

DEANERY WIDE RESOURCES

HELP LINES

Beendigen (Talk4Healing) Distress Line: 1.855.554.HEAL (4325)

*traditional support services for Aboriginal women and their families living in urban, rural and remote communities, both on and off reserve, throughout Northern Ontario. Offers services in English, Ojibway, Oji-Cree, Algonquin, Moose Cree, Swamp Cree, Micmac, Black Foot, Mohawk, Oneida, Potawatoni, and Anishinaabe. For more information on other services contact: www.beendigen.com/programs-services/aboriginal-women-help-talk4healing/

CONNEX Ontario: 1.866.531.2600

* a centralized information referral service for mental health issues and addictions. Provides “listening support” and strategies to get started and meet goals. NB. It incorporates all mental health, drug, alcohol and problem gambling services including helpline information. Available in English & French. Other translation services are also available

Drug & Alcohol Helpline: 1.800.565.8603

First Nations & Inuit Hope for Wellness Help Line: 1.855.242.3310 or chat online at: www.hopeforwellness.ca

*provides immediate, culturally competent telephone counselling 24/7 with services in English, French, Ojibwe, Cree & Inuktitut.

Kids Help Phone: 1.800.668.6868 (or text HOME to 686868)

*national support service offering professional counselling, information and referrals. [See also online version].

Mental Health Services & Addictions Hotline: 1.855.366.1466

Problem Gambling Helpline: 1.888.230.3505

WARM Line: 1.866.856.9276 Hours of Operation: Daily 6:00pm - midnight

*peer support. Telephone mitigation/prevention below the “crisis” level involving problem solving techniques, intervention and resources such as self help groups, social, educational and recreational activities for individuals with mental health and addiction issues.

ONLINE HELP

Bounce Back: 1.866.345.0224 website: www.bouncebackontario.ca

*telephone coaching program with workbooks and videos for individuals with anxiety, depression, and addiction issues NB. Individuals must “not be currently significantly using.” No fee.

Big White Wall website: www.bigwhitewallontario.ca

*self help service through online/text peer support and self management tools. These services provide skill building and cognitive-behavioural therapy. Suitable for both adults & youth with depression, anxiety, alcohol and addiction issues. No fee.

CONNEX Ontario APPS:

*mobile apps allow users to connect with Connex Ontario helplines via telephone, email or chat.

Drug & Alcohol Helpline APP available from the APP Store or Google Play

Gambling Helpline APP available from the APP Store or Google Play

Good2Talk

*online help for post secondary students allows users to locate mental health and addiction services in their community and on campus. It also provides information on campus supports (from financial aid to sexual health, counselling, etc.). Available 24/7/365 in English and French.

Kids Help Phone: Live chat counselling lets you connect one-on-one in real time, with a Kids Help Phone counsellor on the web or from Always There APP. Download Always There APP to your iOS or Android.

RECOVERY/ADDICTION CLINICS AND SERVICES:

Valiant Recovery: Christian Drug & Alcohol Addiction Treatment
1.877.644.0433

ValiantRecovery.com or Christian-Alcohol-Rehab.com

*spiritual counselling and Christian belief are essential part of treatment. Programs include: 16 hrs (min) individual private counselling & group sessions. Centres in Ontario and BC.

CLERGY RESOURCES

Roberts, Nicholas (2018) Addiction and Pastoral Care: Canterbury Press, London, United Kingdom.

Waters, Sonia, E. (2019) Addiction and Pastoral Care: William B. Eerdmans Publishing Co., Grand Rapids, Michigan.

RESOURCE GUIDE FOR SAULT STE. MARIE [SSM]

Area Help Lines:

Central Access & Information Service: 705.759.5989 or Toll Free: 1.855.366.1466

*operated by Canadian Mental Health Association [CMHA] of Sault Ste. Marie. Available by telephone or walk in [see also CMHA]. Provides assistance with mental health & addictions services across the Algoma District. Also provides assistance connecting individuals with local support systems.

Sault Area Hospital [SAH] Crisis Service/ 24 hr Crisis Response: 705.759. 3398 or Toll Free: 1.800.721.0077

211 [Ontario North]

*general information service on social supports, counselling, health, government services, etc. in Sault Ste. Marie.

SELF HELP

Sault Ste. Marie Public Library

Main Library

50 East Str., SSM

705.759.5230

or

Korah Branch

556 Goulais Ave.,SSM

705.759-5249

*See section listed under 616 for addictions information

Sault College

443 Northern Avenue E., SSM

Library: 705.759.2554 x2711

*See section labeled "Social Work" or "Social Services" for information on addictions

SUPPORT GROUPS

AA Alcoholics Anonymous

* NB. also provides a 24 hr hotline

705.254.1312

Al-Anon Family Groups

705.946.6019

Narcotics Anonymous

1.888.811.3887

RECOVERY/ADDICTION CLINICS AND SERVICES

Addiction Treatment Clinic (ATC)

123 East Str., SSM.

705.759.6684

<http://www.sah.on.ca/programs-services/mental-health-and-addictions/addictions-treatment-clinic>

*Substance Abuse Community Treatment Program: (18+) uses bio-psycho-social therapy model to address individual alcohol/drug/problem gambling issues. Also includes couple, family and group counselling, aftercare and relapse prevention.

NB. To access these service clients must use ATC's Walk In Clinic on Monday or Friday 1:00 - 3:00pm. This is the intake process.

*Problem Gambling Program: provides individual (16+), group, couple and family counselling for weekly sessions.

Algoma Family Services (AFS)

205 McNabb Street, SSM

705.945.5050 or Toll Free 1.800.461.2237

email: afs@algomafamilyservices.org

website: www.algomafamilyservices.org

* AFS "Alternatives for Youth" Community Treatment: program aimed at 14 -24 yr. olds with mental health and addiction issues using strength based CBT.

*AFS Genesis Day Treatment Program: 16 week day addiction/mental health treatment program for youth (12-18). Includes individual & group counselling, outdoor activities, lifeskills, etc..

*AFS Rebound Choices: 10 week psychosocial education program for youth (12-17) to develop social and problem solving skills esp. around substance abuse.

Algoma Public Health (APH):

294 Willow Avenue, SSM

705.942.4646

<http://www.algomapublichealth.com/addictions-mental-health/alcohol-drug-assessment/>

APH Community Alcohol/Drug Assessment Program CADAP

705.942-4646 x 3148

*assesses drug use and matches treatment program/counsellors. Includes [but limited to]:

APH Methadone Maintenance Addictions Treatment (MMT)

*methadone is a replacement therapy for heroin and prescribed opiates.

