

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 need 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. The final step is to contact the organiser for the link and password if required.

An easier way to get connected is to send your WhatsApp enabled telephone number to "serenity@nar-anon.org.za" and request Web Admin to add you to the On-Line group. All you do then is download the Zoom and react to the meeting links.

Note: Members joining the meetings, 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 : 27-Oct-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