

WSO's Virtual Meetings in English 11-1-2023

Many Nar-Anon/Narateen groups now meet virtually, without a physical location. A list of registered virtual meetings is available on this page.

Please use the email in the "Contact-Email" column to ask for the link and details of the meeting you want to join. To find Narateen virtual meetings - [click here](#).

Day-of-Week	Language	Start-Time	Time-Zone	Meeting-Name	Contact-Email
Sunday	English	11:00 AM	Eastern Time	Freehold NFG 103-015 (V)	freeholdsunday@gmail.com
Sunday	English	11:00 AM	Mountain Time	Partners in Naranon 138-032 (V)	partnersinnaranon@gmail.com
Sunday	English	9:00 AM	Pacific Time	Sunday Support 136-023 (V)	hm.naranonfamilygroup@gmail.com
Sunday	English	12:00 PM	Pacific Time	Step Study 131-035 (V)	SundayNFGStepStudy@gmail.com
Sunday	English	1:00 PM	Pacific Time	Step Study 131-117 (V)	SundayNFGStepStudy@gmail.com
Sunday	English	7:00 PM	Pacific Time	Peace and Serenity on Sunday 131-011 (V)	srawland@yahoo.com
Sunday	English	7:00 PM	Eastern Time	Serenity Sunday 16-096 (V)	SerenitySunday@naranonontario.com
Sunday	English	7:00 PM	Eastern Time	Sunday Night Serenity 102-076 (V)	eaglevillennaranon@gmail.com
Sunday	English	12:30 PM	Central Time	Serenity Seekers 130-006 (V)	BobalooDJ@Hotmail.com
Sunday	English	6:30 PM	Central Time	Hwy 64 Nar-Anon 121-037 (V)	aperret@att.net
Sunday	English	7:30 PM	Eastern Time	Virtual Serenity 111-105 (V)	virtualeserenitysunday@gmail.com
Sunday	English	9:00 PM	Eastern Time	Feeling, Dealing, and Healing Through Recovery 106-025(V)	feeldealheal2020@gmail.com
Sunday	English	7:00 PM	Mountain Time	It Starts With Us NFG 138-025 (V)	Contact.ISWU@gmail.com
Monday	English	7:00 PM	New Zealand	New Zealand Nar-Anon 64-003 (V)	aucklandnfg@gmail.com
Monday	English	7:00 AM	Eastern Time	Hope After Loss 153-001(V)	info@naranonhopeafterloss.org
Monday	English	11:00 AM	Mountain Time	Monday Miracles 138-027(V)	mondaymiraclesnfg@gmail.com
Monday	English	9:00 AM	Eastern Time	Feeling, Dealing, and Healing Through Recovery 106-025(V)	feeldealheal2020@gmail.com
Monday	English	5:00 PM	Eastern Time	Journey To Serenity 109-001 (V)	Naranonfamilygroupnh@gmail.com
Monday	English	6:30 PM	Eastern Time	Attitude of Gratitude 104-051 (V)	tsalcedo56@yahoo.com
Monday	English	7:00 PM	Eastern Time	You're Worth It 111-073 (V)	naranoncanandaigua@gmail.com
Monday	English	7:00 PM	Eastern Time	New Tampa 127-088 (V)	naranonbonnie@gmail.com
Monday	English	7:30 PM	Eastern Time	Night of Serenity 127-045 (V)	NightOfSerenity@flfamily.net
Monday	English	6:30 PM	Eastern Time	Paths to Recovery: Newcomer Meeting 153-002 (V)	newcomersoutreachvptr@gmail.com
Monday	English	7:30 PM	Eastern Time	Safe Harbor 111-020 (V)	SafeHarbor.naranon@yahoo.com

