

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 update January 29, 2025)

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



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
No meetings will be held on Holiday Weekends
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
Egerton St. Baptist Church
209 Egerton 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
In Person Meetings Suspended Until Spring
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 Pefferlaw Rd
Pefferlaw, ON
E: machew@live.ca



SUDBURY

Nar-Anon Faith Over Fear

Tuesdays @ 7:30 pm
Grace United Church
1520 Bancroft Dr.
E: naronfaithoverfear@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 NFG
Alternating Wednesdays @ 1:00 pm
Faith City Church
360 Black Bay Road
(Faith City Church back entrance)
Call or Email for meeting dates
807-474-6995 or 807-768-8616
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
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

Contact Us:

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