ATTEND RMR VIRTUAL MEETINGS BY SEARCHING naranonrm.org AND CLICKING EITHER THE ROCKY MOUNTAIN REGION VIRTUAL MEETING ROOM OR THE RMR CLUBHOUSE.

**MEETINGS IN MOUNTAIN TIME ZONE**

**VIRTUAL MEETINGS**

- **It Starts With Us NFG - ISUW Nightly 7:00 PM**
  - VIRTUAL started 3/16/20
  - Meets 365 nights a year, holidays included
  - Rocky Mountain Region Virtual Meeting Room

- **S.ES.H. NFG on Tuesdays 11:00-12:00 AM**
  - VIRTUAL Started 11/4/14
  - Rocky Mountain Region Virtual Meeting Room

- **Miracles on Mondays 11:00 AM**
  - VIRTUAL started 8/2/21
  - Rocky Mountain Region Virtual Meeting Room

- **Moms Offering Moms Serenity NFG**
  - Wednesdays 11:00 AM
  - VIRTUAL started 3/9/22
  - Rocky Mountain Region Virtual Meeting Room

- **We Begin Here NFG Thursdays 10:00 AM**
  - Beginners Meeting
  - VIRTUAL started 10/7/21
  - Rocky Mountain Region Virtual Meeting Room

- **Freedom on Fridays 11:00 AM**
  - VIRTUAL started 5/14/21
  - Rocky Mountain Region Virtual Meeting Room

- **Partners in Nar-Anon Sundays 11:00 AM**
  - VIRTUAL started 11/5/22
  - RMR Clubhouse

**MONTHLY EVENTS**

- **Carry the Message (CTM) Started 1/4/20**
  - Nar-Anon Speaker Meeting with participation from NA Public Information
  - 4th Saturday of the month 10:30 AM
  - VIRTUAL - RMR Virtual Meeting Room

**HYBRID MEETINGS**

- **Golden, Mondays 7:00-8:00 PM**
  - "Been There, Done That NFG" Started 6/2014
  - HYBRID Zoom Meeting ID 361 212 1212
  - Password BTDT!
  - Calvary Episcopal Church
  - 1320 Arapahoe Street, 80401
  - Entrance by handicap ramp on Arapahoe
  - Contact: Jennifer 303-507-1611
  - NA meets at 7:30 PM

- **Highlands Ranch, Mondays 7:00-8:00 PM**
  - "Highlands Ranch Hope" Started 1/28/13
  - HYBRID Zoom Meeting ID 896 7099 1156
  - St Andrews United Methodist Church
  - 9203 S University, Highlands Ranch, CO 80126
  - Contact: Kimberly 720-935-4871
  - Step meeting the first Mon of the month

- **Colorado Springs, Mondays 7:30-8:30 PM**
  - "M.E.S.H. NFG" Started 10/15/12
  - HYBRID – RMR Clubhouse
  - St. Luke's Lutheran Church
  - 5265 North Union Blvd. 80918
  - Mellanchthon room
  - Contact: Melody 719-660-6545

- **Denver, Wednesdays 12:00-1:00 PM**
  - "Wednesday Noon" Started 1/18/11
  - HYBRID – RMR Clubhouse
  - Highlands Church
  - 1700 South Grant St, Denver, CO 80210
  - Please use the south parking lot and enter through the door by the mailbox.
  - Contact: Jo 303-902-7379
  - Step meeting the first Wed of the month

- **Pueblo, Saturdays 9:00-10:00 AM**
  - "Strength in Numbers" Started 6/2018
  - HYBRID – RMR Clubhouse
  - 509 Colorado Blvd
  - Pueblo, CO 81004
  - Contact: James 719-214-7878
  - Rob V 719-429-2062

**IN PERSON MEETINGS**

- **Boulder, Saturdays 10:00-11:00 AM**
  - "Boulder Basics NFG" Started 4/23/14
  - HYBRID Zoom Meeting ID 851 2516 2436
  - Password: 045720
  - Contact: Lindsay 970-673-5562
  - Ruth 303-827-8271
  - Step meeting the last Sat of the month 9-10 am

- **Boulder, Mondays 7:00-8:00 PM**
  - "Monday Grace NFG" Started 11/6/17
  - IN PERSON
  - Grace Lutheran Church
  - 1001 - 13th Street, 80032
  - Enter thru basement door from parking lot
  - Contact: Jan 720-435-1813
  - NA meets at the same time

- **Wheat Ridge, Fridays 7:00-8:30 PM**
  - "Friday Night NFG" Started 1/28/11
  - IN PERSON
  - St James Episcopal Church
  - 8235 W 44th Ave
  - Wheat Ridge, CO 80033
  - Contact: Luana 303-594-4459

- **Denver, Sundays 6:00 – 7:00 PM**
  - Happy, Joyous, & Free NFG Started 10/2/22
  - IN PERSON
  - Free Spiritual Community
  - 2122 S Lafayette Street
  - Denver, CO 80210
  - Contact: David 720-329-0422

- **Longmont, Saturdays 7:00-8:00 PM**
  - "Saturday Serenity NFG" Started 5/3/14
  - HYBRID – RMR Clubhouse
  - Triangle Club
  - 1801 Sunset Pl, Suite B, Longmont, CO 80501
  - Contact: Cheryl 303-929-4751
  - Step meeting the 1st Sat of the month
  - NA meets at the same time
MY TELEPHONE NUMBERS:

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__________________________________
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MEMBERS SHARE

* When a complete stranger told my story I knew Nar-Anon was the answer I was seeking.

* The addict and my circumstance have not changed but my perspective has.

* At my first meeting, I heard I should attend 6 meetings before I decided if Nar-Anon was for me. After six meetings I felt so much better I decided to go to 90 meetings in 90 days.

* I found myself completely devastated, lost, full of fear, confused, alone... now that I am member of Nar-Anon I have found hope, peace, people who understand, and I know that I can be happy, joyous and free, no matter what the addict is doing or not doing!

* The Addict’s drug use was too much for me to live with alone. Nar-Anon members supported and loved me through it all.

* I felt better after my very first meeting.

* Nar-Anon is the wind beneath my wings without which I would never get off the ground.

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MEETINGS BY DAY OF WEEK

Sunday
RMR Clubhouse 11:00 AM
RMR Virtual Meeting Room 7:00 PM

Monday
RMR Virtual Meeting Room 11:00 AM
Boulder In Person 7:00 PM
Golden Hybrid 7:00 PM
Highlands Ranch Hybrid 7:00 PM
RMR Virtual Meeting Room 7:00 PM
Colorado Springs Hybrid 7:30 PM

Tuesday
RMR Virtual Meeting Room 11:00 AM
RMR Virtual Meeting Room 7:00 PM

Wednesday
RMR Virtual Meeting Room 11:00 AM
Denver Hybrid 12:00 PM
RMR Virtual Meeting Room 7:00 PM
RMR Virtual Meeting Room Traditions/Concepts 8:05 PM

Thursday
RMR Virtual Meeting Room 10:00 AM
RMR Virtual Meeting Room 7:00 PM

Friday
RMR Virtual Meeting Room 11:00 AM
Wheat Ridge In Person 7:00 PM
RMR Virtual Meeting Room 7:00 PM

Saturday
Pueblo Hybrid 9:00 AM
Boulder Virtual 10:00 AM
Longmont Hybrid 7:00 PM
RMR Virtual Meeting Room 7:00 PM

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MISSION STATEMENT

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.

Want to speak with someone?
Call between 8:00am - 12:00 am MT
1-888-307-9890
naranonrm.org