

SUNDAY

FREEHOLD ♿

Monmouth County
Centra State Hospital
 Rt. 537 - W. Main Street
 Fitness & Wellness Center
 Conf. Rm. "C"
 B ----- 10:30 AM
 C ----- 11:00 AM

MONDAY

BOONTON

Morris County
St. Claire's Riverside
 130 Powerville Road
 C ----- 8:00 PM

LINCROFT ♿

Monmouth County
Brookdale Community College
 755 Newman Springs Rd.
 MAS Building – Rm 116
 C ----- 8:00 PM

Legend

B - Beginners
C – Closed
I – Intro to Nar-Anon
N – Nar-A-Teen
O - Open
W - Women only

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 un-less otherwise noted.

* NA meetings also held at this location

♿ This location is Handicapped Accessible

MONDAY continued

MATAWAN ♿

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

PARAMUS ♿

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

TOMS RIVER

Ocean County
Presbyterian Church of Toms River
 1070 Hooper Avenue
 Room #11
 Closed on holidays
 B ----- 7:00 PM
 C ----- 7:30 PM
 12 Step Study Group meets from 6-7 PM

WESTAMPTON ♿

Burlington County
Hampton Hospital
 650 Rancocas Road
 2nd floor
 O ----- 7:30 PM

TUESDAY

BRIDGEWATER

Somerset County
St. Martin's Episcopal Church
 1350 Washington Val-ley Road
 B ----- 7:00 PM
 C ----- 7:30 PM

CHERRY HILL ♿

Camden County
JFK Memorial Hospital Auditorium
 2201 Chapel Avenue W.
 O ----- 7:30PM

TUESDAY continued

HAMILTON SQ.

Mercer County
Nation of Angels Building
 2117 Lexington Square
 Route 33
 B ----- 6:45 PM
 O ----- 7:00 PM

ISELIN*

Middlesex County
1st Presbyterian Church
 1295 Oak Tree Road
 C ----- 8:00 PM

LITTLE EGG HARBOR ♿

Ocean County
Good Shepherd Lutheran Church
 500 Mathistown Rd
 (Corner Rt. 9)
 O ----- 7:30 PM

MIDDLETOWN ♿

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

OAKHURST

Monmouth County
First Methodist Church
 103 Monmouth Rd.
 B ----- 11:00 AM
 O ----- 11:30 AM

PITMAN* ♿

Gloucester County
First Presbyterian Church in Pitman
 305 S. Broadway
 B ----- 7:30 PM
 O ----- 7:30 PM

POMPTON LAKES*

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

TUESDAY (continued)

TEANECK

Bergen County
Temple Emath
 1666 Windsor Road
 O ----- 7:30 PM

TOMS RIVER

Ocean County
Ocean Dental Building
 1201 Rt. 37 East
 Room 16 - Downstairs
 C ----- 7:30 PM

VILLAS

Cape May County
Families Matter
 2 W. Ocean Avenue
 B ----- 6:45 PM
 C ----- 7:00 PM

WEDNESDAY

BLOOMFIELD

Essex County
Brookdale Ref Church
 10 Bellevue Avenue
 C ----- 8:00 PM

EATONTOWN*

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

GLEN ROCK

Bergen County
All Saints Episcopal Church
 40 Central Ave.
 B ----- 7:30 PM
 C ----- 8:00 PM

TRENTON-Spanish

Mercer County
Catholic Charities at Sacred Heart Church
 327 South Broad St.
 B ----- 4:30 PM
 O ----- 5:00 PM

WHITE HOUSE

Station*
Hunterdon County
Readington Ref Ch.
 124 Readington Road
 C ----- 7:30

THURSDAY

EAST BRUNSWICK

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

EDISON

Middlesex County
Stelton Baptist Church
 334 Plainfield Avenue
 O N ----- 8:00 PM

FREEHOLD ♿

Monmouth County
Freehold Township Municipal Building
 One Municipal Plaza
 O ----- 7:30 PM

HAMILTON ♿

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

HILLSBOROUGH

Somerset County
Fit and Firm
 Mountain View Plaza
 856 Route 206
 O ----- 8:00 PM

KEARNY

Hudson County
First United Methodist Church
 601 Kearny Avenue
 O ----- 8:00 PM

MARLTON ♿

Burlington County
Christ Presbyterian Church
 515 East Main Street
 B ----- 6:30 PM
 O ----- 7:00 PM

MAYS LANDING

Atlantic County
The Lighthouse
 5034 Atlantic Avenue
 (Next to the Atlantic County Jail)
 O ----- 8:00 PM

THURSDAY (continued)

MIDDLETOWN

Monmouth County
Christ Church Episcopal
 90 Kings Highway
 C ----- 8:00 PM

PARAMUS

Bergen County
Bergen Regional Medical Center
 230 E. Ridgewood Ave.
 Behavioral Health Bldg.
 Rm. E-222 – 2nd Floor
 O ----- 7:30 PM

FRIDAY

CLARK ♿

Union County
Osceola Presbyterian Church
 1689 Raritan Road
 B ----- 7:30 PM
 C ----- 8:00 PM

MONTCLAIR ♿

Essex County
Mountainside Hospital
 1 Bay Avenue
 Off main lobby in Conference room
 C ----- 8:00 PM

OLD BRIDGE

Middlesex County
Sayrewoods Bible Church
 2290 Route 9 South
 1st Floor
 C W ----- 8:00 PM

PARAMUS* ♿

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

FRIDAY (continued)

WOODBURY*

Gloucester County
Presbyterian Church
 67 S. Broad Street at intersection of Centre St.
 Entrance on Centre St.
 B ----- 8:00 PM

SATURDAY

AVENEL * ♿

Middlesex County
St. Andrews RC Church
 244 Avenel Street
 B ----- 7:45 PM
 C ----- 8:00 PM

HAMILTON SQ.

♿ **Mercer County**
St. Marks United Methodist Church
 465 Paxson Avenue
 I ----- 9:15 AM
 B ----- 10:00 AM
 O ----- 10:30 AM

LINDENWOLD*

Camden County
Church of the Good Shepherd
 White Horse Pike
 B ----- 8:00 PM
 O ----- 8:00 PM

RUTHERFORD

Bergen County
Congregational Church
 251 Union Avenue
 O B ----- 10:00 AM

NAR-A-TEEN

For those 11 to 17 years old affected by the disease of addiction in a family member or friend

AVENEL ♿

Middlesex County
Nar-A-Teen
St. Andrews RC Church
 244 Avenel Street
 C ----- 8:00 PM

NAR-ANON FAMILY GROUP

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
REVISED
July 2010**



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>**

**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. Thank you.