



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 FAMILY GROUPS!

We're Moving from Dominican Hospital to Sutter Hospital

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



**Beginning January 4, 2009
 Sunday 6:30 - 8:00 p.m.**

- ☛ SANTA CRUZ NAR-ANON SOS* MEETING**
- ☛ SUTTER HOSPITAL
 2900 CHANTICLEER ☛ SUTTER ROOM**
- ☛ (888) 374-1164**
- ☛ SAVEYOURLSANITY@AOL.COM**

(*SOS = Saving OurSelves)

**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