SATURDAY'S

Circle of Hope Group (Monterey, CA)
Time: 9:00 am PST
Meeting ID: 745 977 7458
No Password

Twelve Step Study Workshop (Simi Valley)
Last Saturday of the Month
Time: 6:30 pm PST
Meeting ID: 884 0262 1415
Password: 832671

(Torrance,CA)
Time: 11:00 AM PST
Meeting ID: 108 991 827
Passcode: 154701

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

NFG Step Study (Steps)
Time: 12 pm PST
Meeting ID: 745 977 7458
No Password

NFG Step Study (Steps)
Time: 1 pm PST
Meeting ID: 745 977 7458
No Password

Date 7/08/2026

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.*

NEW YORK REGION
NAR-ANON FAMILY GROUPS

ZOOM MEETING LIST – California

Updated: July 2026

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.naranonsuffolknassauli.org

Please view our website for any update to this list.
Any Question about this list Email
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*

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

In the Solution Group (Monterey, CA)
Time: 6:30 pm PST
https://zoom.us/j/93264701592?pwd=ZXF6cUR4VUV3ZU0xcCtJT1JrbFU3Ut09
Meeting ID: 932 6470 1592
Password: None

(Thousand Oaks, CA)
Time: 7:30PM PST
Meeting ID: 845 5457 9624
Passcode: 820108

Candle Light Group (Atascadero, CA)
Time: 6:00 pm PST
https://usweb.zoom.us/j/9622810477
Meeting ID: 962 281 0477
Password: None

TUESDAY'S

(Torrance,CA)
Time: 7:30PM PST
Meeting ID: 720 707 2699
Passcode: 090098

(Pomona, CA)
Time: 6:30 PM PST
Meeting ID: 814 2669 7049
Passcode: Pomona909!

WEDNESDAY'S

San Bernardino, CA
Time: 6:30 pm PST
Meeting ID: 83583086146
Password: 12Steps

Hope for Today (Lancaster, CA)
Time: 7:00 pm PST
Meeting ID: 821 1048 6252
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

(Fountain Valley, CA)
Time: 7:00 pm PST
Meeting ID: 893 7983 0257
Password: hope

Hope Never Ends (Hesperia, CA)
Time: 7:00 pm PST
Meeting ID:856 9206 4284
Passcode:hope

THURSDAY'S

Salinas, CA
Time: 12:00 PM PST
Zoom Meeting ID: 745 977 7458
Passcode: None

Vision of Hope Group (Los Gatos, CA)
Time: 7:30 pm PST
Zoom Meeting ID:
https://us02web.zoom.us/j/86499034930?pwd=MEdLU1RqSjVpaU1BR1Y2OGF6eTdQUT09
Meeting ID: 864 9903 4930
Password: 4242

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

(Lakewood)
Time: 7:00 PM PST
Zoom Meeting ID: 936 9808 6516
No Password:

(Scott Valley)
Time: 6:30 PM PST
Zoom Meeting ID: 819 7785 1447
Passcode: sesh