Western NY: ERIE, CHAUTAUQUA, NIAGARA

MONDAY
6:45 - 8:00 pm  o  Peace of Mind
Lord of Life Lutheran Church
1025 Borden Road
DEPEW (Erie County)

MONDAY
6:00 – 7:30 pm  o  Crack Way
St. Mary’s School
6919 Transit Road
E. AMHERST (SWORMVILLE) (Erie County)

MONDAY
6:30 pm  o  Just for Today
St. Andrew’s Church
Loyola Room
1525 Sheridan Drive
KENMORE (TONAWANDA) (Erie County)

TUESDAY
7:00 – 8:30 pm  o  The Twelve Steppers
(716) 866-2182
76 Willow Drive
TONAWANDA (Erie County)

WEDNESDAY
7:00 pm  o  Hoping Begins Here
St. John’s Grace Episcopal Church
51 Colonial Circle
(part of Lafayette & Bidwell Plwy)
BUFFALO (Erie County)

THURSDAY
6:30 pm  o  A Closer Look
Central Park United Methodist Church
216 Beard Avenue
(part of Wesley) BUFFALO (Erie County)

THURSDAY
7:00 pm  o  Hope for Life
Immanuel Lutheran Church
556 E. Second Street
JAMESTOWN (Chautauqua County)

SATURDAY
11:15 am  o  Never Alone
Christ Episcopal Church
7145 Fieldcrest Drive
LOCKPORT (Niagara County)

Finger Lakes: GENESEE, MONROE, YATES, ONTARIO

MONDAY
6:30 - 7:45 pm  o  Peace Seekers
Northgate Free Methodist Church South
290 Bank Street
COMMUNITY ROOM - LL BATAVIA (Geneese County)

MONDAY
6:00 – 7:00 pm  o  Listen, Love and Learn
United Church of Christ
1487 Lehigh Station Rd
HARRIETIA (Monroe County)

TUESDAY
6:30 pm  o  If Nothing Changes… Nothing Changes and Change Is Possible
St. Helen’s School – 2nd Floor
310 Hinchey Road
ROCHESTER (Monroe County)

TUESDAY
6:30 - 7:30 pm  o  When in Doubt, Do Nothing
Northridge Church
1822 St. Paul Street
Rochester (Monroe County)

THURSDAY
7:00 pm  o  You’re Not Alone
St. Anne Church
1600 Mt. Hope Avenue
ROCHESTER (Monroe County)

SATURDAY
8:30 am  o  Keep Coming Back
Parkridge Chemical Dependency Center
1555 Long Pond Road
ROCHESTER (Monroe County)

WEDNESDAY
5:30 pm  o  Rays of Hope
Out Reach House
35 Cortice Park
ROCHESTER (Monroe County)

WEDNESDAY
6:00 - 7:30 pm  o  You Are Not Alone – Together We Can
Brookport Methodist Church
92 Main Street
BROCKPORT (Monroe County)

THURSDAY
7:00 pm  o  Finger Lakes Nar-Anon
Penn Yan United Methodist Church
166 Main Street
PENN YAN (Yates County)

MONDAY
7:00 - 8:00 pm  o  You’re Worth It
United Presbyterian Church
11 East Gibson
CANANDAIGUA (Ontario County)

SATURDAY
7:00 – 8:00 pm  o  New Beginnings
Connections – Rounded Recovery
64 West Avenue
CANANDAIGUA (Ontario County)

Southern Tier: BROOMIE, CHEMUNG

SATURDAY
1:00 – 2:00 pm  o  Healing Starts Here
Voices Recovery Center
340 Prospect Street
BINGHAMTON
(Chemung County)

TUESDAY
7:00 – 8:00 pm  o  NA Nar-Anon
Ernie Davis community Center/The NABE
350 East Fifth Street
ELMIRA
(Chemung County)

Central NY: CAYUGA, ONONDAGA, MADISON, ONEIDA

FRIDAY
7:00 pm  o  Soul Searchers
Robinson Memorial Church
126 S. Terry Road
SYRACUSE (Onondaga County)

WEDNESDAY
7:00 – 8:00 pm  o  Hopeful Hearts
Holy Cross Church
1121 E. Genesee Street
DEWITT (Onondaga County)

SATURDAY
5:00 – 6:30 pm  o  The Equality Group
Faxon Hospital
The Weaver Room, 1st Floor
1676 Sunset Ave
UTICA (Oneida County)

