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 – CT, MA, ME, NH, PA (includes Colorado)

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

Nar-Anon Family Group Journey to Recovery (Nashua, NH)
Time: 5:00 pm EST
https://us06web.zoom.us/j/94136331642?pwd=QSttTWxIakIybktvbk9vUzVqYjdlZz09
Zoom Meeting ID: 941 3633 1642
Password: 8eXf00

TUESDAY'S

Just for Me (East Haven, CT)
Time: 7:00 pm EST
https://us02web.zoom.us/j/542755659?pwd=RGhBeklIWFZsaVpCbDk4RE1jYWhJZz09

Danbury Nar-Anon Danbury, CT)
Time: 7:00 – 8:15 pm EST
Zoom Meeting ID: 956 715 1591
Password: Danbury

WEDNESDAY'S

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

Letting Go With Love(Prospect, CT)
Time: 7:00 pm EST
https://us02web.zoom.us/j/87812208542
Zoom Meeting ID: 878 1220 8542
No Password

Shoreline Road to Recover (Niantic, CT)
Time: 7:00 pm EST
https://us02web.zoom.us/j/84725931720?pwd=ZFpGa2ZqZExVN3hSOXVjY2x0SmhWdz09
Zoom Meeting ID: 847 2593 1720
Password: 722578

THURSDAY'S

Let's Get Honest (Springfield, CT)
Time: 7:00 – 8:30 pm EST
https://us02web.zoom.us/j/86089472595
Meeting ID: 860 8947 2595
Password: none

Feel the Freedom (Bristol, CT)
Time: 7:00 pm EST
https://us02web.zoom.us/j/84236928999?pwd=bXNKRVB2dHBsVENZVEx1L0kwcUhKQT09
Zoom Meeting ID: 842 3692 8999
Password: 821329

Groton (Groton CT)
Time: 6:30 PM EST
https://us06web.zoom.us/j/85832411992?pwd=MFBacENNV3VxWlg0RnlHcXJORmg3QT09
Zoom Meeting ID: 853 3241 1992
Password: 465569

FRIDAY'S

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

SATURDAY

Journey to Recovery – (East Haven, CT)
Time: 10 – 11:30 am EST
Zoom Meeting ID:
https://us02web.zoom.us/j/8189350076?pwd=YjJwaXRLNENxL1BSUUhzM3VGeWxKQT09
Zoom Meeting ID: 818 935 0076
Password: 216224
Dail in: +1 929 205 6099
Meeting ID: 818 935 0076
Password: 216224

SUNDAY'S

Sunday Morning Look to This Day (Meriden, CT)
Time: 9:30 am EST
Zoom Meeting ID: 621 852 505
Password: 070139

Date: 7/08/2026