

### 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 Nar-Anon?

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 organization or outside entity.

### Phone Numbers

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### Areas in Northern California Region

Central Valley Area  
(559) 275-1692

Contra Costa Area  
(510) 496-2708

Greater Bay Area  
(888) 374-1164

Sacramento Area  
(916) 646-6534

San Francisco Area  
(415) 292-3241

### The Greater San Jose Area Narcotics Anonymous

(408) 998-4200  
www.sjna.org

This Narcotics Anonymous announcement is made in the spirit of cooperation, not affiliation or endorsement by Nar-Anon.

# Greater Bay Area Nar-Anon Meeting List

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



### Nar-Anon Family Groups (888) 374-1164

[http://www.geocities.com/nar\\_anon/](http://www.geocities.com/nar_anon/)  
[nar\\_anon@yahoo.com](mailto:nar_anon@yahoo.com)

Updated on April 20, 2009

**Keep coming back, it works!**

## Sunday

### **Los Gatos**

**7:00 pm – 8:00 pm**

*“Peace and Serenity on Sunday”*

Faith Lutheran Church

16548 Ferris Avenue, Los Gatos  
(Kennedy Road and Los Gatos Blvd)

Contact: (408) 629-8079

### **Santa Cruz**

**6:30 pm – 8:00 pm**

*“Saving Our Selves”*

Sutter Hospital

2900 Chanticleer Avenue, Santa Cruz  
(Sutter Room, at Soquel Drive)

Contact: (888) 374-1164  
saveyoursanity@aol.com

## Monday

### **San Jose**

**7:00 pm – 8:00 pm**

*“Carrying the Message on Mondays”*

Alum Rock United Methodist Church

30 Kirk Avenue, San Jose

(back of church, Fireside Room)

Contact: (408) 315-1307

### **Union City**

**7:35 pm – 9:00 pm**

*“Families and Friends of Addicts”*

Kaiser Permanente Union City

3551 Whipple Road, Union City

(Building C, Room 9A)

Contact: (650) 619-9217

## Tuesday

### **San Bruno**

**7:35 pm – 9:00 pm**

*“Sharing Our Recovery on Tuesday Nights”*

Kaiser Permanente San Bruno

801 Traeger Avenue, San Bruno

(Rehab Facility, 2nd floor, Conference Room 200)

Contact: (650) 619-9217

## Wednesday

### **Niles, Fremont**

**7:45 pm – 9:00 pm**

*“Miracles Happen”*

Joe’s Corner

37713 Niles Blvd, Niles

(candle light meeting)

Contact: (888) 374-1164

### **Santa Clara**

**8:00 pm – 9:30 pm**

*“Wednesday San Jose NFG”*

First Presbyterian Church

2499 Homestead Road, Santa Clara

(back building, above the bathrooms)

Contact: (408) 296-2474

## Thursday

### **Los Gatos**

**8:00 pm – 9:00 pm**

*“Vision of Hope”*

Mission Oaks Hospital

15891 Los Gatos Almaden Road, Los Gatos

(2nd floor, Behavioral Health Unit)

Contact: (408) 761-5527

## Thursday

### **Gilroy**

**7:30 pm – 8:30 pm**

*“Guide to Serenity”*

First Baptist Church

8455 Wren Avenue, #202, Gilroy

(back of church)

Contact: (408) 836-7549

### **Gilroy**

NARATEEN

**7:30 pm – 8:30 pm**

*“Team Serenity - For Teen Group Only”*

First Baptist Church

8455 Wren Avenue, #202, Gilroy

(back of church)

Contact: (408) 836-7549

## Friday

### **Santa Clara**

**7:00 pm – 8:00 pm**

*“Together We Recover”*

Kaiser Permanente Santa Clara

710 Lawrence Expressway, Santa Clara

(Homestead West Lobby, first floor, Conference  
Center 196, Rooms C1 & C2)

Contact: (408) 933-8973