FRIDAY
7:00 pm  o  Hope for Breaking the Silence
United Methodist Church
116 West Grove Street
ONEIDA (Madison County)

TUESDAY
6:00 – 7:15 pm  o  No Longer Alone
Lakes Church
138 E. Genesee Street
AUBURN (Cayuga County)

North Country: LEWIS, ESSEX, CLINTON, JEFFERSON

SUNDAY
5:00 pm  o  Our Own Recovery
Pittcairn Wesleyan Church
148 Country Road 23
HARRISVILLE (Lewis County)

MONDAY
6:00 pm  o  Ticonderoga New Beginnings
The Drug Prevention Center
173 Lord Howe Street
TICONDEROGA (Essex County)

MONDAY
7:00 – 8:00 pm  o  You Are Not Alone
UVM (CVPH)
75 Beekman Street
PLATTSBURGH (Clinton County)

TUESDAY
5:00 pm  o  NY Nar-Anon
Anchor Recovery Center
241 State Street
WATERTOWN (Jefferson County)

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

TUESDAY
7:00 – 8:00 pm  o  Never Alone
Capital Church
31 Vly Road
COLONIE (Albany County)

TUESDAY
7:00 pm  o  Healing Springs Family Group
United Methodist Church
175 V Rd
SARATOGA SPRINGS (Saratoga County)

SATURDAY
10:00 am  o  Families Recover Group
Healing Springs Suite 105
152 High Rock Avenue
SARATOGA SPRINGS (Saratoga County)

WEDNESDAY
7:00 pm  o  Steps to Hope
Pine Knolls Alliance Church
(3300 inset On the Parker House on Gansevoort Road)
614 Gansevoort Road
SOUTH GLENS FALLS (Saratoga County)

THURSDAY
7:00 pm  o  Journey of Hope
Saint Luke’s on the Hill
40 McBride Road
MECHANICVILLE (Saratoga County)

THURSDAY
7:00 pm  o  Strength and Recovery Together
Crenell Morris Memorial Building
17 Park Row
CHATHAM (Columbia County)

TUESDAY
7:00 pm  o  Serenity in Numbers
Twin County Recovery
428 West Main Street
CATSKILL (Greene County)

MONDAY
6:30 pm  o  Living With Hope
St. Ann’s Church
37 Division St.
AMSTERDAM (Montgomery County)

MEETING LIST APRIL 2020

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 unhappy roads 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
Meeting Information HOTLINE
1 (866) 378-3510

Nar-Anon Nassau Area Nar-Anon Suffolk Area
www.naranonnassau.org  www.naranonsuffolkii.org

Please view our websites for any updates to this list.

Key to abbreviations:

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

Naratee Meetings are designed for teen Nar-Anon members.

Nar-Anon members to call between meetings

NAME  PHONE NUMBER

KEEP COMING BACK!
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

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>MONDAY</td>
<td>7:15-8:30 pm</td>
<td>New Beginnings St. John’s Episcopal Room 201</td>
</tr>
<tr>
<td></td>
<td></td>
<td>55 Wilbur Boulevard POUGHKEEPSIE (Dutchess County)</td>
</tr>
<tr>
<td>THURSDAY</td>
<td>7:15 pm</td>
<td>New Beginnings Ne-An-Kon Family Group St. John’s Episcopal</td>
</tr>
<tr>
<td></td>
<td></td>
<td>55 Wilbur Boulevard POUGHKEEPSIE (Dutchess County)</td>
</tr>
<tr>
<td>TUESDAY</td>
<td>7:30 pm</td>
<td>Highway to Hope The First Presbyterian Church</td>
</tr>
<tr>
<td></td>
<td></td>
<td>94-96 Main Street CHESTER (Orange County)</td>
</tr>
<tr>
<td>THURSDAY</td>
<td>7:30 pm</td>
<td>Living in a Solution Warwick Community Center</td>
</tr>
<tr>
<td></td>
<td></td>
<td>11 Hamilton Avenue WARWICK (Orange County)</td>
</tr>
<tr>
<td>WEDNESDAY</td>
<td>7:30</td>
<td>Seeking Serenity First Reformed Church</td>
</tr>
<tr>
<td></td>
<td></td>
<td>70 Scafield Street Entrance on Church Street WALDEN (Orange County)</td>
</tr>
<tr>
<td>WEDNESDAY</td>
<td>7:45 pm</td>
<td>Courage to Change Nanuet Pavilion RCADD Suite 101</td>
</tr>
<tr>
<td></td>
<td></td>
<td>25 Smith Street NANUET Enter in back of Bldg. (Rockland County)</td>
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### Westchester and Putnam Counties