*counselling, case management and referrals to other resources such as Hepatitis nurse, needles exchange, group and education classes

APH Outpatient Counselling/Addictions Treatment

*a "bio-psychosocial" assessment/counselling program which looks at harm reduction strategies and/or abstinence-based models for dealing with problematic substance abuse. Also includes group therapy "Structure Relapse Prevention & Anger Solutions"

APH Supportive Housing [ASH]

*based on "housing first" model for individuals with addiction issues in the belief that stable housing is central to attaining treatment goals in any comprehensive treatment program.

Algoma Substance Abuse Rehabilitation Centre [see also Breton House]

91 Breton Road, SSM
705.759.4891

*must be clients of Breton House to access services.

Batchewana Health Centre
210 A Gran Str. , Batchewana First Nations, P6A 0C4
705.254.7827

*provides services and support for individual and families with addiction issues including: prevention & education programs, counselling, support groups, phone & in home visits.

Canadian Hearing Society Mental Health and Wellness Program
130 Queen Street E., SSM, P6A 1Y5
1.866.518.0000 or TTY 1.877.215.9530

*Outpatient addiction services for culturally Deaf, deaf, deafened, oral deaf and hard or hearing consumers and their families.

Canadian Mental Health Association (MHA): Walk In Counselling Service
386 Queen Street E., SSM, P6A 1Z1
705.759.0458 or 1.855.366.1466

website: <http://ssm-algoma.cmha.ca/programs-services/>

*No appointment required. Hours of operation Tuesday 11:30 am to 5:30 pm. Provides counselling for mental health as well as substance issues, financial challenges, couple & family relationships, domestic violence, etc..

* CMHA also offers counselling on an ongoing basis to individuals (16+), couple, family and group using client centred model. Assessment of needs & develops solutions. Open to individuals with concurrent disorders (mental health & addictions).

Counselling Centre of East Algoma
9 Oakland Blvd., Elliott Lake
705.848.2585 or after hours 1.800.721.0077

*Seniors, adults (25-74 yrs) and youth (14-24 yrs) addiction counselling and problem gambling. Also includes support for family members

Group Health Centre (GHC): Counselling Services
240 McNabb Street, SSM., P6B 1Y5
705.759.5595

*See also HepC Clinic program for HepC addiction related issues. Contact Cathy Woldanski @ 705. 541.2235

*See also GHC "Family Health" Program. Contact Jennifer Murray @705.759.5679

Garden River Wellness Centre
705.946.5710

Indian Friendship Centre: Community Treatment Program

122 East Str., SSM, P6A 3C6

705.256.5634

<http://www.ssmifc.com/programs-we-offer/drug-alcohol-prevention/>

*provides culturally appropriate client based outpatient addiction counselling and drug testing

John Howard Society

27 King Street, SSM., P6A 6K3

705.759.1703

Nog-Da-Win-Da-Min Family Services

705.946.3700

*provides intervention for children of & direction for parents suffering from addictions

Maamwesying North Shore Community Health Services Inc.

Pamela Golden – Minobimaadizing Support Co-ordinator

705.971.8187

OATC

500 Queen Street East, SSM., P6A 2A1

705.759.8080 or Toll Free: 1.877.937.2282

<https://www.oatc.ca/clinic-locations/sault-ste-marie-clinic/>

*multidisciplinary approach to addiction. Provides a range of harm reduction & supportive treatments. Also partnered with HIV/AIDS Resource Program (HARP) to provide HepC education and prevention strategies.

Rapid Access Addiction Medicine (RAAM)

Algoma Treatment Centre

123 East Street

Sault Ste. Marie

705.759.3434. ext. 7200

<http://www.sah.on.ca/programs-services/mental-health-and-addictions/raam-clinic>

*in conjunction with Sault Area Hospital. No appointment or referral necessary. Connect with specific alcohol, benzodiazepene and opioid addiction medicine and other addiction treatment services in the Sault.

Road to Recovery Clinic

332 Queen Street. E.

705.942.2244

<http://roadtorecovery.clinic/>

* treatment programs include: opioid detox, methadone, suboxone, conversion cocaine detox, maintenance taper off, and mental health.

NEEDLE EXCHANGE PROGRAMS (NEP)

*NEP reduces the spread of infectious diseases and provides referrals to medical and other organizations. Also provides “harm reduction” supplies to injection users, “drop box” locations and medical grade disposal containers.

Algoma Public Health

294 Willow Ave, SSM. P6B OA9

705.942.4646 or Toll Free: 1.866.892.0172

<http://www.algomapublichealth.com/disease-and-illness/infectious-diseases/safely-retrieve-and-dispose-of-sharps/>

John Howard Society

27 King Street, SSM., p^A 6K3

705.759.1703

TREATMENT FACILITIES

Anishnabie Naadmaagi Gaming Substance Abuse Treatment Centre

144 Causley Street

Blind River POR 1B0

705.356.1681

* residential mental health and substance abuse facility

Benbowopka Treatment Centre: Residential Treatment

144 Causley Street, Blind River

705.356.1681

Toll free: 1.877.356.1681

705.356.1684

*structured treatment program using harm reduction model emphasizing traditional teachings as a means to address addiction issues. 24 hr support is provided.

Breton House

91 Breton Road, SSM., P6B 5T8

705.759.4891

<http://www.bretonhouse.ca/anewlink.htm>

*Residential Supportive Addictions Treatment: long term recovery home for women with drug and alcohol addictions. Offers individual and group counselling, life skill groups, peer support, limited dental and medical services, etc.. Programs available include: “A New Link” for pregnant and parenting women with addiction issues or in recovery; “Pulling Punches” on anger management.

Camillus Centre: Residential Treatment Centre [associated with St. Joseph's General Hospital]
The Oaks Centre

9 Oakland Blvd, Suite 3

Elliott Lake, P5A 2T1

1. 705.848.2129 Ext #304

*Oaks Withdrawal Management Services [detox 5 to 7 days].

*Oaks Tapering Programming: limited tapering services for opiate/opioid addictions. Limited suboxone stabilization

*Camillus Residential Treatment program [includes all three programs] for dependency/codependency. Abstinence based treatment includes: bio/psycho/social, spiritual relapse prevention. Harm reduction & structured treatment in group therapy.

