

**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.*

**Suffolk/Nassau Area  
Nar-Anon Family Group  
Long Island NY**



**ZOOM MEETING LIST – CA**

**November 2020**

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](http://www.nar-anon.org)

1 (800) 477-6291

**New York Region**

[www.nynaranon.org](http://www.nynaranon.org)

**Nar-Anon Suffolk/Nassau Area**

[www.naranonsuffolknassauli.org](http://www.naranonsuffolknassauli.org)

Please view our website for any update to this list.

Any Question about this list Email

[snnfgweb@gmail.com](mailto:snnfgweb@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

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## MONDAY'S

Monday Nite Miracles Group (Seaside, CA)

**Time: 6:30pm PST**

Zoom Meeting ID:

<https://zoom.us/j/7459777458>

Meeting ID: 7459777458

Dial-in: 1-669-900-6833

Meeting ID: 7459777458#

## TUESDAY'S

Candle Light Group (Atascadero, CA)

**Time: 6:00 pm PST**

Zoom Meeting ID:

<https://usweb.zoom.us/j/9622810477?pwd=OnF0UzROc1o>

[xbEpwSX1DeGxVajZaOT09](https://usweb.zoom.us/j/9622810477?pwd=OnF0UzROc1o)

Meeting ID: 962 281 0477

In the Solution Group (Monterey, CA)

**Time: 6:30 pm PST**

Zoom Meeting ID:

<https://zoom.us/j/93264701592?pwd=ZXF6cUR4VUV3ZU0x>

[cCtJT1JrbFU3Ut09](https://zoom.us/j/93264701592?pwd=ZXF6cUR4VUV3ZU0x)

Meeting ID: 932 6470 1592

Password: 049795

Dial-in: 16699006833

Meeting ID: 93264701592#

Password: 049795#

## WEDNESDAY'S

Guide to Serenity Group (Gilroy, CA)

**Time: 7:30 pm PST**

Zoom Meeting ID:

<https://callistomedia.zoom.us/j/95504611094?pwd=Z1n6Y>

[1BwRGhYUH1HSWdWTRCbEhXz09](https://callistomedia.zoom.us/j/95504611094?pwd=Z1n6Y)

Meeting ID: 955 0461 1094

Password: 202020

## THURSDAY'S

Winds of Changed Group (Hollister, CA)

**Time: 7:00 pm PST**

Zoom Meeting ID:

<https://us02web.zoom.us/j/7459777458>

Meeting ID: 745 977 7458

Dial-in: 1-699-900-6833

Meeting ID: 745 977 7458

Vision of Hope Group (Los Gatos, CA)

**Time: 7:30 pm PST**

Zoom Meeting ID:

<https://us02web.zoom.us/j/86499034930?pwd=MEdLU1Rq>

[SjVpaU1BR1Y2OGF6eTdQUT09](https://us02web.zoom.us/j/86499034930?pwd=MEdLU1Rq)

Meeting ID: 864 99034930

Password: 4242

Dial-in: +16699009128

Meeting ID: 86499034930#0#4242#

## FRIDAY'S

I Can be Free Group (Santa Barbara, CA)

**Time: 6:00 pm PST**

Zoom Meeting ID:

<https://us02web.zoom.us/j/7459777458>

Meeting ID: 745 977 7458

Dial-in: 1 669 900 6833

Meeting ID: 745 977 7458

Sharing, Experience, Strenth and Hope (Scott Valley, CA)

**Time: 6:30 pm PST**

Zoom Meeting ID:

<https://ucsc.zoom.us/j/203487999>

Meeting ID: 203 487 999

Dial-in: 669 900 6833

Meeting ID: 203 487 999#

## SATURDAY'S

Circle of Hope Group (Monterey, CA)

**Time: 9:00 am PST**

Zoom Meeting ID:

<https://us02web.zoom.us/j/85486780329?pwd=TkRDT2FL>

[M0hxdnhxRzF1QVJlWVq0dz09](https://us02web.zoom.us/j/85486780329?pwd=TkRDT2FL)

Meeting ID: 854 8678 0329

Password: Hope

Dial-in: +1 669 900 6833

Meeting ID: 854 8678 0329#

Password: 324902

Simi Valley Serenity (Simi Valley, CA)

**Time: 6:60 pm PST**

Zoom Meeting ID:

<https://laccd.zoom.us/j/946584137?pwd=VUVMZ0xnVmtsS>

[VpaYnR6LzdhMnJRQT09](https://laccd.zoom.us/j/946584137?pwd=VUVMZ0xnVmtsS)

Dial-in: 669-900-6833

Meeting ID: 946584137#

Simi Valley Nar-Anon Family Group (Simi Valley, CA)

**Time: 7:30 pm**

Meeting ID: 946 584 137

Password: SVNAFG321

Dial-in: 669 900 6833

## SUNDAY'S

Saving OurSelves (Santa Cruz, CA)

**Time: 6:30 pm PST**

Zoom Meeting ID:

<https://us02web.zoom.us/j/7459777458>

Meeting ID: 745 977 7458

Dial-In: 1 669 900 6833

Meeting ID: 745 977 7458

Date: 11/23/2020