NEVER ALONE, NEVER AGAIN

Nar-Anon Family Group

SELF-CARE SUNDAY

Sundays @ 9am EST

Healing for Mind, Body, & Soul

In Alignment with Step Eleven

Members sharing hands-on experience with activities such as:

Art Therapy, Mindful Movement Practice, Meditation, Crafting, Journaling & more

Zoom Room ID: 223 024 6262
Password: 21824