

# WSO's Virtual Meetings in English

Day-of-Week	Language	Start-Time	Time-Zone	Meeting-Name	Contact-Email
Sunday	English	11:00 AM	Eastern Time	Freehold NFG   103-015 (V)	<a href="mailto:freeholdsunday@gmail.com">freeholdsunday@gmail.com</a>
Sunday	English	11:00 AM	Mountain Time	Partners in Naranon   138-032 (V)	<a href="mailto:partnersinnaranon@gmail.com">partnersinnaranon@gmail.com</a>
Sunday	English	9:00 AM	Pacific Time	Sunday Support   136-023 (V)	<a href="mailto:hm.naranonfamilygroup@gmail.com">hm.naranonfamilygroup@gmail.com</a>
Sunday	English	12:00 PM	Pacific Time	Step Study   131-035 (V)	<a href="mailto:SundayNFGStepStudy@gmail.com">SundayNFGStepStudy@gmail.com</a>
Sunday	English	1:00 PM	Pacific Time	Step Study   131-117 (V)	<a href="mailto:SundayNFGStepStudy@gmail.com">SundayNFGStepStudy@gmail.com</a>
Sunday	English	6:30 PM	Pacific Time	SOS (Saving OurSelves)   131-024 (V)	<a href="mailto:naranonsantacruzsos@gmail.com">naranonsantacruzsos@gmail.com</a>
Sunday	English	7:00 PM	Pacific Time	Peace and Serenity on Sunday   131-011 (V)	<a href="mailto:srawland@yahoo.com">srawland@yahoo.com</a>
Sunday	English	7:00 PM	Eastern Time	Serenity Sunday   16-096 (V)	<a href="mailto:SerenitySunday@naranonontario.com">SerenitySunday@naranonontario.com</a>
Sunday	English	7:00 PM	Eastern Time	Sunday Night Serenity   102-076 (V)	<a href="mailto:eaglevillenaranon@gmail.com">eaglevillenaranon@gmail.com</a>
Sunday	English	7:15 PM	Eastern Time	Kissimmee Sunday Night  127-115 (V)	<a href="mailto:catherine.marie@hotmail.ca">catherine.marie@hotmail.ca</a>
Sunday	English	9:00 PM	Eastern Time	Never Alone, Never Again   106-026(V)	<a href="mailto:neveraloneinrecovery@gmail.com">neveraloneinrecovery@gmail.com</a>
Sunday	English	12:30 PM	Central Time	Serenity Seekers   130-006 (V)	<a href="mailto:BobalooDJ@Hotmail.com">BobalooDJ@Hotmail.com</a>
Sunday	English	6:30 PM	Central Time	Hwy 64 Nar-Anon   121-037 (V)	<a href="mailto:aperret@att.net">aperret@att.net</a>
Sunday	English	7:30 PM	Eastern Time	Virtual Serenity   111-105 (V)	<a href="mailto:virtualserenitysunday@gmail.com">virtualserenitysunday@gmail.com</a>
Sunday	English	9:00 PM	Eastern Time	Feeling, Dealing, and Healing Through Recovery   106-025(V)	<a href="mailto:feeldealheal2020@gmail.com">feeldealheal2020@gmail.com</a>
Sunday	English	7:00 PM	Mountain Time	It Starts With Us NFG   138-025 (V)	<a href="mailto:Contact.ISWU@gmail.com">Contact.ISWU@gmail.com</a>
Monday	English	7:00 PM	New Zealand	New Zealand Nar-Anon   64-003 (V)	<a href="mailto:aucklandnfg@gmail.com">aucklandnfg@gmail.com</a>
Monday	English	7:00 AM	Eastern Time	Hope After Loss   153-001(V)	<a href="mailto:info@naranonhopeafterloss.org">info@naranonhopeafterloss.org</a>
Monday	English	8:00 AM	Eastern Time	Never Alone, Never Again   106-026(V)	<a href="mailto:neveraloneinrecovery@gmail.com">neveraloneinrecovery@gmail.com</a>
Monday	English	11:00 AM	Mountain Time	Monday Miracles   138-027(V)	<a href="mailto:mondaymiraclesnfg@gmail.com">mondaymiraclesnfg@gmail.com</a>
Monday	English	9:00 AM	Eastern Time	Feeling, Dealing, and Healing Through Recovery   106-025(V)	<a href="mailto:feeldealheal2020@gmail.com">feeldealheal2020@gmail.com</a>

