

What is Nar-Anon?

Nar-Anon is a program of recovery based on Twelve Steps, Twelve Traditions and Twelve Concepts

What is a Nar-Anon Family Group?

The Family Group is for those who know or have known a feeling of desperation due to the addiction problem of someone close to them. Nar-Anon members meet to share their experience, strength and hope at weekly meetings.

How do I Join Nar-Anon?

Joining is easy, just attend a meeting. There are no dues or fees. The only requirement for membership is that there is a problem of addiction in a relative or friend. Nar-Anon is not affiliated with any other organization or outside entity.

How to Start a Meeting in My Town

Contact the Central Valley Area by attending a meeting in Fresno, email or calling the Information Line. The Area services the following counties: Stanislaus, Tuolumne, Merced, Mariposa, Madera, Fresno and Tulare

Take Phone Numbers

Areas in Northern California Help Lines

Santa Cruz-Greater Bay Area
(831) 291-5099

San Francisco/Golden Gate Area
(415) 625-3241

Mt. Diablo/East Bay Area
(510) 496-2708

Central Valley Area
(559) 797-1656

Email:

centralvalley.nfg@sbcglobal.net



Nar-Anon Family Groups
World Services

Central Valley Area Nar-Anon Meeting List

Whether the addict is using or not, Nar-Anon offers hope and recovery to all people affected by the addiction of a loved one or friend.

Central Valley Nar-Anon Information Lines & Website

Fresno: (559) 797-1656

Tulare: (559) 799-8874

www.naranoncentralvalley.org

Northern California Region
www.naranoncalifornia.org

Nar-Anon World Headquarters
www.nar-anon.org

Keep coming back, it works!

Updated November 3, 2016

FRESNO

Open Meetings

Monday 12:00-1 P.M.

Barstow & Fresno Streets
Hope Lutheran Church
364 E. Barstow Avenue
Room 26

Tuesday 7:00-8:30 P.M.

Barstow & Fresno Streets
Hope Lutheran Church
364 E. Barstow Avenue
Room 28

Friday 7:00-8:30 P.M

Barstow & Fresno Streets
Hope Lutheran Church
364 E. Barstow Avenue
Room 28

Newcomer Meeting**

Friday 6:00-7:00 P.M.

Barstow & Fresno Streets
Hope Lutheran Church
364 E. Barstow Avenue
Room 26

****Newcomer meetings are a series of six topic meetings. You will be given opportunity to ask questions about Nar-Anon and how it works.**

It is a suggestion that you attend all six newcomer meetings. Some of the topics may include:

- **How to Deal with Stress**
- **Sponsorship**
- **Detaching with Love**

TULARE

Open Meeting

Thursday, 7:00-8:30 P.M. ***

Tulare Community Church
1820 N. Gem St.
Matthew Room – Inside the Activity
Center – Parking in back.

99 South, Exit Prosperity, turn right on Prosperity Gem St. is second street, turn right on Gem to end of street. The church will be on your right.

***** Meeting has NA adjacent**

We meet to...

- ❖ **Give unconditional support to the family or friend of an addict.**
- ❖ **Share our experience, strength and hope.**
- ❖ **Learn to focus on ourselves and not the addict.**
- ❖ **Learn about drug abuse as an illness.**
- ❖ **Help regain our self confidence**

Serenity Prayer

God Grant me the serenity to
accept the things I cannot
change, courage to change the
things I can and the wisdom to
know the difference.