

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 March 3, 2024)

Ontario Region – In-Person

BARRIE

Free to be me

Tuesdays @ 7:00 pm

Grace United Church

350 Grove St. East

(Follow the Rainbow Walkway to the side door)

E: barrienaranon@gmail.com



BURLINGTON

Serenity Time

Wednesdays @ 7:30 pm

West Plains United Church

549 Plains Rd. West

E: serenityburlington@gmail.com



CHATHAM-KENT

Bienvenue (Bilingual)

Sundays @ 4:00 pm

St. Andrews United Church

85 Williams St S

(use garden entrance off of Wellington)

<https://nfgbienvenue.wixsite.com/bienvenue>

Check the website for updates before heading out

E: bienvenuenfg@gmail.com

GEORGETOWN

Hybrid – In-Person and Virtual

The Circle of Hope

Tuesdays @ 7:30 pm

Knox Presbyterian Church

116 Main St. S

(Use Church St. entrance and use stairs up to the right)

E: steve.circle2@gmail.com

or kathleen.circle2@gmail.com

GUELPH

We Do It Together

1st and 3rd Tuesday monthly @ 7:00 pm

Lakeside Hope House

75 Norfolk St.

(Use Cork St. entrance. 2nd and 4th Tuesday on Zoom)

E: monica.naranon@gmail.com

HAMILTON

Never Alone in Hamilton

Hybrid – In-Person and Virtual

Mondays @ 7:00 pm

Trinity Presbyterian Church

720 Ninth Ave.

(Email for Zoom Login)

E: neveraloneinhamilton@gmail.com



Changing Ourselves in Hamilton

Sundays @ 9:30 am

Victory International Church

2799 Barton St E.

E: changingourselvesinhamilton22@gmail.com



INNISFIL

Stronger Together

Tuesdays @ 6:30 pm

Innisfil Community Church

1571 Innisfil Beach Road

(Office entrance and follow signs. Email for keyed elevator access)

E: innisfilnaranon@gmail.com



LONDON

Hopeful Hearts NFG

THURSDAYS @ 7:00 pm

Trinity Church on Hale

76 Doulton Street

E: Hopefulhearts@naranonontario.com

OAKVILLE

Serenity On Kerr

Thursdays @ 7:00 pm

Palermo United Church

2521 Dundas St. W.

(Rear entrance)

E: 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

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

(Email for Zoom Login)

E: naranonottawa@gmail.com



OWEN SOUND

Owen Sound Nar-Anon

Thursdays @ 7:00 pm

Meeting virtually during the winter months (Dec-Apr)

Central Westside United Church

310 10th St. W

Owen Sound, ON

E: naranon.owensound@gmail.com

PEFFERLAW

Cedar Group

Tuesdays @ 7:00 pm (Closed for August)



Cedardale Church of the Nazarene
471 Pepperlaw Rd
Pepperlaw, ON
E: 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

SUDBURY

Nar-Anon Faith Over Fear
Tuesdays @ 7:30 pm
Grace United Church
1520 Bancroft Dr.
E: narnonfaithoverfear@gmail.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



THUNDER BAY - NORTH

Strength and Hope
Thursdays @ 7:00 pm
Closed for the Winter months (Nov-Apr)
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
Sister Margaret Smith Centre

301 Lillie St. N., Room 110
Thunder Bay, ON
E: naranontbay@gmail.com

TORONTO

Freedom & Serenity In
Person Meeting
Mondays @ 6pm
Start Date March 11th
Ukrainian Canadian Social Services
Bldg., Main Floor Meeting Room
2445 Bloor St. W
E: freedomandserenity2021@gmail.com



WIARTON

Warton Nar-Anon
Mondays @ 7:00 pm
Closed for the winter months (Nov-Mar)
Frank Street Baptist Church
356 Frank St.
E: wiarton@live.ca

WINDSOR

Road to Hope
Tuesdays @ 7:00 pm
3400 Somme Ave
E: Naranonwindsor@gmail.com

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

THORNHILL

Faith

Wednesdays @ 8:00 pm
(Email for Zoom Login)
E: thomasmacflatt@icloud.com

Contact Us:

E: info@naranonontario.com
Telephone: 416-239-0096
Outside of Toronto Toll free:
1-877-239-0096