

## **Is there DRUG ADDICTION in your life?**

***We know just how you feel.***

It is so painful to watch a loved one struggle with drug addiction. As parents, spouses, siblings, family, friends, neighbors and co-workers, we see first-hand the devastating effects of addiction on a person. What we may not realize is the degree to which the addicted person's behaviors are affecting us.

THE NAR-ANON FAMILY GROUPS are a worldwide fellowship for those affected by someone else's addiction. It is free to attend, and meetings are open to anyone. As a twelve-step program, we offer our help by sharing our experience, strength, and hope with others in the same situation. We've been there. We've walked in your shoes. We've been angry, confused, and terrified. We've worried, snoopied, and obsessed over our addicted loved one's behavior. We've watched our lives spiral out of control. In Nar-anon, we find others who understand what we're going through. We share our successes and failures, joys and sorrows, our dreams and realities. In time, with support from this group of friends, we learn a better way to live while continuing to love the addicted person in our life. Take the first step in getting your life back...come to a meeting. You'll be glad you did.

There are SIX weekly Nar-anon meetings here in the Capital Region:

**MONDAYS**, 7 PM / BALLSTON SPA, New Hope Group  
First Presbyterian Church, 22 West High Street, Ballston Spa, NY 12020  
Call Cathy @ (518) 944-1196 or email: [newhope-info@delmartian.com](mailto:newhope-info@delmartian.com)

**TUESDAYS**, 7 PM / COLONIE, Never Alone Group  
The Capital Church (formerly Colonie Christian Life Center), 31 Vly Road, Albany, NY 12205  
Call Barb @ (518) 355-8146 or email: [neveralone-info@delmartian.com](mailto:neveralone-info@delmartian.com)

**WEDNESDAYS**, 7PM / (3 Meeting Locations):

DELMAR, Steps to Serenity Group  
Delmar Reformed Church, 386 Delaware Avenue, Delmar, NY 12054  
Call Darla at (518) 505-5682 or email: [stepstoserenity-info@delmartian.com](mailto:stepstoserenity-info@delmartian.com)

SOUTH GLENS FALLS, Steps to Hope Group  
Pine Knolls Alliance Church, 614 Gansevoort Road, South Glens Falls, NY 12803  
Call Judy @ (518) 796-0694 or email: [stepstohope-info@delmartian.com](mailto:stepstohope-info@delmartian.com)

CHATHAM, Strength & Recovery Together Group  
Christ Our Emmanuel Lutheran Church, 23 Park Row, Chatham, NY 12037  
Call Lori @ (518) 858-6124 or email: [strengthandrecoverytogether-info@delmartian.com](mailto:strengthandrecoverytogether-info@delmartian.com)

**THURSDAYS**, 7PM / MECHANICVILLE, Journey of Hope Group  
St. Luke's Episcopal Church, 40 McBride Road, Mechanicville, NY 12118  
Call Julie @ (518) 365-1261 or email: [journeyofhope-info@delmartian.com](mailto:journeyofhope-info@delmartian.com)