Monday	English	7:30 PM	Eastern Time	Serenity Through Recovery 102-015 (V)	jenkintownnaranon@gmail.com
Monday	English	7:30 PM	Eastern Time	Paths to Recovery: A Place for Grace 153-003 (V)	virtualpathstorecovery@gmail.com
Monday	English	7:00 PM	Eastern Time	Monday Night NFG 127-099 (V)	MondayNightNarAnonZOOM@gmail.com
Monday	English	6:00 PM	Central Time	Saving Our Selves 124-029 (V)	monsosnfgtm@gmail.com
Monday	English	7:00 PM	Central Time	Mom Offering Moms Support 128-042 (V)	naranonmomsntx@gmail.com
Monday	English	7:30 PM	Eastern Time	Message of Hope 16-101 (V)	hope.nolongeralone@gmail.com
Monday	English	8:00 PM	Eastern Time	Feeling, Dealing, and Healing Through Recovery 106-025(V)	feeldealheal2020@gmail.com
Monday	English	6:30 PM	Pacific Time	Courage to Change 148-006 (V)	couragetochangeinquiry@gmail.com
Monday	English	7:00 PM	Mountain Time	It Starts With Us NFG 138-025 (V)	Contact.ISWU@gmail.com
Monday	English	7:00 PM	Pacific Time	A Better Way To Live 131-069 (V)	TemeculaNarAnon@Gmail.com
Monday	English	7:00 PM	Pacific Time	The Next Step 142-025 (V)	tcia95@gmail.com
Monday	English	7:30 PM	Pacific Time	Nar-Anon Recovery 148-017 (V)	debora_killeen@yahoo.com
Tuesday	English	11:00 AM	Mountain Time	Colorado Springs SESH 138-015 (V)	ColoradoSESH@gmail.com
Tuesday	English	7:30 PM	South Africa Time	NFG Tuesday online SA 2717 (V)	Debbiejaneprinsloo@gmail.com
Tuesday	English	6:00 PM	Pacific Time	Candle Light 131-033 (V)	centralcoastlarry@gmail.com
Tuesday	English	6:00 PM	Pacific Time	Just for Today NFG 153-007 (V)	jftnaranondiscord@gmail.com
Tuesday	English	6:15 PM	Pacific Time	Hope In Healing 131-097 (V)	roseannreynolds1@gmail.com
Tuesday	English	7:00 PM	Pacific Time	Holding On To Hope 131-007(V)	fresnocanaranon@gmail.com
Tuesday	English	7:30 PM	Pacific Time	Path to Serenity 16-119 (V)	pathtoserenitynfg1@gmail.com
Tuesday	English	6:15 PM	Eastern Time	Journey to Hope 104-052 (V)	journeytohopega@gmail.com
Tuesday	English	6:00 PM	Central Time	South Texas NFG Virtual 128-039 (V)	txjellybean@gmail.com
Tuesday	English	6:00 PM	Central Time	Twin Ports Nar-Anon 130-011 (V)	Cherylmrn623@aol.com
Tuesday	English	6:30 PM	Eastern Time	Hope Starts Here 112-059 (V)	MRS.DRWELCH2015@GMAIL.COM
Tuesday	English	7:00 PM	Eastern Time	Sharing the Gift 102-071 (V)	Sharingthegift@gmail.com
Tuesday	English	7:00 PM	Eastern Time	Just for Me 105-016 (V)	mdpuziello@gmail.com
Tuesday	English	7:00 PM	Eastern Time	A New Way of Life 127-063 (V)	jogo118@gmail.com
Tuesday	English	7:00 PM	Eastern Time	Serenity 16-093 (V)	serenitynaranon@gmail.com
Tuesday	English	7:00 PM	Eastern Time	Just For Today 107-048 (V)	suzeqim@gmail.com
Tuesday	English	7:30 PM	Eastern Time	The Circle of Hope	steve.circle2@gmail.com
Tuesday	English	8:00 PM	Eastern Time	Travel to Peace 111-037 (V)	guymagg@yahoo.com
Tuesday	English	8:00 PM	Eastern Time	We Belong 122-016 (V)	Naranonwebelong@yahoo.com
Tuesday	English	8:00 PM	Eastern Time	Feeling, Dealing, and Healing Through Recovery 106-025(V)	feeldealheal2020@gmail.com