# WSO's Virtual Meetings in English

Monday	English	5:00 PM	Eastern Time	Journey To Serenity   109-001 (V)	<a href="mailto:Naranonfamilygroupnh@gmail.com">Naranonfamilygroupnh@gmail.com</a>
Monday	English	6:30 PM	Eastern Time	Attitude of Gratitude   104-051 (V)	<a href="mailto:malbertwal@aol.com">malbertwal@aol.com</a>
Monday	English	7:00 PM	Eastern Time	You're Worth It   111-073 (V)	<a href="mailto:naranoncanandaigua@gmail.com">naranoncanandaigua@gmail.com</a>
Monday	English	7:00 PM	Eastern Time	New Tampa   127-088 (V)	<a href="mailto:naranonbonnie@gmail.com">naranonbonnie@gmail.com</a>
Monday	English	7:30 PM	Eastern Time	Night of Serenity   127-045 (V)	<a href="mailto:NightOfSerenity@flfamily.net">NightOfSerenity@flfamily.net</a>
Monday	English	6:30 PM	Eastern Time	Paths to Recovery: Newcomer Meeting   153-002 (V)	<a href="mailto:newcomersoutreachvptr@gmail.com">newcomersoutreachvptr@gmail.com</a>
Monday	English	7:30 PM	Eastern Time	Safe Harbor  111-020 (V)	<a href="mailto:SafeHarbor.naranon@yahoo.com">SafeHarbor.naranon@yahoo.com</a>
Monday	English	7:30 PM	Eastern Time	Serenity Through Recovery   102-015 (V)	<a href="mailto:jenkintownnaranon@gmail.com">jenkintownnaranon@gmail.com</a>
Monday	English	7:30 PM	Eastern Time	Paths to Recovery: A Place for Grace   153-003 (V)	<a href="mailto:virtualpathstorecovery@gmail.com">virtualpathstorecovery@gmail.com</a>
Monday	English	7:00 PM	Mountain Time	Golden NFG   138-014 (V)	<a href="mailto:BTDT36@aol.com">BTDT36@aol.com</a>
Monday	English	7:00 PM	Eastern Time	Monday Night NFG   127-099 (V)	<a href="mailto:MondayNightNarAnonZOOM@gmail.com">MondayNightNarAnonZOOM@gmail.com</a>
Monday	English	6:00 PM	Central Time	Saving Our Selves   124-029 (V)	<a href="mailto:monsosnfgtm@gmail.com">monsosnfgtm@gmail.com</a>
Monday	English	7:00 PM	Central Time	Moms Offering Moms Support   128-042 (V)	<a href="mailto:naranonmomsntx@gmail.com">naranonmomsntx@gmail.com</a>
