

## MEETINGS IN MOUNTAIN TIME ZONE

### VIRTUAL MEETINGS

Attend RMR virtual meetings by searching [naranonrm.org](http://naranonrm.org) and clicking either the Rocky Mountain Region Virtual Meeting Room or the RMR Clubhouse



#### **It Starts With Us NFG - ISWU Nightly 7:00 PM**

VIRTUAL started 3/16/20

Meets 365 nights a year, holidays included  
Rocky Mountain Region Virtual Meeting Room

#### **Miracles on Mondays 11:00 AM**

VIRTUAL started 8/2/21

Rocky Mountain Region Virtual Meeting Room

#### **S.E.S.H. NFG on Tuesdays 11:00 AM**

VIRTUAL Started 11/4/14

Rocky Mountain Region Virtual Meeting Room

#### **Sunnyside Up Wednesdays 6:00 AM**

VIRTUAL Started 11/4/14

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 11/05/22

RMR Clubhouse

### MONTHLY EVENTS

#### **Carry the Message (CTM)** Started 1/4/20

Nar-Anon Speaker Meeting with participation  
from NA Public Information

4<sup>th</sup> 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 Hopefuls"** 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

Melanchthon 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**

#### **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 1<sup>st</sup> Sat of the month

**NA meets** at the same time

#### **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 9-10am

## IN PERSON MEETINGS

#### **Boulder, Mondays 7:00-8:00 PM**

**"Full of 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**

## MY TELEPHONE NUMBERS:

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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.*

## MEETINGS BY DAY OF WEEK

### Sunday

**RMR Clubhouse 11:00 AM**  
**Denver In Person 6:00 PM**  
**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 6:00 AM**  
**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**

## ROCKY MOUNTAIN REGION NAR-ANON FAMILY GROUPS MEETINGS



## 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**