Tuesday	English	7:00 PM	Mountain Time	It Starts With Us NFG 138-025 (V)	Contact.ISWU@gmail.com
Wednesday	English	8:00 AM	Easten Time	Sunnyside Up NFG 128-047 (V)	sunnysideupnfg@gmail.com
Wednesday	English	9:00 AM	Pacific	Men Sharing Recovery 142-048 (V)	discovershtoday@gmail.com
Wednesday	English	6:00 PM	Australian Eastern Time	Melbourne NFG 61-021 (V)	melbnfg.secretary@gmail.com
Wednesday	English	11:00 AM	Mountain Time	Moms Offering Moms Serenity 138- 030(V)	naranonmoms@gmail.com
Wednesday	English	11:00 AM	Pacific Time	Hope After Loss 153-001(V)	info@naranonhopeafterloss.org
Wednesday	English	12:00 PM	Easten Time	Twelve At 12 116-038 (V)	virtual@naranoncentral.org
Wednesday	English	3:00 PM	Eastern Time	Feeling, Dealing, and Healing Through Recovery 106-025(V)	feeldealheal2020@gmail.com
Wednesday	English	6:00 PM	Easten Time	Just for Today Doylestown 102-009 (V)	doylestown.jft.naranon.group@gmail.com
Wednesday	English	7:00 PM	Easten Time	Virtual Serenity, Barrie NFG 16-106 (V)	virtualserenitybarrie@gmail.com
Wednesday	English	7:00 PM	Easten Time	Message of Hope 16-101(V)	hope.nolongeralone@gmail.com
Wednesday	English	7:00 PM	Eastern Time	Paths to Recovery: H.O.P.E; Hold On, Pain Ends 153-004 (V)	virtualpathstorecovery@gmail.com
Wednesday	English	8:00 PM	Eastern Time	Feeling, Dealing, and Healing Through Recovery 106-025(V)	feeldealheal2020@gmail.com
Wednesday	English	7:00 PM	Mountain Time	It Starts With Us NFG 138-025 (V)	Contact.ISWU@gmail.com
Wednesday	English	6:30 PM	Pacific Time	Inland Empire Virtual Meeting 131-140 (V)	ievirtualmeetinggroup@gmail.com
Wednesday	English	7:30 PM	Pacific Time	Guide to Serenity 131-009 (V)	miraclelizz73@gmail.com
Thursday	English	8:00 PM	United Kingdom	Open Share 44-04 (V)	info@nar-anon.co.uk
Thursday	English	12:00 PM	Alaska	Steps to Serenity 149-007 (V)	cleveland.wendy@gmail.com
Thursday	English	9:00 AM	Eastern Time	Feeling, Dealing, and Healing Through Recovery 106-025(V)	feeldealheal2020@gmail.com
Thursday	English	11:00 AM	Mountain Time	We Begin Here 138-028 (V)	Webeginhere365@gmail.com
Thursday	English	12:00 AM	Eastern Time	Courage to Change 111-038 (V)	gmaggiore@att.com
Thursday	English	6:30 PM	Eastern Time	CR Peace in the Storm 117-074 (V)	virtual@naranoncentral.org
Thursday	English	7:00 PM	Eastern Time	Land O'Lakes NFG 127-023 (V)	imarin07.im@gmail.com
Thursday	English	7:00 PM	Eastern Time	Steps to Serenity 16-021 (V)	stepstoserenitylondon@gmail.com
Thursday	English	7:00 PM	Eastern Time	No Longer Alone 16-098 (V)	naranonvirtual@hotmail.com
Thursday	English	7:00 PM	Eastern Time	Serenity Today 16-104 (V)	serenitytoday333@gmail.com
Thursday	English	7:00 PM	Eastern Time	Family Serenity 102-130 (V)	wcf101950@cs.com
Thursday	English	7:00 PM	Eastern Time	Steps To Serenity 16-100 (V)	stepstoserenitylondon@gmail.com
Thursday	English	7:00 PM	Eastern Time	Circle of Hope 107-051 (V)	circleofhope.columbia@gmail.com
Thursday	English	7:30 PM	Eastern Time	Serene on Screen 102-131 (V)	sereneonscreen@gmail.com
Thursday	English	7:45 PM	Eastern Time	Virtual Serenity NFG 104-054 (V)	contactvirtualserenity@gmail.com