Withdrawal/Crisis Management Centre aka Detox Centre [through the Sault Area Hospital]

911 Queen Street East

705.942.1872

* withdrawal management for drug and alcohol for men and women. NB. 8 hour observation period before bed assigned. Stays of no more than 5 to 7 days. Walk in.

Ken Brown Recovery Home [also listed as SSM Alcohol Recovery Home]

8 Herrick Street, SSM

705.942.2244

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

*residential support program for men (16+). Provides safe, supportive environment for men before, during and after treatment. 12 Step Program. Other programs Include: life skills, anger management, relapse prevention, individual, and group counselling. NB. 5 days abstinence is required for admission.

Ken Brown Recovery Home Phase 2

173 March Street.

705.942.3821

Safe Bed Program: Withdrawal Management Centre [WMC]

911 Queen Street E., SSM., P6A 2B6

705.759.3434 ext. 7226 [SAH] or 705.942.1872

*short term residential support for adults (16+) with addiction &/or mental health issues in a state of withdrawal from alcohol/drugs.

Teen Challenge North

1446 Great Northern Road, SSM, P6B 0C1

705.942.7771

*12 month residency Christian based drug and alcohol treatment centre for teens

ADDICTIONS COUNSELLING : PRIVATE COUNSELLORS

Davies Counselling

[Lori Hammond Davies]

705.256.0641

*provides counselling for family members of individuals with addictions and those not actively using

Iris Counselling

705.941.9319

* broad spectrum addiction counselling ie. drug & alcohol, internet, shopping. \$50/hr with sliding scale and EAP billing

Patty Lebel MSW RSW LMSW

510 Queen Street East, SSM, P6B 2N1

705.206.1606

Northshore Family Centre

Tim Kahtava

1496 Wellington Street East, SSM, P6A 2R1

705.945.6101

*Christian based addictions counselling

Anne O'Connor MSW RSW

94 Lake Street, SSM

705.759.3917

**"family experience" counselling with family members of people struggling with addiction. Also includes marital issues. Anne also taught courses in addiction counselling and is available for presentations.

LICENSED PSYCHOLOGISTS/PSYCHOTHERAPISTS

Dr. Suzanne Popham

Suite 509

123 March Street, SSM

705.949.0803

clinical addiction counselling including internet/video gaming addiction. Also specializing in deviant sexual behavior counselling [online pornography].

NB: "Clients from the Sault can't be seen if there are criminal charges pending. Must see therapists in Sudbury." Recommended:

Dr. Ramamohan Veluri
680 Kirkwood Drive
Sudbury, ON
705.670.8389

Dr. Andrea Kohan
Suite 509
123 March Street, SSM
705.949.0803

*clinical addiction counselling for individual adults for substance abuse (drug & alcohol).
Relapse prevention.

North Bay Mental Health and Addictions Services

Counselling Services

Community Counselling Centre of Nipissing

705-472-6515

361 McIntyre St. E

North Bay ON P1B 1C9

www.cccnip.com

Services

Credit Counselling

Partner Assault Response Program

Partner Intervention Program

Changing Patterns – group programing for mothers and children who have experienced witnessed violence

Addiction Counselling – substance and gambling

Mental Health Clinic

705-494-3050

120 King St.

North Bay, ON

www.nbrhc.on.ca

Alliance Centre

705-753-2271

172 Ethel St.

Sturgeon Falls, ON

www.wngh.ca

Individuals and family members 16 years of age and over, living with a mental illness such as: Depression, Anxiety, Bipolar disorders, Obsessive-compulsive, Schizophrenia and/or affected by drug and/or alcohol use.

Service

MENTAL HEALTH COUNSELLING, SUBSTANCE ABUSE, ASSESSMENTS AND COUNSELLING, COMMUNITY SUPPORT / CASE MANAGEMENT

SERVICES, CRISIS INTERVENTION SERVICES, PSYCHIATRIC CONSULTATIONS

Allan Hirsh MA Counselling Services

705-476-2219

203-348 Fraser St

North Bay

www.alanhirsh.com

Vossos/Luoma and Associates

705-495-2662

102-133 Main St W

North Bay

www.vossosluoma.com

Crisis Intervention

North Bay Regional Health Centre

Crisis Line 1-800-352-1141 / 705-495-8198 / 705-495-8148

Community Crisis Outreach
705-476-6240 ext 6241 or 6243

Programs

Community Addiction Treatment Service (Outpatients)

Residential Addiction Treatment Service 21-day program (Inpatient)

Withdrawal Management – Detox (Inpatient)

Concurrent Disorders (Outpatient)

Methadone Case Management – Opioid Maintenance Therapy (Outpatient)

West Nipissing General Hospital
705-753-3110 ext 288

Mattawa Hospital
705-744-6014

The North Bay Recovery Home

705-472-2873

393 Oak St. W

North Bay, ON P1B 2T2

www.nbrh.org

- Residential Recovery
- Addiction Supportive Housing
- After Care

Amelia Rising Sexual Assault Centre

705-840-2403

24-hour crisis line: 705-476-3355

11-101 Worthington St.

North Bay, ON P1B 1G5

www.info@ameliarising.ca

- Individual and group counseling
- Accompaniment
- Information and referral
- Advocacy / social action
- Clothing and food bank

North Bay & District Multicultural Centre

705-495-8931 1-877-495-8931

100 Main St E

North Bay, ON P1B 1A8

www.nbdmc.ca

- Settlement and orientation
- Community connections and mentoring
- ESL class referrals
- Social events
- Employment supports
- Citizenship assistance
- Document certification

True Self Employment & Training

705-474-4958

201-239 Main St. E

North Bay, ON P1B 1B2

www.trueself.ca

The goal of True Self is to provide streamlined access to services that promote the safety, self-sufficiency and well being of individuals and their families. They foster a structured, collaborative, community response in one location.

