



**Jefferson Center**  
for mental health



**NAVIGATION**  
"Your roadmap to mental health..."

303.432.5130  
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### **Drug/Alcohol Self-Help Groups**

***Denver Area Alcoholics Anonymous:*** 303-322-4440 (24 hour hotline)

- website: <http://www.daccaa.org/>
- Call or go to website to find meetings in your area.
- 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 Narcotics Anonymous:*** 303-832- DRUG (3784)

- website: <http://www.nacolorado.org/denver/meetinglist.html>
- Call or go to website to find meetings in your area.
- 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.

***Colorado Al-Anon/Alateen Inc.:***

- [http://www.al-anon-co.org/Meeting\\_Home.php](http://www.al-anon-co.org/Meeting_Home.php)
- Denver Al-Anon 24 hour hotline: 303-321-8788
- Spanish language/Spanish meeting information line: 303-344-0529
- Call or go to website to find meetings in your area. 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.

**Marijuana Anonymous:** (303) 607-7516

- email: [coloradoma@gmail.com](mailto:coloradoma@gmail.com)
- website: <http://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.

**Codependents Anonymous:** 303-592-3936 or 303-427-0176

- website: [www.coloradocoda.org](http://www.coloradocoda.org)
- List of meeting locations and times available online or by calling the number above.
- The Co-Dependents Anonymous Program of Recovery Codependents Anonymous is a fellowship of men and women whose common purpose is to develop healthy relationships. The only requirement for membership is a desire for healthy and loving relationships. We gather together to support and share with each other in a journey of self-discovery — learning to love the self. Living the program allows each of us to become increasingly honest with ourselves about our personal histories and our own codependent behaviors.

**Crystal Meth Anonymous:** 303-427-0176

- website: [www.crystalmeth.org](http://www.crystalmeth.org)
- List of meeting locations and times available online or by calling the number above.
- Crystal Meth Anonymous is a fellowship of men and women who share their experience, strength and hope with each other, so they may solve their common problem and help others to recover from addiction to crystal meth. The only requirement for membership is a desire to stop using. There are no dues or fees for CMA membership; we are self-supporting through our own contributions. CMA is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy; and neither endorses nor opposes any causes. Our primary purpose is to lead a sober life and to carry the message of recovery to the crystal meth addict who still suffers.



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