Nar-Anon Family Groups

History Sheet

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

NaraScribes Mission Statement

This ad-hoc committee seeks to promote knowledge and under-standing of the origins, goals and program of Nar-Anon Family Groups.

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NaraScribes Bio

In May 2020, a group of Nar-Anon members formed a committee to capture stories and the history of Nar-Anon before it was completely lost to future members. With a gesture of respect and gratitude to early Nar-Anon members, NaraScribes research and consider the reliability of written and oral documentation available in preserving our history.

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Brief Nar-Anon History

NAR-ANON was officially started in Studio City, California, November 11, 1960, by **co-founder Alma B.** at Christ Memorial Church. This meeting was at the same time and location as the only Narcotics Anonymous meeting.

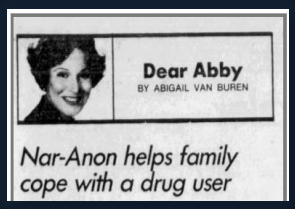
Alma, a former Al-Anon member, attended the NA meeting for her husband, **Bob B.** After 6 months, Alma, along with another spouse of an NA member, adapted the Al-Anon program for themselves by changing the words "alcohol" to "drugs". However, the program failed to grow.

In 1968, **Louise S., co-founder,** and Margaret Z. started a Nar-Anon meeting on the Palos Verdes Peninsula, (greater Los Angeles area). Together and with a few other members, they traveled throughout the South Bay region of Los Angeles and started meetings using the *Nar-Anon Blue Booklet.* This was the only piece of literature at the time.

NAR-ANON AT A GLANCE

Started in
Studio City, CA
11/11/1960

64 Years Young



In April 12, 1983, Dear Abby syndicated articles spread the word and changed Nar-Anon forever

Literature

Nar-Anon Blue Booklet
First published in July 1967

History Facts

1970
Group Meetings
California & New York held the most regular meetings.

1983
Newsletter
Co-founder Louise S. started "The World Service Office News Letter" called Naranews

Nar-Anon is a Worldwide Fellowship*

*The pins on the map represent the current countries worldwide with Nar-Anon Family Groups meetings