



**January 10, 2019 6:00 p.m.**

**Community Room at the Trinity River Elders Village**

## **NAR-ANON**

The Nar-Anon Family Groups is primarily for those 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 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, focuses on a spiritual way of life and is based on the Twelve Steps. We've found that the working of these steps will bring the solution to practically any problem. Nar-anon has been as helpful to us as the Narcotics Anonymous program is to the addict.

Keep an open mind and feel free to share during the meeting. You may ask questions after the meeting. You'll soon make 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.



**Are you affected  
by someone else's  
addiction?**

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**Come share your  
experience,  
strength and hope**

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**You are not alone**

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**Practice the 12  
steps**

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**Encourage growth  
through service**

Please come join us, the community has been gathering at monthly meetings to address the substance abuse issue's in our community and want to assist those affected by addiction.

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