

**NAR-ANON MEETINGS
WESTERN CAPE**

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.naranon.org.za

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

Updated: 20-Dec-2019

DAY	SUBURB	TIME	ADDRESS	TELEPHONE
* Monday (The Liberty Group)	Durbanville	20:00 till 21:30	Uniting Presbyterian Church, Louw Street, Durbanville, Cape 7551, Western Cape, South Africa. (Entrance in Hafele Road)	+27(0) 88 129 6791 Nar-Anon Helpline
* Monday	Lansdowne	20:00 till 21:30	Moravian Primary School cnr Church and Albert Road, Lansdowne, Cape 7780, Western Cape, South Africa.	+27(0) 73 175 5495 (Estelle)
* Tuesday	Table View	19:30 till 21:00	Methodist Church Hall, 85 Janssens Ave, Table View, Cape 7441, Western Cape, South Africa.	+27(0) 21 553 2952 (Joy/Keith)
* Wednesday (Courage to Change Group)	Claremont	20:00 till 21:30	St Bernard's Church Hall, corner Protea & Buchan Roads, Claremont, Cape 7708, Western Cape, South Africa.	+27(0) 82 453 0510 (Fiona) +27(0) 72 421 2972 (Deborah)
* Wednesday (Easy Does It Group)	Grassy Park	20:00 till 21:30	St Clements School, Cnr Lake Road and 7th Avenue Lotus River, Cape 7941, Western Cape, South Africa.	+27(0) 84 491 0689 (Faye)
* Thursday (Step by Step Group)	Bellville	20:00 till 21:30	Bellville Presbyterian Church, Office & Sunday School Hall, Lingen Street, Off Davies Avenue, Bellville, Cape 7530, Western Cape, South Africa.	+27(0) 21 982 7897 (Shanet)
* Thursday (The Good Hope Group)	Observatory	20:00 till 21:30	Observatory Community Centre, Cnr Collingwood Road & Rawson Street, Observatory, Cape 7925, Western Cape, South Africa.	+27(0) 81 382 3150 +27(0) 81 354 1495 (Yusuf)
* Saturday (The Seaside Group)	Sea Point	17:00 till 18:30	Seapoint Methodist Church, 1 Mount Nelson Road, Seapoint, Cape 8060, Western Cape, South Africa.	+27(0) 83 749 4771 (Melanie)
* Saturday	Mitchells Plain	15:00	Cedar High School, Classroom 54, Cnr Weltevreden and Spine Roads, Rocklands, Mitchells Plain, Cape 7798, Western Cape, South Africa.	+27(0) 73 521 2599 (Danny)
NARATEEN:				
Wednesday (Listen & Learn)	Claremont	20:00	On request - phone for further information	+27(0) 82 658 4830 (Maurice)
Thursday	Bellville	20:00	Presbyterian Church, Cnr. Davies & Ross Roads, Bellville	+27(0) 21 982 7897 (Shanet)
*	<i>Indicates when there is a Narcotics Anonymous (NA) meeting held simultaneously at the same venue</i>			
<i>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.</i>				

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