



NAR-ANON FAMILY GROUPS

A 12-Step Program for Family & Friends of Addicts



What's Nar-Anon?

The Nar-Anon Family Groups are a worldwide fellowship for those affected by someone else's addiction. As a Twelve-Step Program, we offer our help by sharing our experience, strength, and hope. The only requirement for membership is that there be a problem of addiction in a relative or friend. Our program of recovery is adapted from NA and uses our [Twelve Steps](#), [Twelve Traditions](#), and [Twelve Concepts](#).

What's a Nar-Anon Family Group?

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. Members share their experiences, strength, and hope at weekly meetings, which are usually held at locations such as treatment and community centers, hospitals, churches, or local twelve-step clubs.

What if there's no Nar-Anon Group in my area?

If there's no Nar-Anon Family Group in your community, you may start one. [Click here](#) for more information on how you can do so.

How Do I Join Nar-Anon?

Joining is easy - just attend a meeting. There are no dues or fees. The only requirement for membership is that there be a problem of addiction in a relative or friend. We're never affiliated with any other organization or outside entity.

What Does It Cost?

Nar-Anon has no dues or fees. Each group is self-supporting and collects donations that are used for local expenses such as room rent and supplies. Group and member donations support the Nar-Anon World Service Office.

Is Literature Available?

Nar-Anon publications are based upon the shared experience of our membership and their application of Nar-Anon's principles to their lives. You can view and purchase Nar-Anon literature at our [Webstore](#).

Is Professional Help Available?

Nar-Anon is a **non-professional** fellowship whose members share their experience, strength, and hope to solve their common problems. We've learned to avoid standing in the way of the addict's recovery. Nar-Anon is **not** a replacement for, nor provides professional treatment. We do cooperate with NA and other recovery programs, but don't affiliate with or recommend them specifically.