

HELPFUL TIPS:

- 1. Put your phone on silent so it does not cause any disruptions.*
- 2. Mute your mic unless we are all reading out loud together or if you are speaking. If you do not mute yourself, every sound in your home gets picked up and this could cause a distraction. Depending on what viewing mode you are using, the main screen focuses on the person speaking. So if you are not muted but noise is coming from your end, the screen will show you, as opposed to the person who is sharing*
- 3. As with a regular meeting there is one Chairperson who will open up. Depending on the size of the meeting there may be a timekeeper to make sure that everyone gets a fair opportunity to share.*
- 4. If you have your video on, you can raise your hand to signal you would like to share. You can also message the Chairperson directly on zoom (Zoom has a chat feature). If you are using Audio Only you can just introduce yourself and share when its silent.*
- 5. Regarding the format - it will be very similar if not exact to the regular in person meeting. Since hosting meetings online is still a new thing for us, we can work together and discuss what format to use moving forward.*
- 6. Not a rule, but just a helpful tip: If you are using Zoom on a computer, when muted, you can hold the space bar down and it will temporarily unmute you as long as it's being held.*

**NEW YORK REGION
NAR-ANON FAMILY GROUPS**
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ZOOM MEETING LIST – Mid-West IL, IN, KS, MO, WI

Updated: January 2025

The Nar-Anon Family Group is primarily for you who know or have known a feeling of desperation concerning the addiction problem of someone very near to you. We have traveled that unhappy road too, and have found the answer with serenity and peace of mind. When you come into the family group, you are no longer alone, but among true friends who understand your problem as few others could.

Nar-Anon World Service Organization

www.nar-anon.org

1 (800) 477-6291

New York Region

www.nynaranon.org

Nar-Anon Suffolk/Nassau Area

www.naranonsuffolkknassauli.org

Please view our website for any update to this list.

Any Question about this list Email

snnfqweb@gmail.com

Anyone whose personal life has been affected by close contact with an addict, or anyone wanting to learn how the disease of addiction affects the family. Other meetings are for Nar-Anon members only and are consider closed.

Note: You need only be affected by close contact with an addict to be considered a member.

Nar-Anon members to call between meetings

NAME

PHONE NUMBER

MONDAY'S

Touched by Addiction (Leawood, KS)

Time: 7:00 pm CST

Zoom Meeting ID: 997 4871 4391

Password: 383357

Waukesha, WI

Time: 7:30 PM CST

Zoom Meeting ID: 872 5838 6014

Password: 21099

TUESDAY'S

(Topeka, KS)

Time: 6:30 pm CST

Zoom Meeting ID: 878 6045 8363

Password: None

Metro Area (Indianapolis IN)

Time: 7:30 pm CST

Zoom Meeting ID: 960 4635 1275

Password: 92190

WEDNESDAY'S

New Choices NFG (Maryland Heights,MO)

Time: 7:30 pm CST

Zoom Meeting ID: 229 660 127

Password: 987951

(Maryland Heights, MO)

Time: 7:30 PM CST

Zoom Meeting ID: 229 660 127

Passcode: 987951

THURSDAY'S

Platte Woods

Time: 12 PM CST

Zoom ID:829 7376 0749

PW: 476119

Wisconsin Area

Time: 6:30 PM CST

Zoom ID: 874 5398 8788

PW: None

Evanston NFG (Evanston, IL)

Time: 7:00 pm CST

Zoom Meeting ID: 929 9993 0458

Password: 187648

SATURDAY'S

You Are Not Alone (Chicago, IL)

Time: 3:00 pm CST

Zoom Meeting ID: 373 761 392

Password: 614525

SUNDAY'S

Serenity Seekers NFG (La Crosse, WI)

Time: 12:30 pm CST

Zoom Meeting ID: 893 8025 9384

No Password:

Serenity Seekers II NFG (Munster, IN)

Time: 7:00 pm CST

Zoom Meeting ID: 546 387 6141

Password: 229432

Date:12/29/2024