

SUNDAY

FREEHOLD ♿

Monmouth County
CentraState Hospital
901 W. Main St.
Fitness & Wellness Center
Conf. Rm. "C"
B – 10:30a C – 11:00a

HAMILTON ♿

Mercer County
Raymond Dwier Center
392 Church St.
"Newcomer's meeting"
O – 10:30a

HAMILTON ♿

Mercer County
Raymond Dwier Center
392 Church St.
O – 11:00a

MONDAY

BOONTON

Morris County
St. Claires Riverside
Hospital
130 Powerville Road
C – 8:00p

BORDENTOWN

Burlington County
Trinity United Methodist
Church
339 Farnsworth Ave,
Room 10
"Newcomer's meeting"
O – 6:15p

BORDENTOWN

Burlington County
Trinity United Methodist
Church
339 Farnsworth Ave,
Room 10
O – 7:00p

MATAWAN ♿

Monmouth County
St. Clements RC
Church
180 Route 79
House of Hope
C – 11:00a

PARAMUS ♿

Bergen County
Bergen Regional
Medical Center
230 E. Ridgewood Ave.
Behavioral Health Bldg.
Rm. E-218 – 2nd Floor
C – 7:30p

TOMS RIVER

Ocean County
Presbyterian Church of
Toms River
1070 Hooper Avenue
Vineyard Room
Closed on holidays
B – 7:00p C – 7:30p

TUESDAY

BRIDGEWATER

Somerset County
St. Martin's Episcopal
Church
1350 Washington Valley
Road
B – 7:00p C – 7:30p

CHERRY HILL ♿

Camden County
JFK Memorial Hospital
Auditorium
2201 Chapel Avenue W.
O – 7:30p

CRANBURY

Middlesex County
Cranbury United Methodist
Church
21 N Main St.
Park in rear, side entrance
B – 6:30p O – 7:00p

HAMILTON

Mercer County
Lexington Sq. Office Park
2117 Route 33 "Faith,
Hope & Inspiration"
B – 6:30p O – 7:00p

ISELIN*

Middlesex County
1st Presbyterian Church
1295 Oak Tree Road
C – 8:00p

MIDDLETOWN ♿

Monmouth County
Middletown United
Methodist Church
924 Middletown -
Lincroft Road
B – 7:30p C – 8:00p

OAKHURST

Monmouth County
First Methodist Church
103 Monmouth Rd.
B – 11:00a O – 11:30a

PITMAN

Gloucester County
St. James Lutheran
Church
400 Columbia Avenue
B, O – 7:30p

POMPTON

LAKES*

Passaic County
St. Mary's Parish
Church
17 Pompton Avenue
O – 7:30p

TOMS RIVER

Ocean County
Ocean Dental Building
1201 Route 37 E
Room 16 - Downstairs
C – 7:30p

VILLAS

Cape May County
Saint Barnabas Church
13 West Bates Ave
B – 7:15p O – 7:30p

WEDNESDAY

BLOOMFIELD

Essex County
Brookdale Ref Church
10 Bellevue Avenue
C – 8:00p

EATONTOWN*

Monmouth County
St. James Memorial
Episcopal Church
69 Broad Street
Parish Hall Entrance
B – 8:00p C – 8:30p

GLEN ROCK

Bergen County
All Saints Episcopal
Church Parish Hall40
Central Ave.
B – 7:30p C – 8:00p

HAMILTON ♿

Mercer County
Raymond Dwier Center
392 Church St.
GRANDPARENTS
and OTHERS
O – 11:00a

HAMILTON ♿

Mercer County
Raymond Dwier Center
392 Church St.
"The Angel Doves"
WOMEN ONLY
B – 6:30p O – 7:00p

WHITE HOUSE

STATION*

Hunterdon County
Readington Ref Ch.
124 Readington Road
C – 7:30p

THURSDAY

EAST

BRUNSWICK

Middlesex County
Trinity Presbyterian
Church
367 Cranbury Road
Main entr/Deacon's Room
Last Thurs. of the month:
Speaker/Slogan meeting
C – 11:15a

FREEHOLD ♿

Monmouth County
Freehold Township
Municipal Building
1 Municipal Plaza
O – 7:30p

HAMILTON ♿

Mercer County
St. Marks Church
350 White Horse Ave.
B – 6:45p O – 7:00p

HILLSBOROUGH

Somerset County
Fit and Firm
Mountain View Plaza
856 Route 206
O – 7:30p

MANAHAWKIN ♿

Ocean County
Southern Ocean County
Hospital
1140 Route 72 West
Beach Plum Room
Next to the Cafeteria
B – 7:00p O – 7:15p

MARLTON ♿

Burlington County
Christ Presbyterian
Church
515 E. Main St
B – 6:30p O – 7:00p

MAYS LANDING

Atlantic County
The Lighthouse
5034 Atlantic Ave,
(Next to the Atlantic
County Jail)
O – 7:00p

METUCHEN

Middlesex County
St. Luke's Episcopal
Church
17 Oak Avenue
O – 8:00p

MIDDLETOWN

Monmouth County
Christ Church Episcopal
90 Kings Highway
C – 8:00p

PARAMUS

Bergen County
Bergen Regional
Medical Center
230 E. Ridgewood Ave.
Behavioral Health Bldg.
Rm. E-222 – 2nd Floor
B, C – 7:30p

