

## ARCATA

Arcata United Methodist Church  
1761 11<sup>th</sup> Street  
**Thursday, 6:45 – 7:30 PM** *Meets in room #7*

## CHICO

Faith Lutheran Church  
667 E. First Avenue  
**Wednesday, 7:00 – 8:30 PM** *In back, near Mangrove Ave.*  
**Contact:** (530) 228-6661

## CONCORD

John Muir Medical Center  
2540 East Street  
**Tuesday, 7:30 – 8:50 PM** *Meets in Kunkle Conference Room*  
**Contact:** (510) 496-2708

## COTATI

Church of the Oaks  
175 Page Street  
**Monday, 6:00 – 7:30 PM** *Meets in the Rose Cottage 2<sup>nd</sup> structure fronting Page*  
**Contact:** (510) 496-2708

## DANVILLE

Danville Grange Hall  
743 Diablo Road  
**Monday, 7:30 – 9:00 PM** *Enter at rear parking lot door*  
**Contact:** (510) 496-2708

## FRESNO

Hope Lutheran Church  
364 East Barstow Avenue  
**Contact:** (559) 797-1656

### 5 meetings at this location, including 1 for newcomers

(1) Room 26, **Monday, Noon – 1:00 PM**

(2) Room 28, **Tuesday, 7:00 – 8:30 PM**

(3) Room 28, *Wednesday Spanish mtg.* **HABLAMOS**  
**Sala 28, Miércoles, 7:30 – 8:30 PM** **ESPAÑOL**

(4) Room 26, **Thursday, 7:00 – 8:30 PM**

**Weekly Newcomer's Meetings:**  
Fridays, 6:00 – 7:00 PM, Room 26

## GALT

Galt United Methodist Church  
571 C Street  
**Saturday, 9:30 – 10:30 AM** *Enter thru back door*  
**Contact:** (916) 761-1309  
**No meeting 4/20, 2019**

## HAYWARD

Hayward Kaiser  
27303 Sleepy Hollow Ave.,  
**Monday, 7:15 – 8:45 PM** *No meetings on Federal holidays*  
**Contact:** (510) 556-6009 *Meets on 2<sup>nd</sup> floor*

## IONE

King's View Assembly of God  
432 West Marlette Street  
**Tuesday, 6:00 – 7:00 PM** **Contact:** (209) 781-5475

## MARTINEZ

First Baptist Church  
1802 Alhambra Ave.  
**Thursday, 7:00 – 8:15 PM** *Meets in Library*  
**Contact:** (510) 496-2708

## NOVATO

Church of the Nazarene  
5400 Nave Drive  
**Tuesday, 7:00 – 8:15 PM** **Contact:** (415) 625-3241  
jctelles@comcast.net  
**Monthly Newcomer's Meetings:**  
Each first Tuesday, 6:30 – 7:00 PM

## OAKLAND

Alta Bates Summit Med Center, 350 Hawthorne Ave (**but set GPS to 377 Hawthorne**). From front driveway's Valet Parking area enter doors & walk left of lobby guard desk past gift shop, up gentle incline to twin drinking fountains. Turn left into narrow alcove. Meets ahead in **Rm. #1776**.  
**Monday, 7:30 – 9:00 PM** **Contact:** (510) 496-2708

## OAKLAND

St. Paul's Episcopal School → **116** Montecito Ave. Pass thru gate at right in school entryway **behind** 6 - story tower rising between church & school. Walk thru courtyard back to arched office entrance, "**114**" Montecito; ring bell at left.  
**Saturday, 7:30 – 9:00 PM** **Contact:** (510) 496-2708

## ORLAND

NA Building  
717 5<sup>th</sup> Street  
**Friday, 7:15 – 8:30 PM** **Contact:** Mary W., (530) 567-0154

## PACIFICA

St. Peter's Church  
700 Oddstad Blvd.  
**Thur. 7:00 – 8:00 PM** *Meets in Religious Ed. Classroom*  
**Contact:** (415) 625-3241  
pacificanaranon@hotmail.com

## REDWOOD CITY

St. Peter's Episcopal Church  
178 Clinton Street  
**Thursday, 7:30 – 9:00 PM** *Meets in Library Room; call ph.# posted by door on arrival*  
**Contact:** (510) 282-2466

