

## **NAR-ANON FAMILY GROUP MEETINGS IN THE KANSAS CITY METRO AREA**

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### **What is a Nar-Anon Family Group?**

The Nar-Anon Family Group is for those who know or have known a feeling of desperation due to the addiction problem of someone close to them. Please know you are not alone, Nar-Anon members share their experiences, strength, and hope at meetings. If you struggle with a loved one because of their addiction, we are here to help you find the peace and serenity you deserve.

### **Monday evenings @ 7:00pm in Leawood, KS**

“Touched by Addiction” Nar-Anon Family Group Meeting  
Covenant Chapel, Room B4 in Basement  
13300 Kenneth Road, Leawood, KS 66209

### **Tuesday & Thursday evenings @ 7:00 pm in Shawnee, KS**

“New Perspectives” Nar-Anon Family Group Meetings  
Hope Lutheran Church, Room #104  
6308 Quivira Road (Shawnee Mission Pkwy & Quivira), Shawnee, KS 66216  
(Enter front entrance – meeting room to left of sanctuary)

### **Wednesday evenings @ 6:30pm in Kansas City, MO**

“Saving Our Selves” Nar-Anon Family Group Meeting  
St. Andrew’s HJ’s Youth Center  
6425 Wornall Rd. Kansas City, MO 64133  
(Enter front entrance-meeting room on the right)

### **Wednesday evenings @ 7:00pm in Pleasant Valley, MO**

“Northland New Hope” Nar-Anon Family Group Meeting  
Shoal Creek Community Church  
6816 S. Church Road, Pleasant Valley, MO 64068  
(Park in back and enter through the doors near the children’s play area. If arriving late, call the number posted on the doors.)

**Kansas City  
Website:**  
[www.naranonkc.org](http://www.naranonkc.org)



**Midwest Regional  
Website:**  
[www.naranonmidwest.org](http://www.naranonmidwest.org)



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### **Serenity Prayer**

God, grant me the serenity to accept the things I cannot change,  
Courage to change the things I can,  
and the wisdom to know the difference.

### **Do You Need Nar-Anon?**

(A Questionnaire for Parents, Spouse, Relatives, etc.)

Ask yourself the following questions and answer them as honestly as you can:

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 your savings mysteriously disappearing?
8. Are the unanswered questions causing hostility and undermining your relationship?
9. Are you asking yourself, "What's wrong?" and "Is it my fault?"
10. Are normal family disagreements becoming hostile and violent?
11. Are your suspicions turning you into a detective and are you afraid of what you may find?
12. Are you canceling your social functions with vague excuses?
13. Are you becoming increasingly reluctant to invite friends to your home?
14. Is concern for this person causing you headaches, a knotty stomach or extreme anxiety?
15. Do minute matters easily irritate this person? Does your whole life seem like a nightmare?
16. Are you unable to discuss the situation with friends or relatives because of embarrassment?
17. Are you frustrated by ineffective attempts to control the situation?
18. Do you over compensate and try not to make waves?
19. Do you keep trying to make things better and nothing helps?
20. Are the life styles and friends of this person changing? Do you ever think they may be using drugs?

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

Nar-Anon Family Group Headquarters, Inc.  
22527 Crenshaw Blvd. #200B, Torrance, CA 90505  
(310)-547-5800 or (800)-477-6291 WSO Website: [www.nar-anon.org](http://www.nar-anon.org)