

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 Region

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

Golden Gate Area (San Francisco, Marin, and Northern San Mateo Counties)
www.gganaranon.org

Phone: (415) 625-3241

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 Fresno

Hotline: (559) 797-1656

Website:
www.naranoncentralvalley.org

Northern California Region
www.naranoncalifornia.org

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

Toll Free: (800) 477-6291

FRESNO

Open Meetings

Monday 12:00-1 P.M.

Food for Thought

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

Room 26

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

Holding on to Hope

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

Room 28

Wednesday 7:30-8:30 P.M.

Nar-Anon En Espanol

Informacion llame:Lisa 559-803-0864

Hope Lutheran Church
364 E. Barstow Avenue

Salon #28

Thursday 7:00-8:30 P.M

Hope in Freson

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

Room 26

Keep coming back, it works!

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 six newcomer meetings. Some of the topics may include:

- **How to Deal with Stress**
- **Sponsorship**
- **Detaching with Love**
- **Focusing on ourselves**

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.*

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.**
 - ❖ **Regain our self-confidence.**
-

AT NAR-ANON

**We are no longer alone,
We are with others who understand
as no others could!**