Monday	English	7:30 PM	Eastern Time	Message of Hope   16-101 (V)	<a href="mailto:hope.nolongeralone@gmail.com">hope.nolongeralone@gmail.com</a>
Monday	English	8:00 PM	Eastern Time	Feeling, Dealing, and Healing Through Recovery   106-025(V)	<a href="mailto:feeldealheal2020@gmail.com">feeldealheal2020@gmail.com</a>
Monday	English	6:30 PM	Mountain Time	Courage to Change   148-006 (V)	<a href="mailto:couragetochangeinquiry@gmail.com">couragetochangeinquiry@gmail.com</a>
Monday	English	7:00 PM	Mountain Time	It Starts With Us NFG   138-025 (V)	<a href="mailto&gt;Contact.ISWU@gmail.com">Contact.ISWU@gmail.com</a>
Monday	English	7:00 PM	Pacific Time	A Better Way To Live   131-069 (V)	<a href="mailto:TemeculaNarAnon@Gmail.com">TemeculaNarAnon@Gmail.com</a>
Monday	English	7:00 PM	Pacific Time	The Next Step   142-025 (V)	<a href="mailto:mpratt1130@gmail.com">mpratt1130@gmail.com</a>
Monday	English	7:30 PM	Pacific Time	Nar-Anon Recovery   148-017 (V)	<a href="mailto:debora_killeen@yahoo.com">debora_killeen@yahoo.com</a>
Monday	English	7:30 PM	Pacific Time	Oakland Monday Night   131-014 (V)	<a href="mailto:caffler@aol.com">caffler@aol.com</a>
Tuesday	English	11:00 AM	Mountain Time	Colorado Springs SESH   138-015 (V)	<a href="mailto:ColoradoSESH@gmail.com">ColoradoSESH@gmail.com</a>
Tuesday	English	7:30 PM	South Africa Time	NFG Tuesday online SA   2717 (V)	<a href="mailto:Debbiejanepriusloo@gmail.com">Debbiejanepriusloo@gmail.com</a>
Tuesday	English	8:00 AM	Eastern Time	Never Alone, Never Again   106-026(V)	<a href="mailto:neveraloneinrecovery@gmail.com">neveraloneinrecovery@gmail.com</a>
Tuesday	English	6:00 PM	Pacific Time	Candle Light   131-033 (V)	<a href="mailto:centralcoastlarry@gmail.com">centralcoastlarry@gmail.com</a>
Tuesday	English	7:00 PM	Pacific Time	Holding On To Hope   131-007(V)	<a href="mailto:fresnocanaranon@gmail.com">fresnocanaranon@gmail.com</a>
Tuesday	English	7:30 PM	Pacific Time	Path to Serenity   16-119 (V)	<a href="mailto:pathtoserenitynfg1@gmail.com">pathtoserenitynfg1@gmail.com</a>

