Western NY: ERIE, CHAUTAUQUA, NIAGARA

MONDAY 6:30 PM O *Face to Face*	PEACE OF MIND Lord of Life Lutheran Church Only meet the 1st Monday of each Month	1025 Borden Road DEPEW *(Erie County)*
MONDAY *Face to Face*	CLARITY WAY St. Mary's School 1st, 3rd, and 5th Monday	6919 Transit Road E. AMHERST SWORMVILLE(*Erie County)*
TUESDAY 7:00 PM	HOPE FOR LIFE Immanuel Lutheran Church *Person reports - Nobody there*	556 E. Second Street JAMESTOWN *(Chautauqua County)*
WEDNESDAY 7:00 PM *Face to Face*	HOPE BEGINS St. John's Grace Episcopal Church Contact 866 378 3510 Virtual Infor.	51 Colonial Circle (corner of Lafayette & Bidwell Pkwy Buffalo (Erie County)
THURSDAY 7:00 PM *On Hold A Few Months*	HEARTSEASE Fig Tree Fellowship - Suite G-4 2nd & 4th Thursday of the Month	21 Main Street LOCKPORT NY 14094 (Niagara County)

Finger Lakes: GENESEE, MONROE, YATES, ONTARIO

MONDAY 6:30 – 7:45 pm	PEACE SEEKERS Northgate Free Methodist Church South	350 Bank Street Community Room -LL BATAVIA *(Genesee County)*
MONDAY [V] 7:00 - 8:00 PM *Virtual Only*	YOU'RE WORTH IT ID: 820 6303 8677 PC: 363636	
TUESDAY 6:30 pm *Face to Face*	IF NOTHING CHANGES Spencerport Wesleyan Church	2653 Nichols Street SPENCERPORT *(Monroe County)*
TUESDAY 6:30 - 7:30 PM	WHEN IN DOUBT, DO NOTHING Northridge Church (use E. Ridge Road Entrance)	2052 St. Paul Street ROCHESTER *(Monroe County)*
TUESDAY 7:00 PM *Face to Face*	HOPE BEGINS HERE Dansville Free Methodist Church	25 Franklin Street Dansville, NY 14437
WEDNESDAY 5:30-6:45 PM *Face to Face*	RAY OF HOPE Webster Presbyterian Church Meeting Room 9	550 Webster Rd. WEBSTER *(Monroe County)*
Thursday 7:00 PM *Hybrid*	You're Not Alone Irondequoit United Methodist Church of Christ ID: 504 579 821 PC: courage	644 Titus Ave. Rochester, NY 14617
SATURDAY 8:30 AM *Face to Face*	KEEP COMING BACK Greece Baptist Church	1230 Long Pond Road Rochester, NY 14626

Southern Tier:

Central NY: CAYUGA, ONONDAGA, MADISON, ONEIDA

MONDAY 7:00 - 8:00 PM *HYBRID*	SOUL SEARCHERS Robinson Memorial Church ID: 212 121 826 PC: 791903	126 South Terry Road SYRACUSE (Onondaga County)
WEDNESDAY 7:00 PM *Virtual*	HOPEFUL HEARTS Holy Cross Church ID: 212 121 826 PC: 791903	4112 E. Genesee Street DEWITT (Onondaga County)

North Country: LEWIS, ESSEX, CLINTON, JEFFERSON

Capital District: ALBANY, COLUMBIA, SARATOGA, GREENE, MONTGOMERY

TUESDAY 7:00 PM	HEALING SPRINGS FAMILY GROUP United Methodist Church	175 5th Avenue SARATOGA SPRINGS (Saratoga County)
TUESDAY 7:00 - 8:00 PM	NEVER ALONG Capital Church	1222 Troy Schenectady Rd. Schenectady NY (Albany County)
WEDNESDAY 7:00pm *HYBRID*	STEPS TO HOPE The Moreau Community Center ID: 885 1043 1254 PC: purpledoor	144 Main Street SOUTH GLENS FALLS *(Saratoga County)*
THURSDAY 7:00 PM 1st Thursday of the month	Journey of Hope St. Luke's On The Hill	40 McBride Road MECHANICVILLE *(Saratoga County)*
SATURDAY 10:00 AM	STEP TO HOPE Grove Community Church	59 Pine Road SARATOGA SPRINGS *(Saratoga County)*
SUNDAY 7:00 PM	PATHWAY OF PEACE The United Methodist Church at Berlin	17 S. Main Street Berlin, NY 12022

KEEP COMING BACK!

New York Region
Nar-Anon Family Group

NY REGION MEETING LIST

Updated: September 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- 9815

New York Region
www.nynaranon.org

Meeting Information HOTLINE
1 (888) 333-9815

Nar-Anon Suffolk/Nassau Area
www.naranonsuffolknassauli.org

Please view Suffolk/Nassau for any updates to this list.

Any Question about this List Email – nynfgmeetinglist@gmail.com

Key to abbreviations:

B	Beginners	T	Topic
O	Open	Sp	Speaker
C	Closed	S / Tr	Step / Tradition
NT	Narateen Meeting		

Open and Beginners meetings are especially for newcomers to Nar-Anon, 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 considered closed.
Note: You need only be affected by close contact with an addict to be considered a member.
Narateen Meetings are designed for teen Nar-Anon members.

