

## Welcome to Hope After Loss!

We wholeheartedly welcome you into our Nar-Anon Hope After Loss (HAL) community. Although we are sorry you have a reason to be here, we are very happy you found us.

HAL members will support you with our collective experience, strength and hope through the shared circumstances of losing someone we love, in a manner related to addiction. We have a unique bond with one another, something which is not found in other grief support groups. In our community you will find that "we get it" and completely understand the pain of losing someone who you may have spent years trying to save.

*"After many years in the Nar-Anon program, when a loved one died, I hesitated to share during Nar-Anon meetings. I believed I could not share my grief with newcomers and others who could not face hearing that some addicts do die. Many who have not suffered this loss cannot imagine the complexities which come with it and may not even want to hear about it. In Hope After Loss, I can freely share, knowing members can hold the reality of my loss. This helps me focus on living, one day at a time." Wendy A.*

The amount of time which has passed since each of our individual losses varies greatly. Some members have losses which are very recent and others are further down the road. We all bring our own strengths and experiences no matter how long since our loss. We learn a new normal for our lives. Although we have such devastation and sadness surrounding us, we learn life can simultaneously have both sorrow and yet also hold fast to hope. We turn to our HAL Community and our higher power as we see it, to provide strength, hope and guidance through this journey of grief.

*"I attended a few meetings of other grief groups after my son died of an overdose, but I didn't feel that the other members understood what I was going through. And even though the people in my Nar-Anon meetings were very kind, I could tell I made them uncomfortable. I was a constant reminder of the worst that could happen. When I found Hope After Loss, I knew I had found a new home with people who understood and would help me move forward. The level of love, support and hope I found in HAL is just what I need to navigate this new life without my beloved son." Donna W*

The Nar-Anon Family Group (NFG) Hope After Loss was created in April 2020. We now have members from the US, UK and Canada, with three meetings per week. This is the only online program of its kind within the Nar-Anon umbrella.

Many of us have been involved in Nar-Anon at some point in the journey with our addict, and HAL can help provide a seamless transition as we experience the loss of our loved one.

We encourage members to attend one or more HAL meetings each week and only ask that you give the program a chance to work for you. HAL is a place where you are completely safe to say whatever you need to say and feel whatever you need to, with no judgment. HAL members are often a lifeline during those times when we need encouragement and unconditional love.

*“Although I did not lose my addict directly from an overdose, addiction played a very large role in his loss. All through his years of addiction, I felt judged by those who couldn’t understand the complexities of living with this horrible disease. When I found Hope After Loss, I became part of a community which completely understands the devastation of the disease and loss. We bring all our similarities and differences and collectively provide compassionate support without judgment”. Karen W*

We are sincerely happy you have found us and welcome you with open arms!

### **Hope After Loss Mission Statement**

**The Nar-Anon Family Group Hope After Loss is a worldwide online fellowship under the Nar-Anon Family Groups for those affected by the death of an addicted loved one. As a Twelve Step program, we offer our help by sharing our experience, strength, and hope.**