7-29-2024

# WSO's Virtual Meetings in English

Tuesday	English	6:15 PM	Eastern Time	Journey to Hope   104-052 (V)	<a href="mailto:journeytohopega@gmail.com">journeytohopega@gmail.com</a>
Tuesday	English	6:30 PM	Eastern Time	There Is Hope   108-006 (V)	<a href="mailto:sherrykirk55@gmail.com">sherrykirk55@gmail.com</a>
Tuesday	English	6:00 PM	Central Time	South Texas NFG Virtual   128-039 (V)	<a href="mailto:txjellybean@gmail.com">txjellybean@gmail.com</a>
Tuesday	English	6:30 PM	Central Time	Never Alone   130-004 (V)	<a href="mailto:gramasuzi119@centurytel.net">gramasuzi119@centurytel.net</a>
Tuesday	English	6:30 PM	Eastern Time	Hope Starts Here  112-059 (V)	<a href="mailto:MRS.DRWELCH2015@GMAIL.COM">MRS.DRWELCH2015@GMAIL.COM</a>
Tuesday	English	7:00 PM	Eastern Time	Sharing the Gift   102-071 (V)	<a href="mailto:Sharingthegift@gmail.com">Sharingthegift@gmail.com</a>
Tuesday	English	7:00 PM	Eastern Time	Just for Me   105-016 (V)	<a href="mailto:mdpuziello@gmail.com">mdpuziello@gmail.com</a>
Tuesday	English	7:00 PM	Eastern Time	A New Way of Life   127-063 (V)	<a href="mailto:jogo118@gmail.com">jogo118@gmail.com</a>
Tuesday	English	7:00 PM	Eastern Time	Just For Today   107-048 (V)	<a href="mailto:suzeqim@gmail.com">suzeqim@gmail.com</a>
Tuesday	English	7:00 PM	Eastern Time	Never Alone, Never Again   106-026(V)	<a href="mailto:neveraloneinrecovery@gmail.com">neveraloneinrecovery@gmail.com</a>
Tuesday	English	7:30 PM	Eastern Time	The Circle of Hope	<a href="mailto:steve.circle2@gmail.com">steve.circle2@gmail.com</a>
Tuesday	English	8:00 PM	Eastern Time	Travel to Peace  111-037 (V)	<a href="mailto:guymagg@yahoo.com">guymagg@yahoo.com</a>
Tuesday	English	8:00 PM	Eastern Time	We Belong   122-016 (V)	<a href="mailto:Naranonwebelong@yahoo.com">Naranonwebelong@yahoo.com</a>
Tuesday	English	8:00 PM	Eastern Time	Feeling, Dealing, and Healing Through Recovery   106-025(V)	<a href="mailto:feeldealheal2020@gmail.com">feeldealheal2020@gmail.com</a>
Tuesday	English	7:00 PM	Mountain Time	It Starts With Us NFG   138-025 (V)	<a href="mailto:Contact.ISWU@gmail.com">Contact.ISWU@gmail.com</a>
Wednesday	English	8:00 AM	Easten Time	Sunnyside Up NFG   128-047 (V)	<a href="mailto:sunnysideupnfg@gmail.com">sunnysideupnfg@gmail.com</a>
Wednesday	English	8:00 AM	Eastern Time	Never Alone, Never Again   106-026(V)	<a href="mailto:neveraloneinrecovery@gmail.com">neveraloneinrecovery@gmail.com</a>
Wednesday	English	8:00 AM	Eastern Time	Path to Recovery; GRIN - Grandparents Recovering in Nar-Anon   153-008 (V)	<a href="mailto:grandparentsmeeting@gmail.com">grandparentsmeeting@gmail.com</a>
Wednesday	English	9:00 AM	Pacific	Men Sharing Recovery  142-048 (V)	<a href="mailto:discovershtoday@gmail.com">discovershtoday@gmail.com</a>
Wednesday	English	6:00 PM	Australian Eastern Time	Melbourne NFG   61-021 (V)	<a href="mailto:melbnfg.secretary@gmail.com">melbnfg.secretary@gmail.com</a>
Wednesday	English	11:00 AM	Mountain Time	Moms Offering Moms Serenity   138- 030(V)	<a href="mailto:naranonmoms@gmail.com">naranonmoms@gmail.com</a>
Wednesday	English	11:00 AM	Pacific Time	Hope After Loss   153-001(V)	<a href="mailto:info@naranonhopeafterloss.org">info@naranonhopeafterloss.org</a>
Wednesday	English	12:00 PM	Easten Time	Twelve At 12   116-038 (V)	<a href="mailto:virtual@naranoncentral.org">virtual@naranoncentral.org</a>

