

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 January 16, 2025)

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

GRIMSBY

Helping Hand And Heart
Fridays @ 7:00 pm **NEW TIME**
(Email for Zoom Login)
E: helpinghandandheart22@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

INNISFIL

No Longer Alone
Thursdays @ 7:00 pm
(Email for Zoom Login)
E: naranonvirtual@hotmail.com

KITCHENER / CAMBRIDGE

Serenity
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
[Click to join Zoom Meeting Link](#)
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 Meetings November to Spring
(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 EDT/EST
(Email for Information and Login)
E: stnarateen@naranonontario.com

SCARBOROUGH

New Beginnings
Mondays @ 7:30 pm
[Click to join Zoom Meeting Link](#)
E: scoffey628@rogers.com

THORNHILL

The Faith

Wednesdays @ 8:00 pm
[Click to join Zoom Meeting Link](#)
E: thomasmacflatt@icloud.com

Contact Us:

E: info@naranonontario.com

Telephone: 416-239-0096

Outside of Toronto Toll free:

1-877-239-0096