North Bay Indigenous Friendship Centre

705-472-2811

980 Cassells St.

North Bay, ON, P1B 4A6

www.nbifc.org

The IFC provides support, information, referrals and many types of programming

Youth Programs

Health Programs

Addiction Counselling

Children and Family Programming

Legal Programming

Housing

Shelters

Crisis Centre North Bay

705-474-1031

1675 Cassells St.

North Bay, ON P1B 4C6

www.crisiscetre-nb.on.ca

- emergency shelter to men, women and children in crisis/homeless
- provides one on one support, crisis counselling, referrals, advocacy and community collaboration and education.
- 24-hour crisis line
- barrier free

Mattawa Women's Resource Centre

705-744-5567

385 Pine St.

Mattawa, ON P0H 1V0

- emergency shelter women and children in crisis
- provides one on one support, crisis counselling, referrals, advocacy and community collaboration and education.
- barrier free

Nipissing Transition House

705-476-2429

547 John St.

North Bay, ON P1B 2M9

www.nippissingtransitionhouse.com

- emergency shelter to women and children fleeing abuse
- provides one on one support, counselling in house and over the phone, as well as advocacy, referrals, accompaniment, transportation and community collaboration and education.
- provides outreach groups
- child and youth counselor
- safety planning
- barrier free

Ojibway Women's Lodge (OWL)

705-472-3321

131 Commanda Cres

North Bay, ON P1B 8G5

www.ojibwaywomenslodge.ca

- emergency shelter to women and children fleeing abuse
- provides one on one support, counselling in house and over the phone, as well as advocacy, referrals, accompaniment, transportation and community collaboration and education.
- provides outreach groups
- child and youth counselor
- safety planning
- barrier free

Horizon Women's Centre

705-753-1154

155 Salter St.

Sturgeon Falls, ON P2B 3K6

www.horizoncentre.ca

- emergency shelter to women and children fleeing abuse
- provides one on one support, counselling in house and over the phone, as well as advocacy, referrals, accompaniment, transportation and community collaboration and education.
- provides outreach groups
- child and youth counselor
- safety planning
- barrier free

Mental Health Services

Canadian Mental Health Association Nipissing Regional Branch

705-474-1299
176-A Main Street West
North Bay, ON P1B 2T5

www.nipissing.cmha.ca

Service:

Housing Success Services / Community Support
Services / Bridges Voluntary Trusteeship / Rent
Supplement HousingMental Health Justice
Services / Developmental Disability Services
Social Recreation Services Mental Health
Promotion, Information & Education Services

Nipissing Mental Health Housing and Support Services

705-476-4088

222 Main Street East

North Bay, ON P1B 1B1

www.nmhhss.ca

Nipissing Mental Health Housing & Support
Services is a local mental health agency that
specializes in support services to people with
a serious mental illness.

Low Income People Involvement (LIPI)

705-472-1337

127 Main St. E

North Bay, ON P1B 1A9

www.lipinipissing.com

LIPI is an organization that assists in responding
to crisis situations with the community. LIPI's
program funds are seen as a last resort and all
programs are subject to needs testing, income
review and availability of funding. Target group
is low income families and individuals in
Nipissing District.

Services provided

Trusteeship

Community Housing Guarantee

Housing Support-General Intake

Recreation & Community

Dental work/Dentures

Santa Needs Help Campaign

Community volunteer income tax program

ALCOHOLICS ANONYMOUS MEETING LIST FOR NORTH BAY



Day	Time	Program	Name	Location
Wednesday	12:30 pm	AA	Newcomers Group	Calvin Presbyterian Church, 580 Commercial Street, North Bay <i>Step 1 Discussion</i>
Wednesday	8:00 pm	AA	12 Steps Group	Christ Church, 312 Greenwood, North Bay <i>Off Algonquin Avenue</i>
Wednesday	8:00 pm	AA	Caring & Sharing	Wellness Centre, 150 Water Street, Mattawa
Wednesday	8:00 pm	AA	New Horizons Young Peoples Group	Calvin Presbyterian Church, 580 Commercial Street, North Bay <i>Last meeting of every month is open</i>
Wednesday	8:00 pm	AA	Unity Group	Legion Hall, 201 River Street, Sturgeon Falls
Thursday	12:30 pm	AA	Daily Reprieve	Calvin Presbyterian Church, 580 Commercial Street, North Bay
Thursday	2:00 pm	AA	Galcoholics Group	Calvin Presbyterian Church, 580 Commercial Street, North Bay
Thursday	7:30 pm	AA	Bear Island Group	Elder's Building, Bear Island
Thursday	7:30 pm	AA	There is a Solution Group	St. Mary's Anglican Church, 16 Memorial Drive, Powassan <i>At Main Street</i>
Thursday	8:00 pm	AA	Action Group	Trinity United Church, 389 Ferguson Street, North Bay <i>At McIntyre St. Enter off Ferguson</i>
Thursday	8:00 pm	AA	Serenity Seekers Group	First Baptist Church, 1250 Cassels Street, North Bay
Friday	12:30 pm	AA	Back to Basics	Calvin Presbyterian Church, 580 Commercial Street, North Bay <i>First meeting of every month is open</i>
Friday	7:00 pm	AA	Recovery Continues	St. Andrews United Church, 185 Holditch Street, Sturgeon Falls
Friday	7:30 pm	AA	Groupe De Fraternite	Eglise St. Vincent de Paul, 1265 Wyld St, North Bay <i>Open Meeting on Last Friday of Each Month</i>
Friday	8:00 pm	AA	Denovo Treatment Centre	Denovo Treatment Centre, 279 Adams Road, Sundridge <i>Men Only</i>
Friday	8:00 pm	AA	Gateway Group	Calvin Presbyterian Church, 580 Commercial St, North Bay <i>Corner of First Ave. W</i>
Friday	8:00 pm	AA	Men's Big Book Discussion	Trinity United Church, 389 Ferguson St, North Bay <i>At McIntyre St. Enter off Ferguson</i>
Saturday	9:00 am	AA	Big Book Bunch	Trinity United Church, 389 Ferguson Street, North Bay <i>At McIntyre St. Enter off Ferguson.</i>
Saturday	11:00 am	AA	Daily Reprieve Group	Calvin Presbyterian Church , 580 Commercial St, North Bay
Saturday	7:00 pm	AA	Callander-Powassan Group	St. Alphonsus Catholic, 163 High Street, Callander
Saturday	8:00 pm	AA	Journey Through The Steps Group	Calvin Presbyterian Church , 580 Commercial St, North Bay
Sunday	10:30 am	AA	Serenity Seekers Coffee Club	Voyager Inn, 123 Delaware Avenue, North Bay
Sunday	12:00 pm	AA	Highnoon Serenity Group	Indian Friendship Centre, 980 Cassels Street, North Bay
Sunday	4:00 pm	AA	We Agnostics	White Water Gallery, 122 Main Street E, North Bay <i>Athiests, Agnostics and Free Thinkers</i>
Sunday	8:00 pm	AA	One Day at a Time Group	St. Anne's Roman Catholic Church, 241 Second Street, Mattawa
Sunday	8:00 pm	AA	Sunday Night Discussion Group	Trinity United Church, 389 Ferguson Street, North Bay <i>At McIntyre St. Enter off Ferguson</i>

Monday	12:30 pm	AA	Newcomers Group	Calvin Presbyterian Church, 580 Commercial St, North Bay <i>At First Avenue West</i>
Monday	7:00 pm	AA	French Meeting	Salle des Legionnaires (en haut), 201 River Road, Sturgeon Falls
Monday	7:00 pm	AA	Galcoholics Group	Calvin Presbyterian Church, 580 Commercial St, North Bay
Monday	7:30 pm	AA	Unity Group 2	Firehall, 1082 Jocko Point Road, Sturgeon Falls <i>15 min. from Sturgeon Falls. 25 min. from North Bay.</i>
Monday	8:00 pm	AA	Key to Happiness Group	Ste. Theresa's Church, 67 Boucher, Temiskaming <i>Use Basement Entrance</i>
Monday	8:00 pm	AA	Primary Purpose Group	Trinity United Church, 389 Ferguson St, North Bay <i>At McIntyre St. Enter off Ferguson</i>
Tuesday	7:00 pm	AA	Came to Believe	Calvin Presbyterian Church, 580 Commercial Street, North Bay <i>Second Floor</i>
Tuesday	7:00 pm	AA	Men's 12 Step Discussion	Emmanuel United Church, 395 Lakeshore Drive, North Bay <i>Enter off William Street</i>
Tuesday	7:30 pm	AA	Deep Water Group	St. Elizabeth's Church, 5 Harmony Avenue, Temagami
Tuesday	8:00 pm	AA	French Group	Municipal Building, 11790 Highway 64 South, Verner
Tuesday	8:00 pm	AA	Sundridge Group	Zion United Church, 50 Main Street, Sundridge

NARCOTICS ANONYMOUS MEETING LIST FOR NORTH BAY

WEDNESDAY



Recovery Way Group

Trinity United Church, 389 Ferguson, North Bay

7:30 pm

Enter off Ferguson



New Beginnings

Caswell Resort, 77 Main St., Sundridge

8:00 pm

2nd Floor Boardroom

THURSDAY



Just For Today

7:00 pm

St Paul's United Church, 70 Wellington St, New Liskeard



Unity Group

St. Andrews United Church, 399 Cassels Street,
North Bay

7:30 pm

Room 6

FRIDAY



Steps to Recovery

Calvin Presbyterian Church, 401 First Ave W, North Bay

7:00 pm

3rd Floor

SATURDAY



Recovery Way Group

Trinity United Church, 389 Ferguson, North Bay

1:00 pm

Enter off Ferguson

SUNDAY



Just For Today

7:00 pm

St. Paul's United Church, 70 Wellington St, New
Liskeard



Miracles Happen

Calvin Presbyterian Church, 401 First Ave W, North
Bay

7:00 pm

2nd Floor



New Beginnings

Caswell Resort, 77 Main Street, Sundridge

8:00 pm

2nd Floor Board Room

MONDAY



Unity Group

St. Andrews United Church, 399 Cassels Street,
North Bay

7:30 pm

Room 6

TUESDAY



Together We Can

Calvin Presbyterian Church, 401 First Ave W, North
Bay

7:00 pm

3rd Floor Parlour



We Do Recover

7:00 pm

Celebrate Recovery First Baptist Church

Christian Base Recovery

Tuesday at 6pm – dinner served and then
meeting

RESOURCE GUIDE FOR MUSKOKA

SELF HELP

Bracebridge Public Library 705-645-4171
94 Manitoba St
Bracebridge P1L 2B5

Huntsville Public Library 705-789-5232
7 Minerva St. E.
Huntsville

Parry Sound Public Library 705-746-9601
29 Mary St Parry Sound
Parry Sound

SUPPORT GROUPS

AA Alcohol Anonymous 1-888-565-1278

Bracebridge -705-646-2491

Parry Sound 705-746-2464

26 Bay St. Parry Sound

HELP LINES

Drug and Alcohol Hotline 1-888-561-444-3171

Ontario Problem Gambling 1-888 230-3505

Connex

Fully funded by OHIP referred out in right direction)

Kid's Help Line 1-800-668-6868

Canadian Mental Health Muskoka Crisis Line 1- 888-893-8333

RECOVERY, ADDICTION, CLINICS AND SERVICES

Canadian Mental Health Association
Bracebridge 705-645-2262 (1-800-245-5036)
202-173- Manitoba St.
Bracebridge
(Crisis line 1-800-461-5424)

Parry Sound 705-746- 4264 (1-800-245-5136)

26 James St

Parry Sound

(available without appointment. 24/7 drop in visits, family groups, has pamphlets willing to make presentation to schools etc.

Partner Protection Service 705-645-6771 (1-800-563-1990)

Parry Sound 705-744-9800

Partner Assault Response Program - Muskoka 705-645-2262

Parry Sound 705-746-9114

Aboriginal Mental Health 705-746-2512 (1-800-245-5036)

26 James St

Parry Sound

(counselling crisis, addiction, go to counselling referral screening)

B'saanibibamadsiwinn Native Mental Health Program

Bala 705-742-235 Toll free 1-877-678-6754n

(committed to practising First Nation, Inuit, Metis , committed to practising mental wellness are that is culturally safe)

Ontario Addiction Treatment Centres 705 -774-9669

32 James St Parry Sound

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Homewood Health Services 519-823-1010 admitting 1-866-839-2954

(a nine-bed inpatient and outpatient departments in Guelph- one of the largest addiction centres in Canada)

Muskoka Interval House 705-645 4461 43 Mary St. Bracebridge

(Shelter for abused women over 16yrs, with or without children. apply by phone, open 24/7 child and youth programming. support groups, outreach support; assistance with navigating the legal system)

ADDICTIONS COUNSELLING: PRIVATE COUNSELLORS

Private Counselling Associates

10 Chancery Lane Bracebridge ON

705-646-1308

Elke Scholz ME EXAT

1060 Partridge Lane Bracebridge ON

705-646-2300

(Counselling for individuals and families due to anxiety etc.

Meg Wardroper Counselling and Coaching

99 Ontario St Bracebridge ON P1L

705-646-9668

(705-205-3253(cell)

(Spiritually based Christian counsellor and life coach for individual, couples and families.

May include counselling for addictions)

Peter Gelderbloem MDIV RMFT

3 Fairy Ave. Huntsville

9705-789-1832))

Henry Richard MSW RSW

395 Center St Huntsville

705-788-7895

DEANERY WIDE RESOURCES

HELP LINES

Bounce Back: 1.866.345.0224 or www.bouncebackontario.ca

Free self help psychotherapy service through telephone coaching program with workbooks and videos

Big White Wall <https://www.bigwhitewall.com> Free self help psychotherapy service through online peer support and self management tools. Suitable for both adults & youth with depression, anxiety, alcohol and addiction issues.

CONNEX Ontario: 1.866.531.2600

*information referral service for drug, alcohol and problem gambling

Kids Help Phone: 1.800.668.6868

Mental Health Services & Addictions Hotline: 1.855.366.1466

WARM Line: 1.866.856.9276 Hours of Operation: Daily 6:00pm - midnight

* Peer support. Telephone mitigation/prevention below the “crisis” level involving problem solving techniques, intervention and resources such as self help groups, social, educational and recreational activities for individuals with mental health and addiction issues.

RESOURCE GUIDE FOR SUDBURY & MANITOULIN ISLAND

SELF HELP/SUPPORT GROUPS

AA, Adult Children of Alcoholics, Al-Anon, Alateen

Sudbury: 705-674-6217

Manitoulin: 705-461-3150 (call collect): For meetings--<http://area84aa.org/aa-meetings-in-northeast-ontario/district-6-manitoulin-espanola>

Narcotics Anonymous 1-888-811-3887

Sexaholics Anonymous (leave msg) 705-693-0021

AREA HELP LINES

Sudbury: Crisis Intervention 705-675-4760 A short term counselling and assessment service available to individuals of all ages who are experiencing a crisis and are unable to cope effectively as a result of symptoms of a mental illness, or personal problems. The program is operated 24 hours per day 7 days per week.

Manitoulin: Crisis Response Program 705-368-0756 (during business hours); after hours 1-877-841-1101

RECOVERY/ADDICTION CLINICS AND SERVICES

Sudbury Mental Health and Addictions 705-523-4988 x 4396

The Mental Health and Addictions Program of Health Sciences North (HSN), delivers integrated community and hospital-based mental health and addictions services across the Sudbury, Manitoulin and East Algoma districts. Services are provided in a personal and family-centred manner, in both English and French, with a focus on cultural safety. Mental health and addictions professionals are available to provide assessment, treatment, support and consultation to individuals and their families.

Harm Reduction Day Program 705-675-7252
(Canadian Mental Health and Addictions)

The harm reduction program is a voluntary day plan for alcoholics, who are provided prescribed doses of alcohol hourly over a 12-hour time period.

Outpatient Gambling & Addictions 705-523-4988 x 4211

The Point (needle exchange) 705-673-4287
(Sudbury Action Centre for Youth)

HSN Withdrawal Mgt (Pine St., Sudbury) 705-671-7366

Manitoulin Community Withdrawal
Management Services 705-368-0058

Monarch Aftercare Centre 705-674-4193

Monarch Men's Recovery Centre 705-674-4193

Monarch Day Treatment Program 705-674-4193

Monarch Recovery Services has substance abuse services in Sudbury for many steps of recovery. All the programs "allow you to slowly build your wings preparing you to take flight in your new life of recovery."

Rapid Access Addiction Medicine (RAAM)
Clinic 705-523-7100 x 1875

This clinic runs from 9:30 a.m. to 2:30 p.m., Monday to Friday. Patients can walk-in. This program is designed to initiate therapy for opioid or alcohol addiction and then triage clients to the most appropriate ongoing care provider.

Safe Bed Program 705-671-7366 x 1876

Provides a short stay (7 to 10 days) residential program for individuals in crisis. Priority will be given to individuals who are at risk of coming into conflict with the law (non-violent offenders only) and those who would benefit from intensive crisis case management.

Northwood Recovery 80 Elm St, Sudbury 705-806-3737

Offers walk-in and scheduled treatment for those experiencing addiction. We are a network of access points that offer outpatient services in addiction treatment and recovery.

OATC - 450 Notre Dame Ave 705-673-1116

Ontario Addiction Treatment Centre is committed to improve the lives of individuals living with the devastating effects of drug addiction, and lessening the adverse impact on families and society as a whole, through the provision of a range of harm reduction and supportive treatment modalities.

VitaHeal Medical Clinic Addictions 705-805-6383

Addiction professionals work with individuals who are grappling with an addiction to morphine, heroin, or prescription painkillers by continually monitoring the medications that are being taken, as well as how and when they are being taken.

TREATMENT FACILITIES

Monarch Women's Treatment Centre 705-674-4193

Monarch Men's Recovery Centre 705-674-4193

Monarch Recovery Services has substance abuse services in Sudbury for many steps of recovery. All the programs "allow you to slowly build your wings preparing you to take flight in your new life of recovery."

Camillus Centre-Elliot Lake 705-848-2129

Ngwaagan Gamig Recovery Centre,
Wikwemikong, ON

705-859-2324 or 1-877-649-2242

ADDICTION COUNSELLING

N'Swakamok Friendship Centre 705-674-2128

Shkagamik-kwe Health Centre 705-675-1596

Sudbury Counselling Centre 705-524-9629

Health Services Information Lines

AIDS & Sexual Health

1-800-668-2437

Information Line

Monday to Friday 9:00 am to 11:30 pm, Saturday and Sunday 11:00 am to 4:00 pm

Free, anonymous information, support and counselling on the subjects of sexual health and HIV/AIDS.

National Eating Disorder

1-866-633-4220

Information Centre

Monday to Friday 9:00 am to 9:00 pm

Provides information and resources on eating disorders and weight preoccupation.

Smoker's Helpline

1-877-513-5333

Canadian Cancer Society

Monday to Thursday 8:00 am to 9:00 pm, Friday 8:00 am to 6:00 pm,

Saturday and Sunday 9:00 am to 5:00 pm

www.smokershelpline.ca

Operates online and telephone based smoking cessation counselling service. Offers a variety of information and support services to help people who are thinking about quitting, ready to quit, do not want to quit or have already quit.

Mental Health and Addiction Information Lines

Al-Anon/Alateen

1-888-425-2666

Monday to Friday 8:00 am to 6:00 pm

Provides information regarding meeting times and locations to friends and family members of problem drinkers.

Mental Health, Drug and Alcohol Helpline 1-800-531-2600

Connex Ontario

24-hour Service

A 24-hour helpline providing confidential information about addiction, mental health and problem gambling resources in Ontario, including how to access them.

The Mainline

1-800-686-7544

Monday to Friday 10:00 am to 10:30 pm, Saturday and Sunday 11:00 am to 3:00 pm

A telephone helpline that provides information on injection drug use, harm reduction and needle exchange programs.

Walk-In Counselling Clinics

Offers free, confidential counselling services to individuals for a wide range of issues. Services are provided on a first come, first served basis and are single session, but client could be referred to the organization for additional services, if required.

Beendigen Inc. 344-9579

112 Ontario St.

Friday 9:00 am to 12:00 pm

www.beendigen.com

Services available to Aboriginal women and children.

Crisis Line 1-888-200-9997

Children's Centre Thunder Bay* 343-5000

283 Lisgar St.

2nd and 4th Wednesday 12:00 pm to 8:00 pm

www.childrenscentre.ca

Thunder Bay Counselling Centre* 684-1880

544 Winnipeg Ave.

1st and 3rd Wednesday 12:00 pm to 8:00 pm

www.tbaycounselling.com

*Please note the last session for these locations begin at 6:30 pm

Dilico Anishinabek Family Care 624-5818

115 Yonge St.

Tuesday 1:00 pm to 7:00 pm

www.dilico.com

General Counselling

Provides counselling on a variety of issues. Please note there may be fees associated with services provided by the agencies listed below, and appointments may be required. For specific information or to find out if fee assistance is available, contact the organization directly.

Catholic Family Development Centre **345-7323**

380 Dufferin St.

Monday to Friday 9:00 am to 5:00 pm

www.catholicfamilycentre.ca

NorthWind Counselling Services **622-5790**

532 Edward St. N

Monday to Thursday 9:00 am to 3:00 pm

www.counselling.northwindfm.org

NorWest Community Health Centre **622-8235**

525 Simpson St.

Monday to Friday 8:30 am to 4:30 pm

www.norwestchc.org

Thunder Bay Counselling Centre **684-1880**

544 Winnipeg Ave.

Monday, Thursday, Friday 8:30 am to 4:30 pm

Tuesday, Wednesday 8:30 am to 8:00 pm

www.tbaycounselling.com

Ontario Native Women's Association **625-8574**

380 Ray Blvd.

Monday to Friday, 9:00 am to 5:00 pm

www.onwa.ca

Resolution Counselling **344-1944**

63 Carrie St.

Monday to Friday, 8:30 am to 4:30 pm

Personal Development Program **624-3400**

St Joseph's Care Group

710 Victoria Avenue East

Monday to Friday, 8:30 am to 4:30 pm

Sunrise Counselling Services **355-8615**

710 Victoria Avenue East

Monday to Friday, 8:30 am to 4:30 pm

www.sunrisecounsellingservices.ca

Specialized Counselling

Beendigen Inc. **344-9579**

112 Ontario St.

Monday to Friday 9:00 am to 5:00 pm

www.beendigen.com

Individual counselling and group healing for Aboriginal women who are victims of abuse.

Children's Aid Society of the **343-6100**

District of Thunder Bay

1110 Jade Crt.

Monday to Friday 9:00 am to 5:00 pm

www.thunderbaycas.ca

Counselling services and crisis intervention to children and families traumatized by child abuse or neglect.

Children's Centre Thunder Bay **343-5000**

283 Lisgar Ave.

Monday and Friday 8:30 am to 4:30 pm

Tuesday to Thursday 8:00 am to 8:00 pm

www.childrenscentre.ca

A number of services for children ages 6 to 17 including early intervention programs, residential services, clinical services, and psychiatric services.

Elevate NWO **345-1516**

106 Cumberland Street North
Monday to Friday 8:30 am to 4:30 pm
www.elevatenwo.org

Formerly AIDS Thunder Bay. Offers individual and family counselling for individuals living with HIV/AIDS, as well as pre and post-test counselling.

Faye Peterson House **345-0450**
24-hour Crisis Line **345-0450**

Individual counselling, crisis intervention and referral services to women who have left the shelter and non-residents who are survivors of domestic violence.

First Place Clinic **345-0060**

and Regional Resource Centre
Canadian Mental Health Association
28 Cumberland St. N, Suite 100
Monday to Friday 9:00 am to 5:00 pm
thunderbay.cmha.ca

Specialized service that offers community based consultation and treatment for individuals ages 14 to 35 who are experiencing a first episode of psychosis.

Sexual Abuse Centre **345-0894**
24-hour Crisis Intervention **344-4502**

385 Mooney Ave.
Monday to Friday 9:00 am to 4:30 pm
www.tbsasa.org

Programs and services for those males and females aged 14 and over and are, or have been, victims of sexual abuse and/or assault. Counselling and crisis intervention are offered to clients, as well as to non-offending parents, family members and partners of the victim/survivor.

Sunrise Counselling **355-8615**

105 May Street North
Monday to Saturday, Hours vary
www.sunrisecounsellingservices.ca

Provides individual counselling on various issues as well as Tics behavioural interventions for Tourette Syndrome.

Mental Health Support Services

Alpha Court **683-8200**

221 Wilson St.
Monday to Friday 8:30 am to 4:30 pm
www.alphacourt.ca

Offers a variety of services to individuals living with a mental illness including needs assessment, supportive counselling, outreach, clinical treatment and crisis intervention and prevention. Advocacy, case management and referrals are also provided. Assistance in securing and maintaining housing, as well as supportive housing, are available.

Assertive Community Treatment Team **346-8300**

Thunder Bay Regional Health Sciences Centre
24-hour Service
www.tbrhsc.net

A community-based intensive case management program that focuses on providing rehabilitation, treatment, and support to individuals with a serious mental illness.

Canadian Mental Health Association **345-5564**

200 Van Norman St.
Monday to Friday 8:30 am to 4:30 pm
www.thunderbay.cmha.ca

Offers a range of programs including a homeless outreach program, education, and training. The New Foundations Clubhouse provides supported employment and education, housing and recreation and a work-ordered day program to psychiatrically disabled adults.

Crisis Response**346-8282**

Canadian Mental Health Association

200 Van Norman St.

24-hour Service

www.cmha-tb.on.ca

A 24-hour crisis response telephone service that can provide immediate crisis assessment and intervention, referrals and follow-up. Also provides pre-crisis support and planning.

A mobile resource team is available between the hours of 3:00 pm and 11:00 pm, Monday to Sunday.

