

### **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.

### **What is a Nar-Anon Family Group?**

The Nar-Anon Family Group is for those who know or have known a feeling of desperation due to the addiction problem of someone close to them. Nar-Anon members share their experiences, strength, and hope at weekly meetings. The meetings are usually held at locations such as treatment centers, hospitals, churches, community centers, or local twelve-step clubs.

### **How do I join?**

Joining is easy; just attend a meeting. There are no dues or fees. The only requirement for membership is that there is a problem of addiction in a relative or friend. Nar-Anon is not affiliated with any other organizations or outside entity.

*"God grant me the serenity  
to accept the things I cannot change;  
courage to change the things I can;  
and wisdom to know the difference."  
~Reinhold Niebuhr*

## **Areas in Northern California**

South Bay Area  
(408) 656-9041  
(408) 296-2474

Greater Bay Area  
(888) 374-1164

San Francisco / Golden Gate Area  
(415) 292-3241

American River / Sacramento Area  
(916) 646-6534

Santa Rosa Area  
(707) 565-7450

Fresno Area / Central Valley Area  
(559) 275-1692

Contra Costa Area  
(510) 496-2708

### ***Keep coming back, It works!***

The Greater San Jose Area  
of Narcotics Anonymous  
(408) 998-4200  
[www.sjna.org](http://www.sjna.org)

Alameda Narcotics Anonymous  
24 Hour Hotline  
(510) 444-HOPE (4673)

Peninsula Narcotics Anonymous  
(650) 802-5950

*This Narcotics Anonymous announcement  
is made in the spirit of cooperation and not  
affiliated or endorsed by Nar-Anon.*

## **South Bay Area Nar-Anon Meeting Guide**

Whether the addict is using or not, Nar-Anon and Narateen offer hope and recovery to all people affected by that addiction problem of a loved one or friend.



Nar-Anon Family Groups  
(800) 477-6291  
[www.nar-anon.org](http://www.nar-anon.org)  
[WSO@Nar-Anon.org](mailto:WSO@Nar-Anon.org)

Last Updated on January 30, 2011

**Gilroy***"Guide to Serenity"***Thursday 7:30 pm – 8:30 pm**

First Baptist Church  
 8455 Wren Avenue, Rm#202, Gilroy  
 (Meeting Room in Back of Church)  
 Contact: (408) 836-7549  
 irene\_naranon@yahoo.com

**Narateen Meeting in Gilroy\***

*For children ages 13 to 20 years of age who are families and friends of addicts.*

*\*First Thursday of Each Month*

First Baptist Church  
 8455 Wren Avenue, #202, Gilroy  
 (Meeting Room in Back of Church)  
 Contact: (408) 836-7549  
 irene\_naranon@yahoo.com

**Los Gatos***"Vision of Hope"***Thursday 7:30 pm – 8:30 pm**

Mission Oaks Hospital  
 15891 Los Gatos Almaden Road,  
 Los Gatos  
 (2nd floor Behavioral Health Unit)  
 Contact: (408) 933-8973  
 mondo1227@gmail.com

**Los Gatos***"Peace and Serenity on Sunday"***Sunday 7:00 pm – 8:00 pm**

Faith Lutheran Church  
 16548 Ferris Avenue, Los Gatos Rm#13  
 (off Kennedy Rd near Los Gatos Blvd,  
 enter through back of parking lot)  
 Contact: (408) 656-9041  
 Lizfnaranon@hotmail.com

**San Jose***"Carrying the Message"***Thursday 6:45 pm – 7:45 pm**

Alum Rock United Methodist Church  
 30 Kirk Avenue, San Jose  
 (Meeting Room in Back of Church,  
 Fireside Room)

**Santa Clara***"Together We Can Make It"***Wednesday 8:00 pm – 9:30 pm**

1st Presbyterian Church  
 2499 Homestead Rd, Santa Clara  
 (Back Building, above the rest  
 room in room B-1)  
 Contact: (408) 296-2474

**Santa Clara***"Together We Recover"***Friday 7:00 pm – 8:00 pm**

Kaiser Permanente  
 710 Lawrence Expressway, Santa  
 Clara (Enter Member Parking Lot B,  
 Homestead West Lobby Meeting is in  
 Conference Center 196, Rooms A1)  
 Contact: (408) 296-2474  
 (408) 504-9778

**Notes:**