

FACTS ON NAR-ANON FAMILY GROUPS

Nar-Anon Family Groups is a companion, but separate program to Narcotics Anonymous – having been founded in California. Nar-Anon Family Groups follows the Al-Anon Family Group Program and its weekly meetings help relatives and friends of the drug-abuser to avoid both rejection and over-protectiveness. Like Alcoholism, drug dependence is considered to be a “Family Disease,” and the family members should be encouraged to attend Nar-Anon meetings as soon as a drug problem is suspected.

One of the tragic aspects of drug abuse is that the needs of the Family are not being met. However, in many states and throughout California, the Nar-Anon Family Groups are affording a major source of help to the relatives and friends of drug abusers. Nar-Anon is entirely self-supporting through voluntary contributions of its members and from the sale of its pamphlets and literature.

Nar-Anon offers a constructive program whereby its members learn to achieve peace of mind and gain hope for the future. They learn to accept addiction as a disease; to reduce family tension; to encourage the drug user to seek help for his or her own problem.

Although Nar-Anon has no affiliation with N.A. or with any other organization, it does cooperate with all agencies, individuals and groups involved in the rehabilitation of drug users and their families. Frequently, Nar-Anon suggests that members seek additional help, realizing that professional counsel and Nar-Anon contribute in different but complementary ways to a common goal; recovery of the family from the destructive effects of active addiction or drug abuse.

Nar-Anon’s willingness to cooperate with the health agencies, hospitals, rehabilitation centers and clinics has met with varying degrees of success depending upon two situations; the understanding of the staff and directors of the need for treatment of the entire family, and the ability of local Nar-Anon groups to handle this more specialized work. The different agencies have found Nar-Anon to be of great help; nurses, social workers, probation officers, judges, and others frequently attend Nar-Anon meetings in order to more fully understand the problems of the family and the Nar-Anon program.

Just as Nar-Anon can enhance the effectiveness of the work of the professionals involved in addiction problems, those professionals can be of great assistance to Nar-Anon. They can refer families of drug abusers to local groups; or by contacting Nar-Anon by writing to: **22527 Crenshaw Blvd. Suite 200B, Torrance, CA 90505** – or calling – **(310) 534-8188** or **(800) 477-6291** – where requests for information and / or materials and assistance in starting new groups will be welcomed.