HELPFUL TIPS:

1. *Put your phone on silent so it does not cause any disruptions.*

2. *Mute your mic unless we are all reading out loud together or if you are speaking. If you do not mute yourself, every sound in your home gets picked up and this could cause a distraction. Depending on what viewing mode you are using, the main screen focuses on the person speaking. So if you are not muted but noise is coming from your end, the screen will show you, as opposed to the person who is sharing*

3. *As with a regular meeting there is one Chairperson who will open up. Depending on the size of the meeting there may be a timekeeper to make sure that everyone gets a fair opportunity to share.*

4. *If you have your video on, you can raise your hand to signal you would like to share. You can also message the Chairperson directly on zoom (Zoom has a chat feature). If you are using Audio Only you can just introduce yourself and share when its silent.*

5. *Regarding the format - it will be very similar if not exact to the regular in person meeting. Since hosting meetings online is still a new thing for us, we can work together and discuss what format to use moving forward.*

6. *Not a rule, but just a helpful tip: If you are using Zoom on a computer, when muted, you can hold the space bar down and it will temporarily unmute you as long as it's being held.*

NEW YORK REGION
NAR-ANON FAMILY GROUPS

VIRTUAL MEETING LIST – Mid-Atlantic DC, MD, VA, WV

Updated:October 2026

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 that unhappy road 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

Nar-Anon Suffolk/Nassau Area

www.naranonsuffolknassauli.org

Please view our website for any update to this list.
Any Question about this list Email
snnfgweb@gmail.com

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 consider closed.

Note: You need only be affected by close contact with an addict to be considered a member.

Nar-Anon members to call between meetings

NAME *PHONE NUMBER*

TUESDAY'S

New Hope Church, (Catonsville,MD)

Time: 6:30 pm EST

Meeting ID: 9903571019

Password: Tuesday630

Just For Today (Baltimore, MD)

Time: 7:00 pm EST

Meeting ID: 466 577 9028

Password: 643424

WEDNESDAY'S

A New Beginning (Gathersbury, MD)

Time: 6:30 pm EST

Meeting ID: 620 399 829

No Password

THURSDAY'S

Seeking Serenity (Washington DC)

Time: 6:30 pm EST

Zoom Meeting ID:

https://us02web.zoom.us/j/86212252310?-pwd=Rm1NVzBsRzFZWW1iWDdzTHZNU0pZZz09

Meeting ID: 862 1225 2310

Password: 191113

SATURDAY'S

Serenity on Saturday (Capital Area)

Time: 10:30 am EST

Zoom Meeting ID:

https://us02web.zoom.us/j/83717269900?pwd=YUNQRkYyVE55eHNJamJTOXp3R2d3QT09

Meeting ID: 837 1726 9900

Password: 211165

SATURDAY'S

Because You are Worth It (Fredricksburg, VA)

Time: 11:00 am EST

Zoom Meeting ID:

https://us02web.zoom.us/j/85866099748?pwd=TEIvM0tFRWI1SmUwRExOeXAraGtDUT09

Meeting ID: 859 6609 9748

Password: 806224

Date: 10/10/2026