

New Nar-Anon Meeting!

Thursdays, @ 7:00 pm
300 Scheeler Road, Room 408

Please join us for healing and sharing with peers.
"Take what you want and leave the rest"

Do you Need Nar-Anon?

1. Do you find yourself making excuses, lying or covering up for someone?
2. Do you have a reason not to trust this person?
3. Is it becoming difficult for you to believe his/her explanations?
4. Do you lie awake worrying about this person?
5. If it is your child; is he/she missing school often without your knowledge?
6. If it is your spouse, is he/she missing work and leaving bills to pile up?
7. Are unanswered questions causing hostility and undermining your relationship?
8. Are you canceling your social functions with vague excuses?
9. Are you unable to discuss the situation with friends or relatives because of embarrassment?
10. Do you compensate and try not to make waves?
11. Are you frustrated by ineffective attempts to try to control the situation?
12. Are the life style and friends of this person changing? Do you ever think they may be using drugs?

If you answered YES to four or more of these questions, Nar-Anon may help you find the answers you are looking for.

