

# PEER SUPPORT GROUPS FOR ALCOHOL/DRUG RECOVERY

LA CHEIM BEHAVIORAL HEALTH SERVICES

## **Alcoholics Anonymous (AA)** - <http://www.alcoholics-anonymous.org>

“Alcoholics Anonymous® is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism.”

## **LifeRing Secular Recovery** - <http://www.lifering.org>

“LifeRing is an abstinence-based, worldwide network of individuals seeking to in recovery from addiction to alcohol or to other non-medically indicated drugs. In LifeRing, we offer each other peer-to-peer support in ways that encourage personal growth and continued learning through personal empowerment.”

## **Narcotics Anonymous (NA)** - <https://www.na.org>

“NA is a nonprofit fellowship or society of men and women for whom drugs had become a major problem. We ... meet regularly to help each other stay clean. We are not interested in what or how much you used ... but only in what you want to do about your problem and how we can help.”

## **Recovery Dharma** - <https://recoverydharma.org>

“Recovery Dharma is a peer-led, grass-roots, democratically-structured organization. Our mission is to support individuals on their path of recovery from addiction using Buddhist practices and principles.”

## **Refuge Recovery** - <http://www.refugerecovery.org>

“Refuge Recovery is a practice, a process, a set of tools, a treatment, and a path to healing addiction and the suffering caused by addiction. The main inspiration and guiding philosophy for the Refuge Recovery program are the teachings of Siddhartha (Sid) Gautama.”

## **Secular Organizations for Sobriety (SOS)** - <http://www.sossobriety.org>

“All those who sincerely seek sobriety are welcome as members in any SOS group. SOS is not a spin-off of any religious or secular group. There is no hidden agenda. SOS is concerned with achieving and maintaining sobriety or abstinence.”

## **SMART Recovery** - <http://www.smartrecovery.org>

“SMART Recovery is the leading self-empowering addiction recovery support group. Our participants learn tools for addiction recovery based on the latest scientific research and participate in a world-wide community.”

## **Women for Sobriety** - <http://www.womenforsobriety.org>

“Women For Sobriety, Inc. is a non-profit organization dedicated to helping women overcome alcoholism and other addictions. It is, in fact, the first national self-help program for women alcoholics. Our ‘New Life’ Program helps achieve sobriety and sustain ongoing recovery. WFS has been providing services to women alcoholics since July, 1976.”