



WE'VE BEEN THERE

Welcome, we are glad you found us. You may be here because you are desperately seeking help for your addicted loved one. Maybe they attended treatment, and it was suggested you attend a Nar-Anon meeting. The addict may be incarcerated, facing legal problems, or about to lose custody of their children. They may not come home for days at a time. Aspects of your life may have become unmanageable: finances, health, and spiritual or moral beliefs. Whatever the case may be, we too have traveled this path and know your deep sense of desperation and need for relief.

How you are related to the addict, their drug of choice, the treatment center they attended, or if they didn't attend at all, is not our focus. We are here to offer you our experience, strength, and hope. We will share what brought us back from the brink of insanity. We too have been where you are now. We do not offer advice; we listen and share how we have solved similar problems.

We offer you the opportunity to tell us briefly why you are here, keeping the addict and their situation anonymous. As you listen to others, you may find tools here to help you. We found that keeping an open mind and applying the principles of this program to our lives helped us change. For matters you want to keep private, we suggest you find a sponsor with whom you can be more open and honest.

It is suggested you attend at least six meetings before deciding if this program is right for you. We continue to attend meetings to offer you what we were so freely given. This program may not be what you expected, but attending Nar-Anon can be a life changing experience.

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