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Location</th>
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<tbody>
<tr>
<td>TUESDAY</td>
<td>8:00-9:30 pm</td>
<td>Just For Today St. John’s Episcopal Church</td>
</tr>
<tr>
<td></td>
<td></td>
<td>(Mtg across street at the Butler Nursery School – Red Door)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>100 Underhill St Parking lot next to Church</td>
</tr>
<tr>
<td></td>
<td></td>
<td>(Westchester)</td>
</tr>
<tr>
<td>WEDNESDAY</td>
<td>7:00-8:30 pm</td>
<td>New Beginnings Trinity Lutheran Church</td>
</tr>
<tr>
<td></td>
<td></td>
<td>2103 Route 6 BREWSTER (Putnam)</td>
</tr>
<tr>
<td>SATURDAY</td>
<td>7:00-8:15 pm</td>
<td>Saturday Night Survivors St Eugene Rectory</td>
</tr>
<tr>
<td></td>
<td></td>
<td>32 Massitola Rd (Corner of Seneca Road) YONKERS (Westchester)</td>
</tr>
</tbody>
</table>

### Nassau County

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Location</th>
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</thead>
<tbody>
<tr>
<td>MONDAY</td>
<td>7:00 pm</td>
<td>The Serenity Group Hewlett-East Rockaway Jewish Center</td>
</tr>
<tr>
<td></td>
<td>7:30 pm</td>
<td>(Mtg across street at the Butler Nursery School – Red Door)</td>
</tr>
<tr>
<td>MONDAY</td>
<td>7:30-8:45 pm</td>
<td>All are welcome</td>
</tr>
<tr>
<td></td>
<td>5/S/Tr</td>
<td>Stepping into Serenity Haypath Community Park</td>
</tr>
<tr>
<td>TUESDAY</td>
<td>7:00 pm</td>
<td>Magic Chairs in MANHATTAN Unitarian Universal Congregation at Shelter Rock Road</td>
</tr>
<tr>
<td></td>
<td>7:30-8:45 pm</td>
<td>(July/August group meets WEDNESDAY)</td>
</tr>
<tr>
<td>THURSDAY</td>
<td>7:30 pm</td>
<td>Hopeful in Hicksville Parkway Community Church – 3rd Floor</td>
</tr>
<tr>
<td></td>
<td>8:00 pm</td>
<td>(Mtg across street at the Butler Nursery School – Red Door)</td>
</tr>
<tr>
<td>SATURDAY</td>
<td>9:00 am</td>
<td>Saturday Morning Courage to Change Roman Catholic Church of the Sacred Heart</td>
</tr>
<tr>
<td></td>
<td>10:00-11:30 am</td>
<td>(Located in school – Rm 308)</td>
</tr>
<tr>
<td>SATURDAY</td>
<td>7:30 – 9:30 am</td>
<td>The Serenity Group Hewlett-East Rockaway Jewish Center</td>
</tr>
<tr>
<td></td>
<td>9:00 am</td>
<td>(Mtg across street at the Butler Nursery School – Red Door)</td>
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### Queens County

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<tbody>
<tr>
<td>MONDAY</td>
<td>7:30 pm</td>
<td>Safe Harbor Bishop Molyo Retreat House (Terrace Room, lower level)</td>
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<td></td>
<td>1st Mon</td>
<td>5/Tr</td>
</tr>
<tr>
<td>WEDNESDAY</td>
<td>7:30-9:00 pm</td>
<td>Forest Hills Freedom Group Church in the Garden (Basement lounge)</td>
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<td>1st Wed</td>
<td>5/Tr</td>
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<tr>
<td></td>
<td>2nd &amp; 4th Wed</td>
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<tr>
<td></td>
<td>3rd &amp; 5th Wed</td>
<td>T</td>
</tr>
<tr>
<td>THURSDAY</td>
<td>7:30-9:00 pm</td>
<td>Neveh Shalom Veterans of Foreign War (Located in school – Red Door)</td>
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<tr>
<td></td>
<td></td>
<td>19-12 149th St (Off 20th Ave) WHITESTONE</td>
</tr>
</tbody>
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### Staten Island