# WSO's Virtual Meetings in English

Wednesday	English	3:00 PM	Eastern Time	Feeling, Dealing, and Healing Through Recovery   106-025(V)	<a href="mailto:feeldealheal2020@gmail.com">feeldealheal2020@gmail.com</a>
Wednesday	English	6:00 PM	Easten Time	Just for Today Doylestown   102-009 (V)	<a href="mailto:doylestown.jft.naranon.group@gmail.com">doylestown.jft.naranon.group@gmail.com</a>
Wednesday	English	7:00 PM	Easten Time	Hamilton NFG   117-018 (V)	<a href="mailto:peaceofmindinst@gmail.com">peaceofmindinst@gmail.com</a>
Wednesday	English	7:00 PM	Easten Time	Virtual Serenity, Barrie NFG   16-106 (V)	<a href="mailto:virtualeserenitybarrie@gmail.com">virtualeserenitybarrie@gmail.com</a>
Wednesday	English	7:00 PM	Easten Time	Message of Hope   16-101(V)	<a href="mailto:hope.nolongeralone@gmail.com">hope.nolongeralone@gmail.com</a>
Wednesday	English	7:00 PM	Eastern Time	Paths to Recovery: H.O.P.E; Hold On, Pain Ends   153-004 (V)	<a href="mailto:virtualpathstorecovery@gmail.com">virtualpathstorecovery@gmail.com</a>
Wednesday	English	8:00 PM	Eastern Time	Feeling, Dealing, and Healing Through Recovery   106-025(V)	<a href="mailto:feeldealheal2020@gmail.com">feeldealheal2020@gmail.com</a>
Wednesday	English	7:00 PM	Mountain Time	It Starts With Us NFG   138-025 (V)	<a href="mailto:Contact.ISWU@gmail.com">Contact.ISWU@gmail.com</a>
Wednesday	English	6:30 PM	Pacific Time	Inland Empire Virtual Meeting   131-140 (V)	<a href="mailto:ievirtualmeetinggroup@gmail.com">ievirtualmeetinggroup@gmail.com</a>
Wednesday	English	7:30 PM	Pacific Time	Guide to Serenity  131-009 (V)	<a href="mailto:miraclerizz73@gmail.com">miraclelizz73@gmail.com</a>
Thursday	English	8:00 PM	United Kingdom	Open Share   44-04 (V)	<a href="mailto:info@nar-anon.co.uk">info@nar-anon.co.uk</a>
Thursday	English	8:00 AM	Eastern Time	Never Alone, Never Again   106-026(V)	<a href="mailto:neveraloneinrecovery@gmail.com">neveraloneinrecovery@gmail.com</a>
Thursday	English	9:00 AM	Eastern Time	Feeling, Dealing, and Healing Through Recovery   106-025(V)	<a href="mailto:feeldealheal2020@gmail.com">feeldealheal2020@gmail.com</a>
Thursday	English	11:00 AM	Mountain Time	We Begin Here   138-028 (V)	<a href="mailto:Webeginhere365@gmail.com">Webeginhere365@gmail.com</a>
Thursday	English	12:00 AM	Eastern Time	Courage to Change  111-038 (V)	<a href="mailto:gmaggiore@att.com">gmaggiore@att.com</a>
Thursday	English	6:30 PM	Eastern Time	CR Peace in the Storm   117-074 (V)	<a href="mailto:virtual@naranoncentral.org">virtual@naranoncentral.org</a>
Thursday	English	7:00 PM	Eastern Time	Land O'Lakes NFG   127-023 (V)	<a href="mailto:imarin07.im@gmail.com">imarin07.im@gmail.com</a>
Thursday	English	7:00 PM	Eastern Time	Steps to Serenity   16-021 (V)	<a href="mailto:stepstoserenitylondon@gmail.com">stepstoserenitylondon@gmail.com</a>
Thursday	English	7:00 PM	Eastern Time	Family Serenity   102-130 (V)	<a href="mailto:wcf101950@cs.com">wcf101950@cs.com</a>
Thursday	English	7:00 PM	Eastern Time	Steps To Serenity   16-100 (V)	<a href="mailto:stepstoserenitylondon@gmail.com">stepstoserenitylondon@gmail.com</a>
Thursday	English	7:00 PM	Eastern Time	Circle of Hope   107-051 (V)	<a href="mailto:circleofhope.columbia@gmail.com">circleofhope.columbia@gmail.com</a>
Thursday	English	7:30 PM	Eastern Time	Serene on Screen   102-131 (V)	<a href="mailto:sereneonscreen@gmail.com">sereneonscreen@gmail.com</a>
Thursday	English	7:45 PM	Eastern Time	Virtual Serenity NFG   104-054 (V)	<a href="mailto:contactvirtualserenity@gmail.com">contactvirtualserenity@gmail.com</a>

