

SATURDAY'S

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

Time: 7:30 pm

Meeting ID: 884 0262 1415

Password: 832671

Torrance, CA

Time: 11:00 am PST

Meeting ID: 108 991 827

Password: 154701

Circle of Hope Group (Monterey, CA)

Time: 9:00 am PST

Meeting ID: 745 977 7458

No Password

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

Date: 1/1/2022

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**



**CALIFORNIA
ZOOM MEETING LIST – CA**

January 2022

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

Monday Nite Miracles Group (Seaside, CA)

Time: 6:30pm PST

Zoom Meeting ID: <https://zoom.us/j/7459777458>

Meeting ID: 7459777458

A Better Way to Lived (Temecula, CA)

Time: 7:00 pm PST

Meeting ID: 872 4812 9359

Password: Temecula

(Claremont, CA)

Time: 6:30 pm PST

Meeting ID: 812 247 4278

Password: 379103

TUESDAY'S

Candle Light Group (Atascadero, CA)

Time: 6:00 pm PST

<https://usweb.zoom.us/j/9622810477?pwd=OnF0UzROc1oXbEpwSX1DeGxVajZaOT09>

Meeting ID: 962 281 0477

Password: 013671

In the Solution Group (Monterey, CA)

Time: 6:30 pm PST

<https://zoom.us/j/93264701592?pwd=ZXF6cUR4VUVV3ZU0xcCtJT1JrbFU3Ut09>

Meeting ID: 932 6470 1592

Password: 049795

Hope Starts Here (Barstow, CA)

Time: 6:00 pm PST

Meeting ID: 872 394 94195

Password: hope

Hope and Healing (Moreno Valley, CA)

Time: 6:15 pm PST

Meeting ID: 372 542 9225

Password: Hope

TUESDAY'S

(Santa Clarita, CA)

Time: 7:00 pm PST

Meeting ID: 843 5317 3785 Password: 474788

WEDNESDAY'S

Guide to Serenity Group (Gilroy, CA)

Time: 7:30 pm PST

<https://callistomedia.zoom.us/j/95504611094?pwd=Z1n6Y1BwRGhYUH1HSWdWTTRCbEhxZz09>

Meeting ID: 955 0461 1094

Password: 202020

Chatsworth, CA

Time: 7:30 pm PST

Meeting ID: 863 3631 4407

Password: 071117

San Bernardino, CA

Time: 6:30 pm PST

Meeting ID: 792 4548 8209

Password: 6NtQYP

Hope for Today (Lancaster, CA)

Time: 7:00 pm PST

Meeting ID: 470 050 2383

Password: antelope

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

Vision of Hope Group (Los Gatos, CA)

Time: 7:30 pm PST

Zoom Meeting ID:

<https://us02web.zoom.us/j/86499034930?pwd=MEdLU1RqSjVpaU1BR1Y2OGF6eTdQU09>

Meeting ID: 864 9903 4930

Password: 4242

THURSDAY'S

Torrance, CA

Time: 7:30 pm PST

Meeting ID: 866 519 066

Password: 090098

Ontario Marble Meeting (Ontario, CA)

Time: 9:00 am PST

Meeting ID: 854 7733 8491

Password: Marble

Thousand Oaks, CA

Time: 7:30 pm PST

Meeting ID: 845 5457 9624

Password: 820108

FRIDAY'S

I Can be Free Group (Santa Barbara, CA)

Time: 6:00 pm PST

Zoom Meeting ID:

<https://ucsc.zoom.us/j/203487999?pwd=bFN1OENxSWl6cW9vdFEzTmFEcFcyZz09>

Meeting ID: 745 977 7458

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

Time: 6:30 pm PST

<https://ucsc.zoom.us/j/203487999?pwd=bFN1OENxSWl6cW9vdFEzTmFEcFcyZz09>

Zoom Meeting ID: 203 487 999

Password: sesh

(Lakewood)

Time: 7:00 PM PST

Zoom Meeting ID: 936 9808 6516

No Password:
