



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.
- Find in-person and virtual meetings through their website.

Colorado Al-Anon/Alateen Inc.

303-321-8788

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

- 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) (call or text)

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.
- Find virtual and in-person meetings listed on the website.

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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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 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.
- Find local, in-person and virtual meetings listed on the website.

Marijuana Anonymous

303-607-7516

<https://marijuana-anonymous.org/>

- 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.
- Find in-person and virtual meetings listed on the website.

Cocaine Anonymous Colorado

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

<https://ca-colorado.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.
- Find in-person and virtual meetings listed on the website.

Nicotine Anonymous

877-879-6422

<https://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®

440-951-5357

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

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- If you want to address any addiction or harmful habit, SMART Recovery can help. Harmful habits include substance addictions (to alcohol and other drugs), as well as activity addictions (to behaviors like sex, relationships, spending, gambling, eating, exercise, and self-injury). No matter your harmful habit, SMART can help you change it.
- SMART is not just any mutual-support program. Our science-based approach emphasizes self-empowerment and self-reliance.
- Find local in-person meetings listed on the website.

Secular Organizations for Sobriety (SOS)

314-353-3532

<https://www.sossobriety.org/>

- SOS is a nonprofit network of autonomous, non-professional local groups, dedicated solely to helping individuals achieve and maintain sobriety/abstinence from alcohol and drug addiction, food addiction and more.
- 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.
- Meetings can be accessed via the SOS website.

Secular AA

(323) 693-1633.

<https://aasecular.org/>

- To support people find sobriety in Alcoholics Anonymous without having to adhere to a belief system other than their own.
- Online support groups available, please visit the website for more information.

LifeRing

303-319-2465

<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
- In-person and virtual meetings available, please see website for more information.

Activities for those Recovering from Alcohol and Substance Use

The Phoenix

720-440-9175

2239 Champa Street, Denver, CO, 80205

<https://thephoenix.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.