## We Begin Here

We are here to help with your beginning where you are in Nar-Anon. To pass along what was so freely given to us on to you.

To attend go to naranonrm.org

Thursdays at

12pm ET | 11am CT |

10am MT | 9am PT |

Held in the Rocky
Mountain Region
Mountain Meeting
Virtual Meeting
Room

In Nar-Anon we are never alone!

We invite you to stay for the After Meeting/Roundtable!!

- Meetings run in7-week intervals
- About Addiction
- ☐ Nar-Anon Steps 1, 2, and 3
  - Sponsorship
- □ Service
- Guest Speaker on7th week
- Help with starting up
- Questions andAnswers
- Intro to Nar-Anon with a new understanding