

**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 – IL, IN, KS, MO, WI  
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

West Side NFG (Madison, WI)

**Time: 6:30 PM CST**

Zoom Meeting ID: 304 572 856

Password: 064391

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Hope NFG (Emporia, KS)

**Time: 6:30 pm CST**

712 084 668

No Password

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Touched by Addiction (Leawood, KS)

**Time: 7:00 pm CST**

Zoom Meeting ID: 946 8460 7901

Password: 710362

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North Suburban NFG (Glenview, IL)

**Time: 7:00 pm CST**

Zoom Meeting ID: 486 133 404

No Password

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## TUESDAY'S

Never Alone NFG (Madison, WI)

**Time: 6:30 pm CST**

Zoom Meeting ID: 304 572 856

Password: 064391

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Tuesday Together (Elmhurst, IL)

**Time: 7:00 pm CST**

Zoom Meeting ID: 863 9283 7825

Password: 319527

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Seekers of Serenity NFG (Bloomington IN)

**Time: 7:30 pm CST**

Zoom Meeting ID: 847 6847 0896

No Password

## TUESDAY'S

Metro Area ( Indianapolis IN)

**Time: 7:30 pm CST**

Zoom Meeting ID: 812 0109 7219

Password: 536378

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## WEDNESDAY'S

Saving Our Selves NFG (Kansas, MO)

**Time: 6:00 pm CST**

Zoom Meeting ID: 274 096 161

Password: 436251

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Serenity Seekers NFG (Homewood, IL)

**Time: 7:30 pm CST**

Zoom Meeting ID: 229 660 127

Password: 987951

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New Choices NFG (Maryland Heights,MO)

**Time: 7:30 pm CST**

Zoom Meeting ID: 229 660 127

Password: 987951

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## THURSDAY'S

Evanston NFG (Evanston, IL)

**Time: 7:00 pm CST**

Zoom Meeting ID: 929 9993 0458

Password: 187648

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## SATURDAY'S

Serenity on Saturday

**Time: 1:00 pm CST**

Zoom Meeting ID: 274 096 161

Password: 436251

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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

Password: 753534

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Serenity Seekers II NFG (Munster, IN)

**Time: 7:00 pm CST**

Zoom Meeting ID: 546 387 6141

Password: 229432

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Date: 11/30/2020