

**SATURDAY'S**

**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**

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**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  
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](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.naranonsuffolkknassauli.org](http://www.naranonsuffolkknassauli.org)

*Please view our website for any update to this list.*

*Any Question about this list Email*

[snnfqweb@gmail.com](mailto: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

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## MONDAY'S

### Trust & Hope (Methuen, MA)

Time: 6:30 pm EST

Zoom Meeting ID: 766 7090 6089

Password: Gm2M4f

Contact for Info: [mdrqofish@comcast.net](mailto:mdrqofish@comcast.net).

### 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

### 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

### Shoreline Road to Recover (Niantic, CT)

Time: 7:00 pm EST

Zoom Meeting ID: 847 2593 1720

Password: 722578

### Naranon Rocky Mountain (Colorado)

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Tuesday Topic SESH

## WEDNESDAY'S

### Catch the Wave (Old Orchard Beach, ME)

Time: 6:00 pm EST

Zoom Meeting ID: 824 7265 2066

Password: thewave

### Nar-Anon Family Group Journey to Recovery

(Nashua, NH)

Time: 7:00 pm EST

Zoom Meeting ID: 941 3633 1642

Password: 8eXf00

### Nar-Anon Family Group

Time: 7:00 pm EST

Zoom Meeting ID: 868 1717 2350

Password: 74acba

### Letting Go With Love

Time: 7:00 pm EST

Zoom Meeting ID: 878 1220 8542

No Password

One Tap Mobile:

+13126266799,,87812208542# US (Chicago)

+19292056099,, 87812208542# US (New York)

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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: 184634

## THURSDAY'S

### Feel the Freedom (Bristol, CT)

Time: 7:00 pm EST

Zoom Meeting ID: 842 3692 8999

Password: 821329

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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

## SATURDAY

### Journey to Recovery – (East Haven, CT)

Time: 10 – 11:30 am EST

Zoom Meeting ID: 818 935 0076

Password: 216224

Dail in: +1 929 205 6099

Meeting ID: 818 935 0076

Password: 216224

Date: 1/1/2022