<table>
<thead>
<tr>
<th>Day</th>
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<tbody>
<tr>
<td>TUESDAY</td>
<td>8:00-9:30 pm</td>
<td>Travel to Peace St. Christopher’s Meeting Hall</td>
</tr>
<tr>
<td></td>
<td></td>
<td>136 Midland Ave (Corner of Edison) GRANT CITY</td>
</tr>
<tr>
<td>WEDNESDAY</td>
<td>7:00-8:30 pm</td>
<td>New Hope University Hospital South (Main Lobby Boardroom)</td>
</tr>
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<td></td>
<td>375 Suergine Ave (Off Hylan Blvd)</td>
</tr>
<tr>
<td>SATURDAY</td>
<td>10:00-11:30 am</td>
<td>Saturday Serenity Holy Family Church</td>
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<tr>
<td></td>
<td></td>
<td>(Church basement entrance between rectory and church)</td>
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</tbody>
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### Suffolk County

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<tbody>
<tr>
<td>MONDAY</td>
<td>7:30-9:00 pm</td>
<td>New Hope First Presbyterian Church</td>
</tr>
<tr>
<td></td>
<td>1st &amp; 3rd Mon</td>
<td>B</td>
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<tr>
<td></td>
<td>2nd Mon</td>
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<td></td>
<td>4th Mon</td>
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<tr>
<td></td>
<td>5th Mon</td>
<td>Sp</td>
</tr>
<tr>
<td>THURSDAY</td>
<td>7:30-9:00 pm</td>
<td>Miracle on Mondays Bellport United Methodist Church</td>
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<tr>
<td></td>
<td></td>
<td>185 South Country Rd BELLPORT</td>
</tr>
<tr>
<td>TUESDAY</td>
<td>7:30-8:30 pm</td>
<td>Ne-An-Kon Family Group South Oak Hospital Auditorium Bldg. Front Room</td>
</tr>
<tr>
<td></td>
<td></td>
<td>See directions on <a href="http://www.naranonsuffolkli.org">www.naranonsuffolkli.org</a> under Calendar/Events</td>
</tr>
<tr>
<td>SATURDAY</td>
<td>7:30-9:00 pm</td>
<td>NARATEEN MEETING First Presbyterian Church</td>
</tr>
<tr>
<td></td>
<td></td>
<td>175 East Main St 2nd Floor (Corner of Route 111) SMITHTOWN</td>
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</tbody>
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### Bronx

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<tbody>
<tr>
<td>WEDNESDAY</td>
<td>7:00-8:15 pm</td>
<td>New Light St. Benedicts Church (Convent)</td>
</tr>
<tr>
<td></td>
<td>7:00-8:15 pm</td>
<td>1082 Edison Ave (near Bruckner Blvd) THROGS NECK</td>
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</tbody>
</table>

### Brooklyn

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<thead>
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<tbody>
<tr>
<td>SATURDAY</td>
<td>9:30-10:00 am</td>
<td>720 Merrick Ave NORTH MERRICK</td>
</tr>
<tr>
<td></td>
<td>10:00-11:30 am</td>
<td>SATURDAY MORNING COURAGE TO CHANGE Roman Catholic Church of the Sacred Heart</td>
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<td>(Located in school – Rm 308)</td>
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### Long Island

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<tbody>
<tr>
<td>MONDAY</td>
<td>7:30-9:00 pm</td>
<td>Long Island Center for Recovery (LICR)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>320 West Montauk Hwy HAMPTON BAYS</td>
</tr>
<tr>
<td>WEDNESDAY</td>
<td>7:00-8:00 pm</td>
<td>STRENGTH, HOPE AND COURAGE Thrice Recovery Community</td>
</tr>
<tr>
<td></td>
<td></td>
<td>1325 Motor Parkway HAUPPAUGE</td>
</tr>
<tr>
<td>WEDNESDAY</td>
<td>7:30-9:00 pm</td>
<td>Hope &amp; Healing Community Presbyterian Church</td>
</tr>
<tr>
<td></td>
<td></td>
<td>(Downstairs in rear)</td>
</tr>
<tr>
<td>WEDNESDAY</td>
<td>7:30-8:00 pm</td>
<td>19-12 149th St (Off 20th Ave) WHITESTONE</td>
</tr>
</tbody>
</table>

### Keep Coming Back!