



Substance Use Treatment –
Self Help Groups

Navigation Services



Need more information? Contact our Navigation Services Team at 303-432-5130 or navigation@jcmh.org

If you notice any changes or inconsistencies with our resources, please inform Navigation to help us stay current.

Denver Area Central **Committee of Alcoholics Anonymous**

303-322-4440 (24 hour hotline)

www.daccaa.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.
- 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.

Colorado Al-Anon/Alateen Inc.

303-321-8788 (24 hour hotline)

<http://www.al-anon-co.org/index.php>

- Al-Anon's Purpose is to help friends and families of alcoholics recover from the effects of living with the problem drinking of a relative or friend. Our focus is on ourselves, not the alcoholic. The only requirement for membership is that there be a problem of alcoholism with a friend or relative. There are no dues or fees.
- Go to website above to search Alateen meetings. Alateen is a fellowship of young Al-Anon members, usually teenagers, whose lives have been affected by someone else's drinking.

Colorado Narcotics Anonymous

303-832-DRUG (3784)

www.nacolorado.org/denver/meetinglist.html

- 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. Membership is open to all drug addicts, regardless of the particular drug or combination of drugs used.
- There are no dues or fees for membership; while most members regularly contribute small sums to help cover the expenses of meetings, such contributions are not mandatory.

Nar-Anon Family Support Groups

1-800-477-6291

www.nar-anon.org

- Twelve-step support meetings offered to relatives and friends who are concerned about the addiction or drug problem of another. The Nar-Anon Family Group is for those who know or have

Tips for your search:

The following list includes national agencies which offer self-help groups in the Denver Metro area. To find exact locations and times, go to the website or contact the number provided.

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known a feeling of desperation due to the addiction problem of someone close to them. Nar-Anon members share their experiences, strength, and hope at weekly meetings.

Marijuana Anonymous

303-607-7516

www.marijuana-anonymous.org/index.shtml

- The only requirement for membership is a desire to stop using marijuana. There are no dues or fees for membership. MA is not affiliated with any religious or secular institution or organization and has no opinion on any outside controversies or causes. Our primary purpose is to stay free of marijuana and to help the marijuana addict who still suffers achieve the same freedom. We can do this by practicing our suggested twelve steps of recovery and by being guided as a group by our twelve traditions.
- Online and land meetings available.

Cocaine Anonymous Colorado

24-Hour Information Phone Lines: 866-768-7709

www.cacolorado.org

- Cocaine 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 their addiction. The only requirement for membership is a desire to stop using cocaine and all other mind-altering substances. There are no dues or fees for membership; they are fully self-supporting through their own contributions.
- Their purpose is to stay free from cocaine & all other mind-altering substances, & to help others achieve the same freedom

Nicotine Anonymous

877-879-6422

www.nicotine-anonymous.org

- Nicotine Anonymous is a Non-Profit 12 Step Fellowship of men and women helping each other live nicotine-free lives. Nicotine Anonymous welcomes all those seeking freedom from nicotine addiction, including those using cessation programs and nicotine withdrawal aids. The primary purpose of Nicotine Anonymous is to help all those who would like to cease using tobacco and nicotine products in any form.

Alternative Self Help Groups

SMART Recovery®

866-951-5357

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

- The SMART Recovery 4-Point Program® helps people recover from all types of addiction and addictive behaviors, including: drug abuse, drug addiction, substance abuse, alcohol abuse, gambling addiction, cocaine addiction, prescription drug abuse, and problem addiction to other substances and activities. SMART Recovery sponsors [face-to-face meetings around the world](#), and [daily online meetings](#). In addition, our [online message board](#) and 24/7 chat room are excellent forums to learn about SMART Recovery and obtain addiction recovery support.

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Secular Organizations for Sobriety (SOS)

323-666-4295

<http://www.centerforinquiry.net/sos>

- SOS is an alternative recovery method for those alcoholics or drug addicts who are uncomfortable with the spiritual content of widely available 12-Step programs. SOS takes a reasonable, secular approach to recovery and maintains that sobriety is a separate issue from religion or spirituality. SOS credits the individual for achieving and maintaining his or her own sobriety, without reliance on any "Higher Power." SOS respects recovery in any form regardless of the path by which it is achieved. It is not opposed to or in competition with any other recovery programs.

LifeRing

303-319-2465 or 1-800-811-4142

<http://liferingcolorado.org/>

- LifeRing is a network of people who support one another in living free of alcohol and other non-medically indicated addictive drugs. In LifeRing meetings your religious and spiritual beliefs, or the lack thereof, remain a private matter. There is no religious content in the meeting process. LifeRing serves as an alternative or complement to 12-step programs such as Alcoholics Anonymous

Activities for those Recovering from Alcohol and Substance Use

Phoenix Multisport

720-440-9175

2233 Champa Street, Denver, CO, 80205

www.phoenixmultisport.org

- To foster a supportive, physically active community for people recovering from alcohol or substance abuse. Through a variety of sports, Phoenix seeks to help members develop and maintain the emotional support they need to stay sober.
- Offers free activities.