# WSO's Virtual Meetings in English

Thursday	English	8:00 PM	Eastern Time	Never Alone, Never Again   106-026(V)	<a href="mailto:neveraloneinrecovery@gmail.com">neveraloneinrecovery@gmail.com</a>
Thursday	English	12:00 PM	Central Time	Pathway to Hope   124-027 (V)	<a href="mailto:pathwaytohope9@gmail.com">pathwaytohope9@gmail.com</a>
Thursday	English	6:30 PM	Central Time	WI NFG Area Zoom meeting   130-031 (V)	<a href="mailto:WI.Area.NFG@outlook.com">WI.Area.NFG@outlook.com</a>
Thursday	English	7:00 PM	Central Time	Thursdays Together   121-018 (V)	<a href="mailto:thursdays-together2020@gmail.com">thursdays-together2020@gmail.com</a>
Thursday	English	9:00 PM	Eastern Time	Feeling, Dealing, and Healing Through Recovery   106-025(V)	<a href="mailto:feeldealheal2020@gmail.com">feeldealheal2020@gmail.com</a>
Thursday	English	9:00 AM	Pacific Time	Virtual Step Study   131-156 (V)	<a href="mailto:virtualstepstudy@gmail.com">virtualstepstudy@gmail.com</a>
Thursday	English	5:30 PM	Pacific Time	Hope After Loss   153-001(V)	<a href="mailto:info@naranonhopeafterloss.org">info@naranonhopeafterloss.org</a>
Thursday	English	4:00 PM	Pacific Time	Oakland Thursday NFG   131-137 (V)	<a href="mailto:hughesfriel@hotmail.com">hughesfriel@hotmail.com</a>
Thursday	English	7:00 PM	Mountain Time	It Starts With Us NFG   138-025 (V)	<a href="mailto:Contact.ISWU@gmail.com">Contact.ISWU@gmail.com</a>
Thursday	English	7:00 PM	Pacific Time	Secular Serenity   16-092 (V)	<a href="mailto:aprilhards@gmail.com">aprilhards@gmail.com</a>
Thursday	English	7:00 PM	Pacific Time	Wyndham NFG   131-146 (V)	Call or Text 916-216-2564
Thursday	English	7:00 PM	Pacific Time	Winds of Change   131-138 (V)	<a href="mailto:WindsOfChangeVirtual@gmail.com">WindsOfChangeVirtual@gmail.com</a>
Thursday	English	7:00 PM	Pacific Time	Pierce County NFG   142-005 (V)	<a href="mailto:karen98332@gmail.com">karen98332@gmail.com</a>
Thursday	English	7:30 PM	Pacific Time	Letting Go and Letting It Begin With Us   131-016 (V)	<a href="mailto:numerocho916@gmail.com">numerocho916@gmail.com</a>
Thursday	English	8:00 PM	Newfoundland Time	A New Day   16-039 (V)	<a href="mailto:Naranonstjohns@gmail.com">Naranonstjohns@gmail.com</a>
Friday	English	7:30 PM	South Africa Time	Friday Night Online Meeting South Africa   2720 (V)	<a href="mailto:nfglunchtimefriday@gmail.com">nfglunchtimefriday@gmail.com</a>
Friday	English	8:00 AM	Eastern Time	Never Alone, Never Again   106-026(V)	<a href="mailto:neveraloneinrecovery@gmail.com">neveraloneinrecovery@gmail.com</a>
Friday	English	11:00 AM	Mountain Time	Freedom on Fridays   138-026(V)	<a href="mailto:virtualnfgco@gmail.com">virtualnfgco@gmail.com</a>
Friday	English	7:00 PM	Eastern Time	Paths to Recovery: Fridays With Friends   153-005 (V)	<a href="mailto:virtualpathstorecovery@gmail.com">virtualpathstorecovery@gmail.com</a>
Friday	English	8:30 PM	Eastern Time	We Belong   122-016 (V)	<a href="mailto:Naranonwebelong@yahoo.com">Naranonwebelong@yahoo.com</a>
Friday	English	7:30 PM	Eastern Time	Helping Hand and Heart   16-112 (V)	<a href="mailto:helpinghandandheart22@gmail.com">helpinghandandheart22@gmail.com</a>
Friday	English	10:00 PM	Eastern Time	Feeling, Dealing, and Healing Through Recovery   106-025(V)	<a href="mailto:feeldealheal2020@gmail.com">feeldealheal2020@gmail.com</a>
Friday	English	7:00 PM	Hawaii Time	Aloha NFG   150-001(V)	<a href="mailto:alohaNFG@gmail.com">alohaNFG@gmail.com</a>
Friday	English	5:30 PM	Pacific Time	Men Sharing - TOHPIF   136-022 (V)	<a href="mailto:discovereshtoday@gmail.com">discovereshtoday@gmail.com</a>
Friday	English	6:00 PM	Pacific Time	I Can Be Free  131-066(V)	<a href="mailto:Webmaster@NarAnonSantaBarbara.org">Webmaster@NarAnonSantaBarbara.org</a>

