Date 10/08/2026

HELPFUL TIPS:

1. Put your phone on silent so it does not cause any disruptions.

2. Mute your mic unless we are all reading out loud together or if you are speaking. If you do not mute yourself, every sound in your home gets picked up and this could cause a distraction. Depending on what viewing mode you are using, the main screen focuses on the person speaking. So if you are not muted but noise is coming from your end, the screen will show you, as opposed to the person who is sharing

3. As with a regular meeting there is one Chairperson who will open up. Depending on the size of the meeting there may be a timekeeper to make sure that everyone gets a fair opportunity to share.

4. If you have your video on, you can raise your hand to signal you would like to share. You can also message the Chairperson directly on zoom (Zoom has a chat feature). If you are using Audio Only you can just introduce yourself and share when its silent.

5. Regarding the format - it will be very similar if not exact to the regular in person meeting. Since hosting meetings online is still a new thing for us, we can work together and discuss what format to use moving forward.

6. Not a rule, but just a helpful tip: If you are using Zoom on a computer, when muted, you can hold the space bar down and it will temporarily unmute you as long as it's being held.

Eastern Pennsylvania Region
Nar-Anon Family Group

VIRTUAL MEETING LIST

Updated: October 2026

The Nar-Anon Family Group is primarily for you who know or have known a feeling of desperation concerning the addiction problem of someone very near to you. We have traveled that unhappy road too, and have found the answer with serenity and peace of mind. When you come into the family group, you are no longer alone, but among true friends who understand your problem as few others could.

Nar-Anon World Service Organization

www.nar-anon.org

1 (800) 477-6291

EPA Region

www.epanaranon.org

Please view our website for any update to this list.
Any Question about this list Email
easternpaweeblywebsite@gmail.com

Anyone whose personal life has been affected by close contact with an addict, or anyone wanting to learn how the disease of addiction affects the family. Other meetings are for Nar-Anon members only and are consider closed.

Note: You need only be affected by close contact with an addict to be considered a member.

Nar-Anon members to call between meetings

NAME *PHONE NUMBER*

MONDAY'S

Keep Coming Back [Bryn Mawr]

Time: 7:00 PM EST

https://us02web.zoom.us/j/87355806868?pwd=T1RnRmJVUDNmUUtKdXc3M3U1Q0Jjdz09

Zoom ID: 873 5580 6868 Passcode: 173732

York NFG [York]

Time: 7:00 – 8:00 PM EST

https://zoom.us/j/98379677752?pwd=5L9nEsWHGAGc6IVwfUOHaPxPbC2iGj.1

Zoom ID: 983 7967 7752 Passcode: 794221

The Serenity Though Recovery – [Jenkintown]

Time: 7:30 PM EST

https://us06web.zoom.us/j/5320905327?pwd=etn9vaASF9NskRjmT1yTR5VMB2FYe1

Zoom ID: 532 090 5327 Passcode: recovery

TUESDAY'S

The Gotta Believe FamilyGroup [Media/Brookhaven]

Time: 7:00 PM EST

https://us02web.zoom.us/j/6312864771?pwd=TWlZY3hqUW5TQmxuRlBiaktJWWlWdz09

Zoom ID: 631 286 4771 Passcode: 216225

Bucks County Newtown NFG [Newtown]

Time: 7:15 – 8:30 PM EST

Zoom ID: 831 7446 1590 Passcode: 717498

West Philadelphia Overbrook Strong Together

Time: 7:30 PM EST

https://us02web.zoom.us/j/6312864771?pwd=TWlZY3hqUW5TQmxuRlBiaktJWWlWdz09

Zoom ID: 631 286 4771 Passcode: 216225

TUESDAY'S

Bedminster Nar-Anon [Bedminster]

Time: 7:00 PM EST

https://us02web.zoom.us/j/86315397056?pwd=XROlxzrRgU3m2s6v3EDoLuqkjDWK0u.1

Zoom ID: 863 1539 7056 No Passcode

WEDNESDAY'S

Just For Today [Doylestown]

Time: 6:00 PM EST

https://us02web.zoom.us/j/89582819092?pwd=ZUFKM3gzcmUzalIrdlhMY3dwbnhLdz09

Zoom ID: 895 8281 9092 Passcode: 003603

Renew,Restore,and Recover [Abington]

Time: 11:30 – 12:30 AM EST

https://us06web.zoom.us/j/84771721636?pwd=FEQX6ElqwFeq1faAKaDavOqnOKqRPt.1

Zoom ID: 847 7172 1636 Passcode: 112781

THURSDAY'S

Courage to Change [Phoenixville]

Time: 7:00 PM EST

https://us02web.zoom.us/j/89602079397?pwd=UfVYWvGYIEPAG4hz8xw3IYUEwgLgsd

Zoom ID: 896 0207 9397 Passcode: 487173

Moving Forward On Thursday [Hanover 17331]

Time: 7:00 PM

https://us06web.zoom.us/j/86430343761?pwd=Y0FuVmFUMmttcC8xUGErcXFLdWl2Zz09

Zoom ID: 864 3034 3761 Passcode: 035722

THURSDAY'S

Serene On Screen [South Philadelphia]

Time: 7:30 – 8:30 PM EST

https://us02web.zoom.us/j/89111837626?pwd=YTRBS0dyNy9FVExJUzJGNmFGVDVwZz09

Zoom ID: 891 1183 7626 Passcode: 787246

Claymont NFG [Claymont]

Time: 7:00 PM EST

Virtual Information Contact

Claymontnaranongroup@gmail.com

On The Right Track [Willow Grove]

Time: 7:15 PM EST

https://us02web.zoom.us/j/85804395394?pwd=aVVyMDE2eWhPWC9xeDZxcytzT0Vpdz09

Zoom ID: 8580 4395 4394 Passcode: Serenity

FRIDAY

Experience,Strength,And Hope [Langhorne]

Time: 7:15 – 8:00 PM EST

Virtual Information Contact

garymfriday@gmail.com

Zoom Address Changes Weekly

SUNDAY'S

Sunday Night Serenity at Eagleville Hospital [Eagleville]

Time: 7:00 PM EST

https://us02web.zoom.us/j/124898065?pwd=VDlGWGhtMDdESHg2UTJyeFI3V3NKZz09

Zoom ID: 124 898 065 Passcode: 066576