



the  
5th ANNUAL

# NEW YEAR, NEW YOU

BRING IN THE NEW YEAR WITH NAR-ANON  
VIRTUAL MEETINGS FROM ALL OVER THE WORLD

CLOSED CAPTIONING IS AVAILABLE

[NARANONRM.ORG](http://NARANONRM.ORG)

**BEGINS**

**ENDS**

**DECEMBER 31, 2024  
8 PM EST**



**JANUARY 1, 2025  
8 PM EST**

## SCHEDULE

Time (EST)	Group Name Region	Topic	Time (EST)	Group Name & Location/Region	Topic
8pm-9pm	You're Not Alone New York Region	Step 4	8am - 9am	Sunnyside Up NFG Rocky Mountain Region	Passport to Freedom
9pm - 10pm	It Starts With Us Rocky Mountain Region	Opposite of Addiction is Connection	9am - 10am	Helping Hand and Heart NFG Ontario Region; Canada	Attitude of Gratitude
10pm-11pm	Virtual Serenity NY Region	Why I Keeping Coming Back	10am - 11am	Precious Present Carolinas Region	Anger is One Letter Short of Danger
11pm - 12am	Oakland Saturday Night NorCal Region	Fulfilling Nar-Anon's Mission and Vision	11am - 12pm	Nar-Anon Hope After Loss Global Online Region	Tradition 3
12am - 1am	Naranon Double Winner Global Online Region	Step 11	12pm - 1pm	Ayuda Familiar Grupo Southern California Region	Spiritual Freedom
1am - 2am	Auckland NFG Global Online Region	The Tools of Recovery	1pm - 2pm	Moms Offering Moms Serenity Rocky Mountain Region	An Act of Love - Forgiveness
2am - 3am	Melbourne NFG Australia Region	Sponsorship	2pm - 3pm	Never Alone, Never Again Global Online Region	Changing The Things I Can
3am - 4am	36 group Moscow Region; Russia	Step 12	3pm - 4pm	Monday Miracles Rocky Mountain Region	We Deal, We Feel And Then We Heal
4am - 5am	Doverie; Russia Chelyabinsk Region; Russia	The Slogans Are The Guardrails to The Steps	4pm - 5pm	H.O.P.E Ontario Region	Step 1
5am - 6am	Santa Cruz Central CA Region	If You Worry, Why Pray? If You Pray, Why Worry?	5pm - 6pm	Serenity on Saturday Global Online Region	Serenity
6am-7am	Suffolk Connection NY Region	Friendship Nar-Anon Style	6pm - 7pm	Been There Done That Rocky Mountain Region	Embrace Your Future, Not Your Past
7am - 8am	UK Region	Information For The Newcomer	7pm - 8pm	The Power Within New England Region	Step 12

HOSTED BY  
ROCKY MOUNTAIN REGION NAR-ANON FAMILY GROUPS  
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