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**12 STEP PEER SUPPORT GROUPS
TO COMPLEMENT & SUPPLEMENT
PROFESSIONAL SUBSTANCE ABUSE TREATMENT
PROGRAMS AND SERVICES**

ALCOHOLICS ANONYMOUS (AA)

From its website: 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. The only requirement for membership is a desire to stop drinking. There are no dues or fees for AA membership; we are self-supporting through our own contributions. AA is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy, neither endorses nor opposes any causes. Our primary purpose is to stay sober and help other alcoholics to achieve sobriety.

To find out more about AA and to locate an AA meeting near you:

<http://www.aa.org/>

AL-ANON / ALATEEN

- Are You Troubled by Someone's Drinking?
- Did You Grow Up with a Problem Drinker?
- Has Your Life Been Affected by Someone Else's Drinking?

If you answered yes to any of these questions, read on. *From its website:* **AL-ANON** is a **mutual support group** of peers who share their experience in applying the Al-Anon principles to problems related to the effects of a problem drinker in their lives. It is not group therapy and is not led by a counselor or therapist. This support network complements and supports professional treatment. **ALATEEN** is a peer support group for teens who are struggling with the effects of someone else's problem drinking. Many Alateen groups meet at the same time and location as an Al-Anon group. Alateen meetings are open only to teenagers.

To find out more about Al-Anon and Alateen and to locate meetings near you:

<http://www.al-anon.org/>

NARCOTICS ANONYMOUS (NA)

From its website: Narcotics Anonymous is a global, community-based organization with a multi-lingual and multicultural membership. NA was founded in 1953. Today, NA members hold more than 58,000 meetings weekly in 131 countries. We offer recovery from the effects of addiction through working a twelve-step program, including regular attendance at group meetings. The group atmosphere provides help from peers and offers an ongoing support network for addicts who wish to pursue and maintain a drug-free lifestyle. Our name, Narcotics Anonymous, is not meant to imply a focus on any particular drug; NA's approach makes no distinction between drugs including alcohol. Membership is free, and we have no affiliation with any organizations outside of NA including governments, religions, law enforcement groups, or medical and psychiatric associations. Through all of our service efforts and our cooperation with others seeking to help addicts, we strive to reach a day when every addict in the world has an opportunity to experience our message of recovery in his or her own language and culture.

To find out more about NA and to locate an NA meeting near you:

<http://www.na.org/>

FAMILIES ANONYMOUS is a 12 Step fellowship for the families and friends who have known a feeling of desperation concerning the destructive behavior of someone very near to them, whether caused by drugs, alcohol, or related behavioral problems. When you come into our rooms you are no longer alone, but among friends who have experienced similar problems. Any concerned person is encouraged to attend our meetings, even if there is only a suspicion of a problem.

For more information: <http://familiesanonymous.org/>

Please note that there also are 12 Step peer support groups, patterned after the Twelve Steps and Twelve Traditions of Alcoholics Anonymous that focus on the specific drug of choice such as cocaine, heroin, crystal meth, smoking (nicotine), marijuana, prescription drugs, etc. as well as 12 Step groups that address issues of addiction not related to substance abuse such as gambling, overeating, sex, co-dependence, online gaming, and more.