zoom Login)

E: neveraloneinhamilton@gmail.com

HAMILTON (cont.)

Helping Hand And Heart

Fridays @ 7:30 pm

(Email for Zoom Login)

E: helpinghandandheart22@gmail.com

INNISFIL

No Longer Alone

Thursdays @ 7:00 pm

(Email for Zoom Login)

E: naranonvirtual@hotmail.com

KITCHENER / CAMBRIDGE

Serenity – **Temporarily on Hold**

Tuesdays @ 7:00 pm

(Email for Zoom Login)

E: SerenityTuesday@naranonontario.com

Serenity Sunday

Sundays @ 7:00 pm

(Email for Zoom Login)

E: SerenitySunday@naranonontario.com

LONDON

Steps to Serenity

Thursdays @ 7:00 pm

(Email for Zoom Login)

E: stepstoserenitylondon@gmail.com

OSHAWA

Hearts of Courage

Hybrid – In-Person and Virtual

Tuesdays @ 7:00 pm (ASL Interpreter)

(Email for Zoom Login)

E: heartsofcourage66@gmail.com

OTTAWA

Pioneer

Hybrid – In-Person and Virtual

Saturdays @ 7:30 pm

(Email for Zoom Login)

E: naranonottawa@gmail.com

OWEN SOUND

Owen Sound Nar-Anon

Thursdays @ 7:00 pm

Virtual only Dec-April

(Email for Zoom Login)

E: naranon.owensound@gmail.com

PORT STANLEY

HOPE – Helping Others

Positively Express Emotions

NARATEEN - Virtual

Mondays @ 6:00 pm

(Email for Information and Login)

E: narateenrecovery@outlook.com

STRONGER TOGETHER

NARATEEN - Virtual

Thursdays @ 6:00 pm

(Email for Information and Login)

E: stnarateen@naranonontario.com

SCARBOROUGH

New Beginnings

Mondays @ 7:30 pm

(Email for Zoom Login)

E: scoffey628@rogers.com

THORNHILL

The Faith

Wednesdays @ 8:00 pm

(Email for Zoom Login)

E: thomasmaclatt@icloud.com

TORONTO

Serenity Today

Thursdays @ 7:00 pm

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

E: serenitytoday333@gmail.com

Contact Us:

E: info@naranonontario.com

Telephone: 416-239-0096

Outside of Toronto Toll free:

1-877-239-0096