



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

Email: webservant.mhasc@gmail.com

<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

Email: English - wso@nar-anon.org Spanish - osm@nar-anon.org
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 or 1800-766-6779

Email: Support@Marijuana-Anonymous.org
<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.

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Crystal Meth Anonymous

[855-638-4373](tel:855-638-4373)

<https://www.crystalmeth.org/meetings/?region=usa-colorado>

- Crystal Meth Anonymous is a fellowship of people 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.
- There are no dues or fees for CMA membership; we are self-supporting through our own contributions. CMA is not allied with any religion, sect, denomination, political group, organization, or institution; does not wish to engage in any controversy; and neither endorses nor opposes any causes
- Find virtual and in-person meetings listed on the website.

Alternative Self Help Groups

SMART Recovery®

440-951-5357

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

- 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

Email: contactus@sossobriety.org

<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

Email: secularAA@gmail.com

<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.

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LifeRing

303-319-2465

Email: coloradolifering@gmail.com

<http://liferingcolorado.org/>

- LifeRing is a network of people who support one another in seeking to live in recovery from addiction to alcohol or 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.

Moderation Management

Email: info@moderation.org

<https://moderation.org/>

- Moderation Management™ is a nonprofit that provides a non-judgmental, compassionate peer-support community for anyone who wants to change their relationship with alcohol.
- Offers online groups, chats, forums, and other support.
- All online support is free and supported by member donations.

Heart of Recovery - Shambhala Meditation Center of Denver

303-369-2807

Email: denver.shambhala.info@gmail.com

2305 S Syracuse Wy, Ste. 214

Denver, CO 80231-3784

<https://denver.shambhala.org/>

- Combined meditation and 12-step meeting group following both Buddhist and AA principles.
- Offers both in person and online groups.

The Empowerment Program

303-320-1989

Email: info@empowermentprogram.org

1600 York Street Denver, CO 80206

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

- The Empowerment Program Inc. is a licensed mental health and drug treatment program providing trauma-informed and gender-responsive outpatient services. We believe that participants benefit most from a holistic approach, where many types of treatments are available to meet individual needs. We meet people where they're at, and encouraging realistic options for reducing harm in sexual activity and drug usage so individuals can use what works for them.
- Offers drug and alcohol education classes/groups.
- To enroll for groups, go to website or call 720-850-7500.

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Activities for those Recovering from Alcohol and Substance Use

Young People in Recovery

720-600-4977

Email - info@youngpeopleinrecovery.org

<https://chapters.youngpeopleinrecovery.org/chapter/ypr-denver-co/>

- Provides a safe space for young people in recover to come together for support. While most members are under the age of 30, but there is no age limit.
- Meant to compliment any current treatment someone is receiving through meetings and pro-social events. Offers harm-reduction support, life skills, workshops, advocacy, and education.

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.