Nar-Anon members to call between meetings

NAME PHONE NUMBER

_____

_____

_____

PLEASE NOTE

All information was verified at time of printing unless noted with an asterisk (*). Please call the Hotline or check our website to get information about meeting changes.

HUDSON VALLEY SULLIVAN, ULSTER, DUTCHESS, ORANGE, ROCKLAND

WEDNESDAY 7 :30 pm *Face to Face*	SEEKING SERENITY First Reformed Church No Meeting Last Wed. every Month	70 Scofield Street (Entrance on Church Street) WALDEN *(Orange County)*
WEDNESDAY 7:30 PM *Virtual*	COURAGE TO CHANGE Nanuet Pavilion RCADD Suite 101 ID: 329 479 1946 PC: Naranon	25 Smith Street NANUET *Enter in back of Bldg.* *(Rockland County)*

WESTCHESTER AND PUTNAM COUNTIES

TUESDAY 7:30 - 9:00 PM O *Face to Face*	JUST FOR TODAY Saint John's Episcopal Church (Mtg. across street at the Butler Nursery School - (Red Door)	100 Underhill St *(Parking lot next to Church)* YONKERS *(Westchester)*
SATURDAY [V] 7:00 - 8:15 PM Virtual Only	SATURDAY NIGHT SURVIVORS ID: 84784299134 PC:589276	

BRONX

WEDNESDAY 7:00 - 8:15 PM O *Face to Face*	NEW LIGHT St. Benedicts Church (Convent)	1082 Edison Ave (near Bruckner Blvd) THROGS NECK

MANHATTAN

TUESDAY 6:15 PM 1st Tue. S *Virtual - Only*	NEW BEGINNINGS ST. Malachy's Church https://us02web.zoom.us/j/ 86954415512?pwd=U0dQblg0aF-pjVmV6a3BXZDZ5OUxDZz09 ID: 869 5441 5512 PC: 121212	239 West 49th St *(between. Broadway & 8th Ave)*

BROOKLYN

Monday 7:00 - 8:00 PM In - Person Only	MIRACLES IN CROWN HEIGHTS St. Teresa of Avila Church Entrance at 563 Sterling Place Next door from AA mgt.	777 Classon Avenue Brooklyn NY 11238
THURSDAY 7:00 - 8:00 PM HYBRID	MIRACLES IN BROOKLYN St. Stanislaus Church Located through the gates all the way in the back on the right ID:86293787919 PC: 363636	607 Humboldt Street Brooklyn NY 11222

STATEN ISLAND

TUESDAY [V] 8:00 - 9:30 PM Virtual Only	TRAVEL TO PEACE Zoom ID: 730-05-5793 PW: serenity	
THURSDAY [V] 12:00 PM *Virtual Only*	COURAGE TO CHANGE ID: 730-05-5793 PC: serenity	
SATURDAY [V] 10:00 - 11:30 AM *Virtual Only*	SATURDAY SERENITY ID: 730-05-5793 PC: serenity	

QUEENS COUNTY

MONDAY [V] 7:30 PM 1st Mon. S/Tr *Virtual Only*	SAFE HARBOR https://us04web.zoom.us/j/ 7821590756?pwd=Qkp2MVBPR001Rm-FRUHdCMkY3NnBwZz09	Jamaica Estates
TUESDAY 7:30 – 9:00 pm B/O 1st Thurs S/B *Face to Face*	NEVER ALONE St. Mels Catholic Academy ON HOLD	154-24 26th Ave, FLUSHING
WEDNESDAY 7:30 - 9:00 PM O 1st Wed. S/Tr 2nd & 4th Wed. B T0	FOREST HILLS FREEDOM GROUP Church in the Garden (Meeting in the Narthex)	50 Ascan Ave FOREST HILLS *(Private Street Request parking pass when entering bldg.)*

NASSAU COUNTY

MONDAY 7:30 - 8:45 PM *HYBRID*	STEP INTO SERENITY Haypath Park Community Center ID: 105 898 670 PC: 927600	240 Haypath Road Old Bethpage NY 11804
SATURDAY 9:30 - 10:45 AM *HYBRID*	SATURDAY MORNING COURAGE TO CHANGE St. Frances de Chantal Room 12 https://zoom.us/j/950933574 ID: 950933574 PC: 317710	1309 Wantagh Ave. Wantagh, New York 11793

SUFFOLK COUNTY

TUESDAY [V] 7:30 - 8:30 PM O 1st Tue. S 2nd, 3rd, & 5th Tue. T 4th Tue. Sp/O Beginner are welcome at all meetings *Virtual Only*	NO LONGER ALONE https://zoom.us/j/537533168 ID: 537 533 168 PC: 048626	
TUESDAY 7:00 – 7:20 B* 7:30 – 9:00 pm 1st & 3rd Tues T 2nd Tues S 4th Tues Sp *HYBRID*	SUFFOLK CONNECTION First Presbyterian Church ID: 537 533 168 PC: 048626	175 East Main St 2nd Floor *(Corner of Route 111)* SMITHTOWN
THURSDAY 7:00 PM B 7:15 - 8:45 PM O 3 rd Thursday S Newcomers always welcome *HYBRID*	REAL PEOPLE TOO Congregational United Church of Christ Meets in the Fellowship Hall Behind the Church https://us02web.zoom.us/j/21238650160 ID: 212 3865 0160 PC: None	131 Middle Road Sayville, NY 11781

KEEP COMING BACK!

WSO Database 9/01/26
Modified 9/01/26