



Nar-Anon Family Groups

History Fact Sheet



Nar-Anon History 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, and by sharing our past we seek to promote knowledge and understanding of the origins, goals and program of Nar-Anon Family Groups



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Brief Nar-Anon History

NAR-ANON was officially started by **co-founder Alma B.** in Christ Memorial Church in Studio City, California on November 11, 1960. This meeting was at the same time and location as the only Narcotics Anonymous meeting.

Alma, a former Al-Anon member, would check out the NA meeting for her husband, **Bob B.** After 6 months, Alma, along with another spouse of a NA member, adapted the Al-Anon program for themselves by changing the words "alcohol" to "drugs". However, the program failed to grow.

In 1968, **Louise S., co-founder,** started a Nar-Anon meeting on the Palos Verdes Peninsula, (greater Los Angeles area) with Margaret Z. Together and with a few other members, they traveled throughout the South Bay region of Los Angeles California starting meetings using the Nar-Anon Blue booklet which was the only piece of literature.

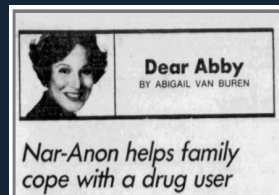
NaraScribes Bio

In May 2020, a group of Nar-Anon members formed a committee to capture stories and the history of Nar-Anon before it was completely lost to future members. With a gesture of respect and gratitude to early Nar-Anon members, NaraScribes research and consider the reliability of written and oral documentation available in preserving our history.

NAR-ANON AT A GLANCE

Started in
Studio City, CA
11/11/1960

63 Years
Young



In April 12, 1983, Dear Abby syndicated articles spread the word and changed Nar-Anon forever

Literature



Nar-Anon Blue Booklet
First published in July 1967

History Facts

1970
Group Meetings
California & New York held the most regular meetings.

1983
Newsletter
Co-founder Louise S. started The World Service Office News Letter

Nar-Anon is a Worldwide Fellowship

