



www.nar-anon.org

Nar-Anon Is:

A **WORLDWIDE FELLOWSHIP** of relatives and friends of addicts who believe their lives have been affected by someone else's addiction.

A **MUTUAL SUPPORT** recovery program based on the Twelve Steps of Narcotics Anonymous (NA).

A **NON-PROFESSIONAL** fellowship whose members share their experience, strength, and hope to solve their common problems.

A recovery program with the **ANONYMITY** of all Nar-Anon and NA members protected.

A **SPIRITUAL** program that is compatible with all religious beliefs or none.

A program with the **SINGLE PURPOSE** of helping relatives and friends of addicts, whether the addict is still using or not.

COMPATIBLE with professional treatment.

FREE OF CHARGE and self-supported through members' voluntary contributions. There are no dues or fees for membership.

Join Us! NAR-ANON

What is co-dependency? What is enabling? What is this insanity? Am I the only one who feels this way?



NOW 3 MEETINGS IN SANTA CRUZ COUNTY!

(There is no affiliation with any facility where a meeting is held.)

Sundays 6:30 - 8:00 p.m.

☛ **SANTA CRUZ NAR-ANON SOS* MEETING** (*SOS = Saving OurSelves)
Newcomers, please come 15 min. early to get acquainted!

☛ **SUTTER HOSPITAL**
2900 CHANTICLEER ☛ SUTTER ROOM
(Walk in the front door and head for the backdoor!)

☛ Helpline (888) 374-1164 or ☛ SAVEYOURLSANITY@AOL.COM



Tuesdays 7:00 - 8:00 p.m.

☛ **APTOS NAR-ANON "LIGHTING THE WAY" - A candlelight meeting!**
Newcomers, please come 15 min. early to get acquainted!

☛ **APTOS CHRISTIAN FELLOWSHIP**
7200 FREEDOM BLVD. ☛ Park, and enter church, in back parking lot!

☛ Helpline (888) 374-1164 or ☛ SAVEYOURLSANITY@AOL.COM



Fridays 6:30 - 7:45 p.m.

☛ **SCOTTS VALLEY "CAMP NAR-ANON" MEETING**

☛ **CAMP RECOVERY CENTER BISON MEETING ROOM**
3192 GLEN CANYON RD. (Park in lot, walk up driveway & turn right down path to Bison Lodge.)

☛ Helpline (888) 374-1164 or ☛ SAVEYOURLSANITY@AOL.COM

We didn't cause it, we can't control it, we can't cure it, but we can contribute to it. (The 4 C's)



"Every accomplishment starts with the decision to try." ~ Source Unknown