## ROSEVILLE

Horizons Community Church  
628 Royer Street  
**Monday, 7:00 – 8:30 PM** *From Royer lot: thru gate then door straight ahead, thru short hall, then right.*

## SACRAMENTO – FUMC

First United Methodist Church  
2100 J Street, Room 201  
**Tuesday, 6:30 – 7:30 PM** *Meets in Chapel*  
**Contact:** (916) 446-5025

## SACRAMENTO – ELK GROVE

Kaiser Wyndham Medical Office Bldg.  
7300 Wyndham Dr., South Sacramento  
Conference Rooms 1 & 2  
**Thursday, 7:00-8:15 PM** *Enter main doors, go down hallway. Meeting is on left.*  
**No meeting 7/4 or 11/28, 2019**

## SAN FRANCISCO

CPMC Davies Campus  
45 Castro Street  
**Tuesday, 7:00 – 8:15 PM** *Meets in North Tower Bldg., Level B, Conference Rm. B1*  
**Contact:** (415) 625-3241  
sf-tuesday@gganaranon.org

## SANTA CLARA

Kaiser Permanente  
710 Lawrence Expressway  
**Saturday, 8:00–9:00 AM** *Park in member lot B; enter Homestead West Lobby, 1st floor, meets Rm 195*  
**Contact:** (408) 315-8890  
dcastle@milpitaschristian.org

## SANTA ROSA

Glaser Center  
547 Mendocino Ave  
**Thursday, 6:30 – 7:45 PM** *Straight thru lobby past auditorium to hallway end, right to Rm 4*

## WALNUT CREEK

Hillside Covenant Church  
2060 Magnolia Way  
**Friday, 12 Noon – 1:00 PM** *Meets classroom #2, downstairs.*  
**Contact:** (510) 496-2708

## WESTWOOD

Westwood Community Library  
500 Birch St.  
**Sunday, 3:00 – 4:00 PM** **Contact:** (530) 256-3197

*Keep Coming Back!*

## World Service

**Nar-Anon Family Groups  
Headquarters, Inc.**  
22527 Crenshaw Blvd #200B  
Torrance, CA 90505 USA

phone: (310) 534-8188 or (800) 477-6291  
fax: (310) 534-8688  
email: [wso@nar-anon.org](mailto:wso@nar-anon.org)  
website: [www.nar-anon.org](http://www.nar-anon.org)

**Northern California Region**  
[www.naranonnorcal.org/meetings.htm](http://www.naranonnorcal.org/meetings.htm)

## Area Help Lines

- Central Valley Area/Fresno.....(559) 797-1656  
email: [centralvalley.nfg@sbcglobal.net](mailto:centralvalley.nfg@sbcglobal.net)  
website: [www.naranoncentralvalley.org](http://www.naranoncentralvalley.org)
- Mt. Diablo Area/East Bay.....(510) 496-2708
- Golden Gate Area/San Francisco..(415) 625-3241  
email: [info@gganaranon.org](mailto:info@gganaranon.org)  
website: [www.gganaranon.org](http://www.gganaranon.org)



**Can't get to a meeting?**  
**Please join our online community:**  
[www.naranon.com/forum](http://www.naranon.com/forum)

### ***What is Nar-Anon?***

Nar-Anon members are relatives and friends who are concerned about the addiction or drug problem of another. Nar-Anon's program of recovery is adapted from Narcotics Anonymous and uses Nar-Anon's Twelve Steps, Twelve Traditions, and Twelve Concepts.

### ***Nar-Anon's Purpose***

Nar-Anon is a twelve-step program designed to help relatives and friends of addicts recover from the effects of living with an addicted relative or friend. Nar-Anon's program of recovery uses Nar-Anon's Twelve Steps and Twelve Traditions. The only requirement to be a member or to attend Nar-Anon meetings is that there be a problem of drugs or addiction in a relative or friend. Nar-Anon is not affiliated with any other organization or outside entity.

## Nar-Anon Family Groups



## Meetings of the Northern California Region

**April, 2019**

*Convention edition: 4/5/2019*

**For updates since revision date please visit:**  
[www.naranonnorcal.org/meetings.htm](http://www.naranonnorcal.org/meetings.htm)