



# NAR-ANON FAMILY GROUPS

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## FACTS ON NAR-ANON FAMILY GROUPS

**NAR-ANON FAMILY GROUPS** is a companion, but separate program to Narcotics Anonymous – having been founded in California. The Nar-Anon Family Groups have weekly meetings to help relatives and friends of the addict avoid both rejection and over-protectiveness. Like Alcoholism, drug dependence is considered to be a “Family Disease”, and the family members should be encouraged to attend Nar-Anon meetings as soon as a drug problem is suspected.

One of the tragic aspects of drug abuse is that the needs of the Family are not being met. However, in many states and throughout California, the Nar-Anon Family Groups are providing a major source of help to the relatives and friends of addicts. Nar-Anon is entirely self-supporting through voluntary contributions of its members and from the sale of its pamphlets and literature.

Nar-Anon offers a constructive program whereby its members learn to achieve peace of mind and gain hope for the future. They learn to accept addiction as a disease, to reduce family tension; to encourage the addict to seek help for his or her own problem.

Although Nar-Anon has no affiliation with N.A. or with any other organization, it does cooperate with all agencies, individuals and groups involved in the rehabilitation of addicts and their families. Frequently, Nar-Anon suggests that members seek additional help, realizing that professional counsel and Nar-Anon contribute in different but complimentary ways to a common goal; recovery of the family from the destructive effects of active addiction or drug abuse.

Nar-Anon’s willingness to cooperate with the health agencies, hospitals, rehabilitation centers and clinics has met with varying degrees of success depending upon two situations; the understanding of the staff and directors of the need for treatment of the entire family, and the ability of local Nar-Anon to be of great help; nurses, social workers, probation officers, judges and other frequently attend Nar-Anon meetings in order to more fully understand the problems of the family and the Nar-Anon Program.

Just as Nar-Anon can enhance the effectiveness of the work of the professionals involved in addiction problems, those professionals can be of great assistance to Nar-Anon. They can refer families of addicts to local groups, or by contacting Nar-Anon by writing to: **23110 Crenshaw Blvd. Suite A, Torrance, CA 90505 – or calling – (310) 534-8188 / (800) 477-6291** where request for information and/or materials and assistance in starting new groups will be welcomed.

A meeting is held every \_\_\_\_\_ @ \_\_\_\_\_.

**Nar-Anon Family Group Headquarters, Inc.**  
23110 Crenshaw Blvd., Suite A  
Torrance, CA 90505  
(800) 477-6291  
[www.nar-anon.org](http://www.nar-anon.org)