



Starting A Group

If there is no NFG in your community, contact WSO by writing to Nar-Anon Family Group Headquarters, Inc., 23110 Crenshaw Blvd., Suite A; Torrance, California 90505, by the web at www.nar-anon.org, by email at wso@nar-anon.org or by calling 800.477.6291 for information. Anyone who has an addicted relative or friend or is concerned about the effects of drug use in others in any way may start a group. The first step in getting a group started is finding at least one other person sharing your concern. It is easiest to start a group with three or more people. If you do not know anyone, attending NA meetings to meet the relatives or friends of addicts after the meetings can be a successful way of locating others interested in starting a new group. Usually NA groups are happy to cooperate with Nar-Anon, but they must be assured that their anonymity will be protected.

Find a meeting place, usually in a church, school, community center, hospital, or rehabilitation center. Some choose a location and time coordinated with an NA meeting. Our 7th Tradition states: Every group ought to be fully self-supporting, declining outside contributions. The expenses include a small donation for use of the meeting room. After a meeting place is found, contact WSO and your region to purchase a new group packet. The packet includes all necessary information and literature to start a meeting along with the group registration form. A permanent mailing address, such as the group secretary's, will assure your group continues to receive the benefits of WSO's services.

You will need to attract more members to your group. Informing the clergy, doctors, social workers, and others in your community who have occasion to counsel families of addicts may be productive. This can be done by mail and you can keep your anonymity. Some newspapers will include Nar-Anon listings in the local events columns without charge.

In Nar-Anon's format for group meetings, it states we have no dues or fees, but we pass a basket at each meeting to pay for literature, to cover the group's expenses, and to support Nar-Anon beyond the group level. This is in accordance with our Seventh Tradition.

New and small groups will need a member to act as secretary and a member to act as chair/leader of their meetings. It may be helpful to invite guest speakers from other Nar-Anon groups. NA speakers may also be invited to speak.

Do not be discouraged if the group grows slowly or if members drop out. There are many reasons why people do not continue to attend, even if your meetings are highly interesting and helpful. Whatever the reason, Nar-Anon is like NA; it is only for those who really need it and want it.

NAR-ANON FAMILY GROUP HEADQUARTERS, INC.

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www.nar-anon.org