# WSO's Virtual Meetings in English

Friday	English	7:00 PM	Pacific Time	Change Your Life Today   131-050(V)	<a href="mailto:LakewoodNFG@gmail.com">LakewoodNFG@gmail.com</a>
Friday	English	7:30 PM	Pacific Time	Serenity Circle   16-044 V)	<a href="mailto:devedr@yahoo.ca">devedr@yahoo.ca</a>
Friday	English	7:00 PM	Mountain Time	It Starts With Us NFG   138-025 (V)	<a href="mailto:Contact.ISWU@gmail.com">Contact.ISWU@gmail.com</a>
Saturday	English	10:00 AM	Eastern Time	Journey To Recovery   105-003 (V)	<a href="mailto:journeytorecoverysatehnaranon@gmail.com">journeytorecoverysatehnaranon@gmail.com</a>
Saturday	English	10:00 AM	Eastern Time	Saturday Serenity   111-039 (V)	<a href="mailto:guymagg@yahoo.com">guymagg@yahoo.com</a>
Saturday	English	11:00 AM	Eastern Time	Serenity Hour Virtual   104-057 (V)	<a href="mailto:serenityhourvirtual@gmail.com">serenityhourvirtual@gmail.com</a>
Saturday	English	11:00 AM	Pacific Time	Hope After Loss   153-001(V)	<a href="mailto:info@naranonhopeafterloss.org">info@naranonhopeafterloss.org</a>
Saturday	English	7:30 PM	Pacific Time	Oakland NFG   131-015 (V)	<a href="mailto:wendyalfsen@gmail.com">wendyalfsen@gmail.com</a>
Saturday	English	1:00 PM	Central Time	Serenity on Saturday   134-018 (V)	<a href="mailto:satsosnfgtm@gmail.com">satsosnfgtm@gmail.com</a>
Saturday	English	7:00 PM	Mountain Time	It Starts With Us NFG (speaker)   138-025 (V)	<a href="mailto:Contact.ISWU@gmail.com">Contact.ISWU@gmail.com</a>
Saturday	English	7:00 PM	Eastern Time	Saturday Night Survivors   111-043 (V)	<a href="mailto:saturdaynightsurvivornfg@gmail.com">saturdaynightsurvivornfg@gmail.com</a>
Saturday	English	7:30 PM	Eastern Time	Saturday Night Serenity   103-001 (V)	<a href="mailto:saturdayserenityNFG@mail.com">saturdayserenityNFG@mail.com</a>
Saturday	English	5:00 PM	Eastern Time	Feeling, Dealing, and Healing Through Recovery   106-025(V)	<a href="mailto:feeldealheal2020@gmail.com">feeldealheal2020@gmail.com</a>