

---

## SCOTTS VALLEY

The Camp Recovery Center  
3192 Glen Canyon Road  
Scotts Valley, CA 95066  
*Meets in Bison Center.*

**Fridays, 6:30 PM to 7:45 PM**

---

## SEASIDE

Episcopal Church (Mission House)  
1092 Noche Buena Street  
Seaside, CA 93955  
*Go through front door, and turn right into hall  
and then left.*

**Mondays, 6:30 PM**

---

## VENTURA

College Methodist Church  
4300 Telegraph Road  
Ventura, Ca 93003

**Tuesdays, 8:00 PM**

---

## WATSONVILLE

All Saints' Cristo Rey Episcopal Church  
437 Rogers Avenue  
Watsonville, CA 95076  
(831) 200-3756

*WatsonvilleNarAnon@Gmail.com*

**Wednesdays, 6:00 PM**

*Meeting day, time, and venue are subject to  
change without notice. Please visit the WSO  
website for the latest meeting information,  
[www.Nar-Anon.org](http://www.Nar-Anon.org).*

Meeting List Updated 4/3/2017

---

## WHAT IS NAR-ANON?

Are you sick and tired of being sick and tired? Have you tried everything you can think of to change the addict and nothing seems to work? Don't give up. There is hope. You are at a turning point. If you would like your life to be different, Nar-Anon can offer you a better way to live. You will meet people at Nar-Anon meetings who understand your frustration.

Nar-Anon is a fellowship for families and friends of addicts whose lives have been or are being affected by someone else's addiction.

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.

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.

*Excerpt taken from [Affected by a Loved One's Addiction?](#) © 2016 Nar-Anon Family Group Headquarters, Inc.*



Nar-Anon Family Group Headquarters, Inc.  
23110 Crenshaw Blvd. Suite A  
Torrance, CA 90505  
(310) 534-8188 — (800) 477-6291  
[www.nar-anon.org](http://www.nar-anon.org)

---

# Nar-Anon Family Groups Central California Region

---

## Meeting Directory



---

Nar-Anon offers hope for  
relatives and friends of addicts

---

[www.NarAnonCentralCA.org](http://www.NarAnonCentralCA.org)

## **ARROYO GRANDE**

---

Grace Bible Church  
100 Rodeo Drive

Arroyo Grande, CA 93420

*The meeting room is the last door on the left,  
past the main entrance & opens onto the  
parking lot.*

**Tuesdays, 10:30 am**

## **ATASCADERO**

---

The Redeemer Lutheran Church

4500 El Camino Real

Atascadero, CA 93422

*Park in back. Meets downstairs.*

**Tuesdays, 6:00 PM**

The Redeemer Lutheran Church

4500 El Camino Real

Atascadero, CA 93422

*Park in back. Meets downstairs.*

**Fridays, Noon**

## **CAMARILLO**

---

Camarillo Health Care District

3639 Las Posas Road

Camarillo, CA 93010

*Building E - Suite 117*

**Thursdays, 7:00 PM**

## **CARMEL**

---

Carmel Presbyterian Church

Junipero Street, CA 93953

*On Junipero across from Carmel Plaza. In church  
building on street level, enter from  
sidewalk/parking lot through glass doors.*

**Wednesdays, Noon**

## **GILROY**

---

First Baptist Church

8455 Wren Avenue

Gilroy, CA 95020

*Meets in room 202.*

**Thursdays, 7:30 PM**

## **HOLLISTER**

---

Mars Hill Coffeehouse

610 San Benito Street

Hollister, CA 95023

**Tuesdays, 7:00 pm**

## **LOS GATOS**

---

Faith Lutheran Church

16548 Ferris Avenue

Los Gatos, CA 95032

*Meets in Room 13. Enter through back of  
parking lot.*

**Sundays, 7:00 pm**

Mission Oaks Hospital

15891 Los Gatos Almaden Road

Los Gatos, CA 95032

*Mission Oaks Hospital (2nd Floor).*

**Thursdays, 7:30 pm**

## **MONTEREY**

---

St. James Episcopal Church

381 High Street

Monterey, CA 93940

*Large wooden house, use back door and  
upstairs.*

**Tuesdays, 6:30 PM**

## **MONTEREY**

---

St. Timothy Lutheran Church

52 Soledad Drive

Monterey, CA 93940

*Newcomers welcome at 8:45 AM.*

**Saturdays, 9:00 AM**

## **OCEANO**

---

Rancho Del Arroyo Clubhouse

2700 Cienega Street

Oceano, CA 93445

*Meeting is in the club house.*

**Sundays, 2:00 to 2:45 PM**

## **SALINAS**

---

Lincoln Avenue Presbyterian Church

536 Lincoln Avenue

Salinas, CA 93901

**Thursdays, 6:30 PM**

## **SAN LUIS OBISPO**

---

St Stephen's Episcopal Church

1344 Nipomo Street

San Luis Obispo, CA 93401

**Sundays, 7:00 PM**

## **SANTA BARBARA**

---

Trinity Evangelical Lutheran Church

909 North La Cumbre Road

Santa Barbara, CA 93110

**Fridays, 6:00 PM**