Thursday	English	12:00 PM	Central Time	Pathway to Hope 124-027 (V)	rosemary3751@att.net
Thursday	English	6:30 PM	Central Time	WI NFG Area Zoom meeting 130-031 (V)	WI.Area.NFG@outlook.com
Thursday	English	9:00 PM	Eastern Time	Feeling, Dealing, and Healing Through Recovery 106-025(V)	feeldealheal2020@gmail.com
Thursday	English	9:00 AM	Pacific Time	Virtual Step Study 131-156 (V)	virtualstepstudy@gmail.com
Thursday	English	5:30 PM	Pacific Time	Hope After Loss 153-001(V)	info@naranonhopeafterloss.org
Thursday	English	4:00 PM	Pacific Time	Oakland Thursday NFG 131-137 (V)	hughesfriel@hotmail.com
Thursday	English	7:00 PM	Mountain Time	It Starts With Us NFG 138-025 (V)	Contact.ISWU@gmail.com
Thursday	English	6:00 PM	Pacific Time	Just for Today NFG 153-007 (V)	jftnaranondiscord@gmail.com
Thursday	English	7:00 PM	Pacific Time	Secular Serenity 16-092 (V)	aprilhards@gmail.com
Thursday	English	7:00 PM	Pacific Time	Wyndham NFG 131-146 (V)	Thursdayzoomnon@gmail.com
Thursday	English	7:00 PM	Pacific Time	Winds of Change 131-138 (V)	WindsOfChangevirtual@gmail.com
Thursday	English	7:00 PM	Pacific Time	Pierce County NFG 142-005 (V)	karen98332@gmail.com
Thursday	English	7:30 PM	Pacific Time	Letting Go and Letting It Begin With Us 131-016 (V)	numerocho916@gmail.com
Thursday	English	8:00 PM	Newfoundland Time	A New Day 16-039 (V)	Naranonstjohns@gmail.com
Friday	English	1:00 PM	South Africa Time	Friday Lunchtime Online Group 2719 (V)	nfglunchtimefriday@gmail.com
Friday	English	7:30 PM	South Africa Time	Friday Night Online Meeting South Africa 2720 (V)	nfglunchtimefriday@gmail.com
Friday	English	11:00 AM	Mountain Time	Freedom on Fridays 138-026(V)	virtualnfgco@gmail.com
Friday	English	7:00 PM	Eastern Time	Paths to Recovery: Fridays With Friends 153-005 (V)	virtualpathstorecovery@gmail.com
Friday	English	8:30 PM	Eastern Time	We Belong 122-016 (V)	Naranonwebelong@yahoo.com
Friday	English	7:30 PM	Eastern Time	Helping Hand and Heart 16-112 (V)	helpinghandandheart22@gmail.com
Friday	English	10:00 PM	Eastern Time	Feeling, Dealing, and Healing Through Recovery 106-025(V)	feeldealheal2020@gmail.com
Friday	English	7:00 PM	Hawaii Time	Aloha NFG 150-001(V)	alohaNFG@gmail.com
Friday	English	5:30 PM	Pacific Time	Men Sharing - TOHPIF 136-022 (V)	discovershtoday@gmail.com
Friday	English	6:00 PM	Pacific Time	I Can Be Free 131-066(V)	Webmaster@NarAnonSantaBarbara.org
Friday	English	7:00 PM	Pacific Time	Change Your Life Today 131-050(V)	LakewoodNFG@gmail.com
Friday	English	7:30 PM	Pacific Time	Serenity Circle 16-044 V)	devedr@yahoo.ca
Friday	English	7:00 PM	Mountain Time	It Starts With Us NFG 138-025 (V)	Contact.ISWU@gmail.com
Saturday	English	11:00 AM	Atlantic Time	Woodlawn NFG 16-114 (V)	woodlawnnfg@gmail.com
Saturday	English	10:00 AM	Eastern Time	Journey To Recovery 105-003 (V)	journeytorecoverysatehnaranon@gmail.com
Saturday	English	10:00 AM	Eastern Time	Saturday Serenity 111-039 (V)	guymagg@yahoo.com
Saturday	English	11:00 AM	Eastern Time	Serenity Hour Virtual 104-057 (V)	serenityhourvirtual@gmail.com
Saturday	English	11:00 AM	Pacific Time	Hope After Loss 153-001(V)	info@naranonhopeafterloss.org

Saturday	English	7:30 PM	Pacific Time	Oakland NFG 131-015 (V)	wendyalfsen@gmail.com
Saturday	English	1:00 PM	Central Time	Serenity on Saturday 134-018 (V)	satsosnfgtm@gmail.com
Saturday	English	7:00 PM	Mountain Time	It Starts With Us NFG (speaker) 138-025 (V)	Contact.ISWU@gmail.com
Saturday	English	7:00 PM	Eastern Time	Saturday Night Survivors 111-043 (V)	saturdaynightsurvivornfg@gmail.com
Saturday	English	7:30 PM	Eastern Time	Saturday Night Serenity 103-001 (V)	saturdayserenityNFG@mail.com
Saturday	English	5:00 PM	Eastern Time	Feeling, Dealing, and Healing Through Recovery 106-025(V)	feeldealheal2020@gmail.com