

SATURDAY'S

Journey to Recovery (East Haven, CT)

Time: 10 – 11:30 am EST

Zoom Meeting ID: 818 935 0076

Password: 170538

Dial-In: +1 929 205 6099

Meeting ID: 818 935 0076

Password: 170538

Naranon Rocky Mountain (CO)

Time: 9 pm EST

Zoom Meeting ID: <https://zoom.us/j/395160780>

Meeting ID: 395160780

Password: serenity

Saturday's Topic: Speakers

SUNDAY'S

Look to This Day (Meriden, CT)

Time: 9:30 am EST

Zoom Meeting ID: 621 852 505

Password: 070139

Naranon Rocky Mountain (CO)

Time: 9 pm EST

Zoom Meeting ID: <https://zoom.us/j/395160780>

Meeting ID: 395160780

Password: serenity

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 – CO, CT, MA, ME, NH,
PA**

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

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

Trust & Hope (Methuen, MA)
Time: 6:30 pm EST
Zoom Meeting ID: 772 0672 3998
Password: XqmvF1

Serenity Thru Recovery (Jenkintown, PA)
Time: 7:30 pm EST
Zoom Meeting ID: 880 498 211
No Password:

Nar-Anon Rocky Mountain (Colorado)
Time: 9:00 pm EST
Zoom Meeting ID: <https://zoom.us/j/395160780>
Zoom Meeting ID: 395 160 780
Password: serenity

TUESDAY'S

Steps to Serenity (Mansfield, CT)
Time: 6:30 pm EST
Zoom Meeting ID: 756 250 546
Passsword: 735169

East Haven Nar-Anon Meeting (East Haven, CT)
Time: 7:00 pm EST
Zoom Meeting ID: 542 755 659

Danbury Nar-Anon Meeting (Danbury, CT)
Time: 7:00 pm EST
Zoom Meeting ID: 956 715 1591
Password: Danbury

Shore Road to Recover (Niantic, CT)
Time: 7:00 pm EST
Zoom Meeting ID: 847 2593 1720
Password: 722578

TUESDAY'S

Naranon Rocky Mountain (Colorade)
Time: 9 pm EDT
Zoom Meeting ID: <https://zoom.us/j/395160780>
Meeting ID: 395160780
Password: serenity
Tuesday Topic SESH

WEDNESDAY'S

Focus on Recovery (Colorade)
Time: 6:00 pm EST
Zoom Meeting ID: <https://zoom.us/j/395160780>
Password: serenity

Catch the Wave (Old Orchard Beach, ME)
Time: 6:00 pm EST
Zoom Meeting ID: 824 7265 2066
Password: 062800

Nar-Anon Family Group Journey to Recovery
(Nashua, NH)
Time: 7:00 pm EST
Zoom Meeting ID: 941 3633 1642
Password: 8eXf00

Nar-Anon Rocky Mountain (Colorade)
Time: 9:00 pm EST
Zoom Meeting ID: <https://zoom.us/j/395160780>
Meeting ID: 395160780
Password: serenity
Wednesday's Topic: Traditions

THURSDAY'S

Let's Get Honest (Springfield, CT)
Time: 6:45 pm EST
Conference Call Dail In: 978-990-5000
Password: m184634

THURSDAY'S

Courage to Change (Hamden, CT)
Time: 7:00 pm EST
Zoom Meeting ID: 849 1978 4599
Password: 942690

Lets it BeginWith Me (Waterford, CT)
Time: 7:00 pm EST
Zoom Meeting ID: 873 0438 6639
Password: 537965

Feel the Freedom (Bristol, CT)
Time: 7:00 pm EST
Zoom Meeting ID: 842 3692 8999
Password: 821329

Naranon Rocky Mountain (CO)
Time: 9 pm EST
Zoom Meeting ID: <https://zoom.us/j/395160780>
Zoom Meeting ID: 395160780
Password: serenity
Thursday Topic: Step Meeting

FRIDAY'S

I Am Not Alone (West Hartford, CT)
Time: 7:00 pm EST
Zoom Meeting ID: 970 800 592
No Password:

Naranon Rocky Mountain (CO)
Time: 9 pm EST
Zoom Meeting ID: <https://zoom.us/j/395160780>
Zoom Meeting ID: 395160780
Password: serenity

Date: 12/01/2020