FRIDAY

CLARK ♿

Union County
Osceola Presbyterian
Church
1689 Raritan Rd
B – 7:30p C – 8:00p

HAMILTON ♿

Mercer County
Raymond Dwier Center
392 Church St.
"Newcomer's meeting"
O – 5:30p

HAMILTON ♿

Mercer County
Raymond Dwier Center
392 Church St.
"Bill's Angels"
O – 6:30p

MONTCLAIR ♿

Essex County
Mountainside Hospital
1 Bay Ave,
Off main lobby in
Conference room
C – 8:00p

OLD BRIDGE

Middlesex County
Sayre Woods Bible
Church
2290 Route 9 South
1st Floor
WOMEN ONLY
C – 8:00p

PARAMUS* ♿

Bergen County
Bergen Regional
Medical Center
230 E. Ridgewood Ave.
Behavioral Health Bldg.
Rm. E-218 – 2nd Floor
B – 8:30p C – 8:30p

WOODBURY*

Gloucester County
KISS Club
881 N Broad Street
B, O – 8:00p

SATURDAY

AVENEL*

Middlesex County
St. Andrews RC Church
Chapel
244 Avenel St,
B – 7:45p C – 8:00p

FREEHOLD

Monmouth County
St. Rose of Lima Church
22 Throckmorton Street
Freehold, NJ 07728-2102
Back of building, up stairs
Parking on McLean Street
B – 9:45a C – 10:00a

HAMILTON ♿

Mercer County
St. Marks United
Methodist Church
465 Paxson Avenue
"Newcomer's meeting"
O – 9:30a

HAMILTON ♿

Mercer County
St. Marks United
Methodist Church
465 Paxson Avenue
O – 10:15a

LINDENWOLD*

Camden County
Good Shepherd Lutheran
Church
120 S White Horse Pike
B, O – 8:00p

RUTHERFORD
Bergen County
Congregational Church
251 Union Ave,
B, O – 10:00a

NAR-A-TEEN

For those 11 to 17 years
old affected by the disease
of addiction in a family
member or friend. For
more details on each
meeting below, see
meetings by day above.

HAMILTON ♿

Mercer County
Raymond Dwier Center
392 Church St.
Sun. – 11:00a

LEGEND

B – Beginners
C – Closed
O – Open

CLOSED meetings are for
people affected by a
problem of addiction in a
relative or friend.

OPEN meetings are for
Nar-Anon members and
others who want to learn
how the disease of
addiction affects the family.

All meetings are Topic/
Discussion format unless
otherwise noted.

* NA meetings also held
at this location

♿ This location is
Handicapped Accessible

NAR-ANON CITY-CENTERED MAP LINKS

February 7, 2012

NEWCOMER'S WELCOME

The Nar-Anon Family Group is primarily for you who know or have known a feeling of desperation concerning the addiction problem of someone very near to you. We have traveled that unhappy road too, and found the answer with serenity and peace of mind.

When you come into the Family Group, you are no longer alone but among true friends who understand your problem as few others could. We will respect your confidence and anonymity, as we know you will respect ours. We hope to give you the assurance that no situation is too difficult and no unhappiness is too great to be overcome.

Our program, which is not a religious one but a spiritual way of life, is based on the Twelve Steps of Nar-Anon. We have found that the working of these steps will bring the solution to practically any problem. We urge you to take this program and its twelve steps seriously. It has been as helpful to us as the Narcotics Anonymous program is to the addict. We only ask for the wisdom and courage to see ourselves as we really are, to do something about ourselves with the help of a Higher Power as we understand this, and for the grace to release our addicts with love and cease trying to change them.

Keep an open mind and attend as many meetings as possible. Feel free to share during the meeting. You may ask questions after the meeting. You will soon make new friends and will feel very much a part of the group.

With the understanding that addiction is a disease, and the realization that we are powerless over it, as well as over other people's lives, we are ready to do something useful and constructive with our own. Then, and only then, can we be of any help to others.

THE TWELVE STEPS OF NAR-ANON FAMILY GROUPS

1. We admitted we were powerless over the addict - that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we understood Him.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Make direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these Steps, we tried to carry this message to others, and to practice these principles in all our affairs.

New Jersey NAR-ANON Family Groups

MEETING LIST

February 7, 2012

Check website or call for current meeting list



NAR-ANON IS THE HEART OF FAMILY RECOVERY

New Jersey Nar-Anon Family Groups

P.O. Box 6964

Freehold, NJ 07728-6964

New Jersey Hotline

877-424-4491

or

800 238-2333

NJ NAR-ANON FAMILY GROUPS WEB PAGE:

<http://www.naranonofnj.org>

MAP OF NJ MEETINGS

<http://www.naranonofnj.org/map>

NAR-ANON FAMILY GROUP HEADQUARTERS, INC.

World Service Office

Suite 200B

22527 Crenshaw Boulevard

Torrance, CA 90505-3071

800-477-6291

or 310-534-8188

Note: Donations to NJ Nar-Anon Family Groups should be made payable to

"N.J. Regional Services"

not Nar-Anon.