

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**



MID - WEST

ZOOM MEETING LIST – IL, IN, KS, MO, WI

August 2021

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

West Side NFG (Madison, WI)

Time: 6:30 PM CST

Zoom Meeting ID: 304 572 856

Password: 064391

Touched by Addiction (Leawood, KS)

Time: 7:00 pm CST

Zoom Meeting ID: 946 6672 9662

Password: 526357

(Waukesha, WI)

Time: 7:30 pm CST

Zoom Meeting ID: 872 5838 6014

Password: 021099

TUESDAY'S

Never Alone NFG (Madison, WI)

Time: 6:30 pm CST

Zoom Meeting ID: 304 572 856

Password: 064391

Tuesday Together (Elmhurst, IL)

Time: 7:00 pm CST

Zoom Meeting ID: 863 9283 7825

Password: 319527

(Topeka, KS)

Time: 7:00 pm CST

Zoom Meeting ID: 851 3515 2928

Password: serenity

Metro Area (Indianapolis IN)

Time: 7:30 pm CST

Zoom Meeting ID: 960 4635 1275

Password: 092190

WEDNESDAY'S

Saving Our Selves NFG (Kansas, MO)

Time: 6:00 pm CST

Zoom Meeting ID: 274 096 161

Password: 436251

New Choices NFG (Maryland Heights,MO)

Time: 7:30 pm CST

Zoom Meeting ID: 229 660 127

Password: 987951

THURSDAY'S

Never Alone (Wisconsin Area)

Time: 6:30 pm CST

Zoom Meeting ID: 874 5398 8788

Password: 870063

Evanston NFG (Evanston, IL)

Time: 7:00 pm CST

Zoom Meeting ID: 929 9993 0458

Password: 187648

SATURDAY'S

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

Serenity Seekers II NFG (Munster, IN)

Time: 7:00 pm CST

Zoom Meeting ID: 546 387 6141

Password: 229432