Mental Health Outpatient Services**624-3400**

St. Joseph's Health Care Centre

710 Victoria Ave. E

Monday to Wednesday 8:00 am to 7:00 pm

Thursday to Friday 8:00 am to 5:00 pm

www.sjcg.net

Specialized treatment for individuals with a serious mental illness who require treatment and/or care from a wide range of mental health services.

Addiction Services**Alcohol and Other Drugs Program****684-1880**

Thunder Bay Counselling Centre

544 Winnipeg Ave.

Monday, Thursday, Friday 8:30 am to 4:30 pm

Tuesday to Wednesday 8:30 am to 8:00 pm www.tbaycounselling.com

Will assess and provide individual, group, and family counselling to individuals over the age of 12 who are experiencing issues with substance abuse. Specialized case management is offered in certain situations.

Balmoral Centre **623-6515**
St Joseph's Care Group
667 Sibley Dr.
Administration: Monday to Friday 8:30 pm to 4:30 pm
www.sjcg.net

Provides care for men and women who are 16 and over and in a state of intoxication or withdrawal. Services are non-medical and the program operates 24 hours a day.

Beendigen Inc. **344-9579**
112 Ontario St.
Monday to Friday 9:00 am to 5:00 pm
www.beendigen.com

Offers an alcohol and drug addiction program to women, with priority given to Aboriginal clients.

Crossroads Centre Inc. **622-2730**
580 Algoma St. N
Monday to Friday 9:00 am to 4:30 pm
www.crossroadscentre.ca

Provides residential pre-treatment and post-treatment to men and women ages 18 and over who have substance abuse disorders.

Dilico Anishinabek Family Care **623-8511**
200 Anemki Pl.
Monday to Friday 9:00 am to 4:30 pm
www.dilico.com

Offers services to Anishinabek adults, ages 18 and over, to support a drug and alcohol-free lifestyle. Assessment, treatment and follow-up are provided.

Hope Place**684-1880**

Thunder Bay Counselling Centre

544 Winnipeg Ave.

Monday, Thursday and Friday 8:30 am to 4:30 pm, Tuesday and Wednesday 8:30 am to 8:00 pm

www.tbaycounselling.com

Assists women who are pregnant, or parenting young children, and struggling with issues with drugs and/or alcohol. Provides individual and group support.

Ka Na Chi Hih**623-5577****Specialized Solvent Abuse Treatment Centre**

1700 Dease St.

24-hour Service

www.kanachihih.ca

Long-term residential treatment facility available to First Nations youth between the ages of 16 and 25 who are chronic solvent abusers.

Kwae Kii Win Centre**623-8182**

400 George St. S

24-hour Service

www.shelterhouse.on.ca

Operates a specialized, long term shelter for individuals ages 16 to 25 with severe alcohol dependency. Eligibility and admittance is determined by Shelter House staff.

Sister Margaret Smith Centre**684-5100**

St Joseph's Care Group

301 Lillie St. N

Monday to Friday 8:30 am to 4:30 pm

www.sjcg.net

Offers a number of programs for youth and adults who are struggling with drug, alcohol, and gambling addictions and/or eating disorders. Services vary depending on addiction or disorder but can include community treatment groups, individual and family counselling, residential treatment and/or education and prevention.

Teen Challenge 345-2277
401 Syndicate Ave. S
24-hour Service
www.teenchallengethunderbay.com

Offers a minimum twelve-month faith-based residential drug and alcohol rehabilitation program to males ages 18 and over.

Three C's Reintroduction Centre 767-4172
226 Dog Lake Rd, RR 12
Monday to Friday 7:00 am to 5:00 pm

A long term supportive housing facility available to men aged 18 and over with a drug and/or alcohol addiction and who have already been through a treatment program.

Methadone Maintenance Programs

Programs designed to help people over the age of 16 who are struggling with an opiate addiction. Services are provided on an outpatient basis, at the following:

Joseph Esquega Health Centre 623-7451
401 Donald Street East
Monday to Wednesday 8:30 am to 4:30 pm

Lucero Health Centre 633-6666
69 Court Street North
Monday, Wednesday 8:00 am to 4:00 pm
Tuesday, Thursday, Friday 9:00 am to 4 pm

Lucero Health Centre 625-5400
140 Syndicate Avenue South
Monday to Friday 8:00 am to 4:00 pm
Saturday and Sunday 9:00 am to 1:00 pm

Ontario Addiction Treatment Centres **768-2910**

119 Cumberland St. N

Monday to Friday 8:00 am to 5:00 pm

Saturday and Sunday 9:00 am to 12:30 pm

Ontario Addiction Treatment Centres **577-3540**

218 Frederica St. W

Monday, Wednesday to Friday 8:30 am to 5:00 pm

Tuesday 8:30 am to 12:00 pm, 12:30 pm to 5:00 pm

Saturday and Sunday 9:00 am to 12:30 pm

Ontario Addiction Treatment Centres **768-4532**

843 Red River Road, Unit 6

Monday to Friday 8:30 am to 3:00 pm

Saturday and Sunday 9:00 am to 12:00 noon

Ontario Addiction Treatment Centres **622-2900**

White Cedar Health Care Centre

125 Vickers St. S

Monday to Friday 8:00 am to 5:00 pm

Saturday and Sunday 9:00 am to 12:30 pm

Northwestern Ontario **624-3400**

Concurrent Disorders Program

St Joseph's Health Care Centre

710 Victoria Avenue east

Monday to Wednesday 8:00 am to 7:00 pm

Thursday, Friday 8:00 am to 5:00 pm

Individuals who are 16 years or older and are dependent on one or more substances (alcohol, prescription drugs, cocaine, opiates, cannabis) and suffer from mental illness (schizophrenia, mood disorders)

Addiction Support Groups

There are a number of groups that operate in Thunder Bay for people who suffer from a range of addictions and would like to get help anonymously. These groups include:

Alcoholics Anonymous

Offers a 12-step program designed to attain and maintain sobriety.

Gamblers Anonymous

Offers a 12-step program for those who want to quit gambling.

Narcotics Anonymous

Offers a 12-step group that provides support to recovering drug addicts.

Overeaters Anonymous

A self help group for those who have a problem with compulsive eating, anorexia and/or bulimia.

Sex Addicts Anonymous

Offers a 12-step self-help group for men recovering from addictive sexual behavior.

For current, up to date contact information for any of these support groups, call 211.

