

NOTE: Nar-Anon's on-line web based service utilise Zoom software. To join on-line meetings, members need to download the free Zoom software to their PC or cell phone from the link provided below. For use on a standalone PC, you must have a speaker system to listen in. A microphone is not essential but will allow one to share/contribute during the meeting. A video cam is optional to effectively enjoy the full system functionality.

Members joining the meeting, are encouraged to log in 15 minutes before the allotted start time to resolve any set-up issues.

<https://zoom.us/download>

**NAR-ANON MEETINGS
ON-LINE**

SUPPORT GROUP FOR FAMILIES AND FRIENDS AFFECTED BY A LOVED ONE'S DRUG ADDICTION

NAR-ANON HELPLINE :

TEL < +27 (0) 88 129 6791 >

NAR-ANON SOUTH AFRICA : www.nar-anon.org.za

eMAIL : serenity@nar-anon.org.za

WORLD SERVICE OFFICE (WSO) : www.nar-anon.org

Updated : 01-Aug-2020

DAY	SUBURB	TIME	ADDRESS	TELEPHONE
Monday (Hosted by Garsfontein)	On-Line Meeting ZOOM https://zoom.us/support/download	19:15 for 19:30 till 20:30	Download the software to your device, get the meeting ID or Link detail from the Organiser and join.	+27(0) 82 953 1997 (Sue)
Tuesday (Hosted by Northmead)	On-Line Meeting ZOOM https://zoom.us/support/download	19:15 for 19:30 till 20:30	Download the software to your device, get the meeting ID or Link detail from the Organiser and join.	+27(0) 83 453 1545 (Mark)
Wednesday	On-Line Meeting ZOOM https://zoom.us/support/download	19:15 for 19:30 till 20:30	Download the software to your device, get the meeting ID or Link detail from the Organiser and join.	+27(0) 83 679 0589 (Milena)
Thursday (Hosted by Bromhof)	On-Line Meeting ZOOM https://zoom.us/support/download	19:15 for 19:30 till 20:30	Download the software to your device, get the meeting ID or Link detail from the Organiser and join.	+27(0) 83 679 0589 (Milena)
Friday (Hosted by Northmead)	On-Line Meeting ZOOM https://zoom.us/support/download	12:45 for 13:00 till 14:00	Download the software to your device, get the meeting ID or Link detail from the Organiser and join.	+27(0) 83 453 1545 (Mark)
Saturday (Hosted by Seapoint)	On-Line Meeting ZOOM https://zoom.us/support/download	16:45 for 17:00 till 18:30	Download the software to your device, get the meeting ID or Link detail from the Organiser and join.	+27(0) 82 533 8302 (Brendon)

Family members, visitors and observers are invited to attend Open NA Meetings which are held during the month. Please ask your Chairperson or a member of Narcotics Anonymous (NA) for these dates.

NARCOTICS ANONYMOUS (NA) HELP-LINE: +27 (0) 88 130 0327 - www.na.org.za