

# ON-LINE FAMILY SUPPORT MEETINGS

Due to COVID-19, many Family Support Groups are holding on-line meetings so that individuals who have family members and loved ones with a substance use disorder can continue get the help and support they need from the safety and comfort of their own home. **You are not alone.**



NH Family Support Groups provide a safe and confidential environment for families of loved ones living with a substance use disorder. These groups offer parents, caregivers, and siblings a safe space to share experiences, struggles, and successes.

## **Exeter**

### *Seacoast Family Support Group*

2nd & 4th Tuesday of each month

6:30-8pm

Contact: Linda 978-578-5670

Ann 603-731-4227

## **Farmington**

### *Circle of Hope*

1st & 3rd Wednesday of each month

7-8:30pm

Contact: Lynn 603- 817-6174

Karen 603-755-1345

Email: circleofhope603@yahoo.com

## **Jaffrey**

### *Addiction & Loss Support Group*

1st Thursday of each month

5:30pm

Visit: [https://www.realitychecknow.org/  
online meetings](https://www.realitychecknow.org/online meetings) to join the Zoom meeting

## **Keene**

### *Hope and Help for Families*

All Recovery & Family support group

Every Wednesday

6:30-8pm

Contact: Becky 603-860-0221

## **Manchester**

### *F.A.S.T.E.R. Family Support Group*

Every Tuesday

6-7:30pm

Contact: Susan or Patrick 603-668-4859

## **Manchester**

### *Families Sharing Without Shame*

Farnum Center

Every Sunday 11am-12:30pm

Contact: Donna 603-568-0533

Email: Donna@Donna4support.com

## **Nashua**

### *F.A.S.T.E.R Family Support Group*

1st & 3rd Tuesday of each month

6-7:30pm

Contact: Sue 351-8356

Rose 603-882-6995

## **Portsmouth**

### *Families Hoping and Coping*

Safe Harbor Recovery Center

1st & 3rd Wednesday of each month

7-8:30pm

Contact: Elaine 603-315-9177

Tim 603-703-3948

## **Rochester**

### *Circle Of HOPE*

2nd & 4th Tuesday of each month

7-8:30pm

Contact: Renee or Ralph 603-617-9963

Facebook Page - Circle of Hope

*Recovery is possible,*

*Hope and support are essential.*

Please reach out to the contact people listed above to learn more about  
Family Support Groups, the resources available, and to join an on-line meeting.

This group listing is not meant to be exhaustive of all support groups offered in NH

NH DHHS—Bureau of Drug & Alcohol Services

8/18/2020