

SUNDAY

“Look To This Day” 9:30 AM

VIRTUAL MEETING

Originally from Meriden, CT

Rob: (203) 234-7218 or

Donna V-J: (203) 915-5974

MONDAY

“Journey To Recovery” 5:00 PM

VIRTUAL MEETING

Originally from Nashua, NH

Felicia (603) 234-0492

naranonfamilygroupnh@gmail.com

“Trust & Hope” 6:30 PM H

IN PERSON MEETING

Forest Street United Church

15 Forest St.

Methuen, MA

Barbara: (978) 273-5967

“Cope & Hope” 7:00 PM

VIRTUAL MEETING

Originally from Belmont, MA

Call or email for information

Barbara: (617) 281-7615

www.belmontcopeandhope.org/home

TUESDAY

“Just For Me” 7:00 PM

VIRTUAL MEETING

Originally from East Haven, CT

Maria P: mdpuziello@gmail.com

TUESDAY (continued)

“Danbury Nar-Anon” 7:00 PM

VIRTUAL MEETING

Danbury, CT

Linda: (475) 444-9105 or

Cassandra: (203) 417-1744

“Peace and Serenity” 7:00 PM

IN PERSON MEETING

All Saints Church

258 S Main St.

Wolfeboro, NH

Lucia: (425) 599-0090

Wolfeboro.naranonmeeting@gmail.com

WEDNESDAY

“The Light Within” 6:15 PM

IN PERSON MEETING

Assumption Church

27 Adams St.

Manchester, CT

Debbie: (860) 268-6860

Barbara: (860) 682-7031

Fran: (727) 741-2119

Ira: (860) 256-5935

“Shoreline Road To Recovery” 7:00 PM

IN PERSON AND VIRTUAL MEETINGS –

Oceanside Recovery LLC ***new day and place**

170 Flanders Rd, Unit C5 **beginning 2/21/24***

Niantic, CT

Erin: (860) 961-8700

“Together We Can” 7:00 PM H

IN PERSON AND VIRTUAL MEETING

Trinity Episcopal Church

440 Main St.

Shrewsbury, MA

Chris or Tim D: (508) 248-6209

WEDNESDAY (continued)

“Catch the Wave” 6:00 PM

VIRTUAL MEETING

Old Orchard Beach, ME

Roger B: (585) 732-0592

Jen C.: (207) 604-0216

catch.the.wave.oob@gmail.com

“The Power Within” 7:00 PM

IN-PERSON AND VIRTUAL MEETINGS

St Martha’s Church

214 Brainard Rd.

Enfield, CT

Bev F: (860) 463-9824 or

Donna J-S: (860) 836-4408

“Letting Go With Love” 7:00 PM

VIRTUAL MEETING

Originally from Prospect, CT

Teri: (203) 233-0889 or

Wanda: (203) 494-8935

THURSDAY

“Let’s Get Honest” 7:00 PM

IN PERSON AND VIRTUAL MEETINGS

Springfield SDA Church

16 Whittum Ave.

Springfield, MA.

Fran: (413) 627-2117 or

Roxanne: (413) 552-7805

“Feel the Freedom” 7:00 PM

VIRTUAL MEETING

Originally from Bristol, CT

Kathy D: (203) 560-0120 or

Minnie Z: (203) 592-9395

THURSDAY (continued)

“Let It Begin With Me” 6:30 PM

IN PERSON AND VIRTUAL

Community Speaks Out Inc
214B Thames St.
Groton, CT
Call for virtual information.
Steve: (860)460-0963

“The Beginning of Hope” 6:15 PM

IN PERSON MEETING

St. David's Episcopal Church
205 Old Main St.
South Yarmouth, MA
Gary F: (508) 896 8273

FRIDAY

“I Am Not Alone Anymore” 7:00 PM

VIRTUAL MEETING

Originally from West Hartford, CT
Lori W: (860) 685-1845 or
Jim W: (860) 877-6352

SATURDAY

“Journey To Recovery” 10:00 AM

VIRTUAL MEETING

Originally from East Haven, CT
Mary Ellen: (203) 848-8245

KEY: N-NA meeting in the building
H-handicap accessible

Remember all people are always changing. When we judge them, we judge on what we believe we know of them, failing to realize that there is much we do not know, and that they are constantly changing as they try for better or worse to cope with life. Give others credit for having had many victories which are unknown. We are all of the same cloth, though of a different cut.

Remember you too are always changing, and you can direct that change consciously if you so desire. Yourself you can change. Others you can only love.

—Taken from Nar-Anon Literature

This information is current as of **9/9/23**. Meeting information changes periodically. Please call the individuals listed to confirm times and location.

Virtual meeting information, including links, can be found on our Region website at **www.naranonctma.org** – click “schedule” in the left menu.

You can contact our Region with questions at **neregionnaranon@gmail.org**.



New England Region NAR-ANON

**A 12 Step Support Group for
Friends & Families of Addicts**

**Meeting Schedule
Updated February 22, 2024**

Virtual meeting information
is on the website
www.naranonctma.org

World Service Headquarters
www.nar-anon.org