

Journey

making recovery from addiction visible

FALL 2025 Issue 39

**A Practical
Understanding
of Mental Health**

**Courtney
Morgan**
From Struggle
to Strength

**My First
AA Meeting**
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Journey is a woman-owned, independent media brand launched in 2019.

Journey’s mission is to amplify hope by making recovery from addiction more visible. We do that through inspirational storytelling, accessible education, and authentic community connection.

Journey Magazine is at the center of this work—sharing real stories, elevating voices, and helping people see that recovery is not only possible, it’s happening all around us. We support others in amplifying this message in their own communities—so hope can spread, one story at a time.

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Cover

Courtney Morgan

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Taking care of our mental health is one of the most important commitments we can make to ourselves and each other. Just as we prioritize physical health with rest and nutrition, tending to our emotional well-being ensures we have the clarity, resilience, and strength to navigate life’s challenges.

In this issue, you’ll read stories that shine a light on the many ways people are doing just that. In “*EFT Tapping Can Support Your Mental Wellness*” (p. 8), Karen St. Clair introduces us to a simple, accessible practice that calms the body’s stress response and opens space for peace. It’s a reminder that tools for healing can be both gentle and powerful.

I learned early in recovery that small choices affect how we feel. For me, it was something as simple as drinking coffee on the way to an 8:00 pm meeting. Chances were good I wouldn’t be able to sleep later — and it took the gentle guidance of my sponsor to help me see that connection. That lesson has stayed with me: sometimes we need others to point out the link between what we consume and how we feel.

From the Publisher



In “*Mental Well-Being and Nutrition*” (p. 10), dietitian Allison Stowell explains how foods rich in berries, nuts, and omega fatty acids can lift mood, improve focus, and support balanced energy.

Sometimes, small changes really do add up to greater well-being.

Mental health is not about avoiding stress or sadness — it’s about embracing the full human experience with compassion and courage.

How lucky are we that we “get to” embrace the full human experience.

Forever grateful.

Carolyn

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Courtney Morgan

From Struggle to Strength



I never imagined my life would take me where it did. As a young mom, I wanted to be present and loving, but I found myself caught in a cycle I couldn't break. Pleading for help and being misunderstood, I decided the perception I was made out to be is exactly who I would be. That choice a year later landed me in jail with a three-year prison sentence hanging over me. That was my rock bottom—the moment I realized I wasn't breaking cycles, I was chained by them.

I was given the chance to enter Penobscot County Treatment & Recovery Court, and I'll be honest—I didn't think I could do it. Those early days were hard. I doubted myself constantly and felt the weight of shame and fear. But Treatment Court gave me something I had never experienced before: accountability,

structure, and people who believed in me before I believed in myself.

Slowly, things started to shift. I showed up when it was uncomfortable. I faced hard truths. I learned how to live without chaos. When I graduated, I still had two years of probation left, but because I met every requirement and proved I could be a contributing member of my community, my probation was terminated a year early. That moment showed me that change is possible, and it can be recognized.

Today, I get to be the mom I always wanted to be. I'm there for bedtime stories, school events, and everyday moments—for it was the lost moments that led me to my addiction, and my recovery grows because of reclaiming them. I've also found purpose in my career helping others who face the

same stigmas I once carried, walking beside people who are now on the path I once struggled through.

It wasn't until everything fell apart, and the dust finally settled, that I began to truly understand myself. In rebuilding, I discovered who I was meant to be.

If you're reading this from a dark place, wondering if there's hope—there is. Your life can take a new shape, one built on strength, clarity, and purpose.



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A Practical Understanding of Mental Health

Making sense of distress, problems, and illness

When it comes to talking about mental health, language matters. Words like mental health issue, mental wellness, or mental problem often get used interchangeably, but they don't mean the same thing.

This confusion can make it harder for people to get the right kind of support—and it can even add to stigma.

One way to bring clarity is through the Mental Health Literacy Pyramid, a framework that helps us better understand the different states of mental health that we all move through.

THE FOUR LEVELS OF THE PYRAMID

The pyramid is built with four distinct levels, each representing a different experience. Everyone fits somewhere on this structure, and sometimes in more than one place at once.

No Distress or No Problem

At the base of the pyramid is everyday well-being. Life feels balanced. We're sleeping, working, and connecting with others without major challenges. Most people spend much of their time in this category.

Mental Distress

The next level is mental distress, which includes the routine challenges of daily life. Stress before a big presentation, an argument with a friend, or our response to a flat tire all fit here. These stressors activate our body's stress response, which is actually the foundation of resilience. By working through these challenges, we develop problem-solving skills and adaptability—skills we need to thrive as adults.

Mental Health Problems

Sometimes life throws bigger challenges our way—events that can't be resolved with a quick fix. Examples include the death of a loved one, divorce, or relocating to a new place without support. These challenges can bring intense emotions, disrupt daily life, and often last longer. While they are normal human experiences, they often require us to lean on others—friends, family, counselors, or community resources—for support.

Mental Disorders or Mental Illness

At the top of the pyramid are mental disorders such as clinical depression, anxiety disorders, or bipolar disorder. Unlike mental health problems, these involve changes in how the brain functions.

They tend to require professional diagnosis and evidence-based treatments like therapy and medication.

Important Takeaways

The Mental Health Literacy Pyramid highlights a few key truths:

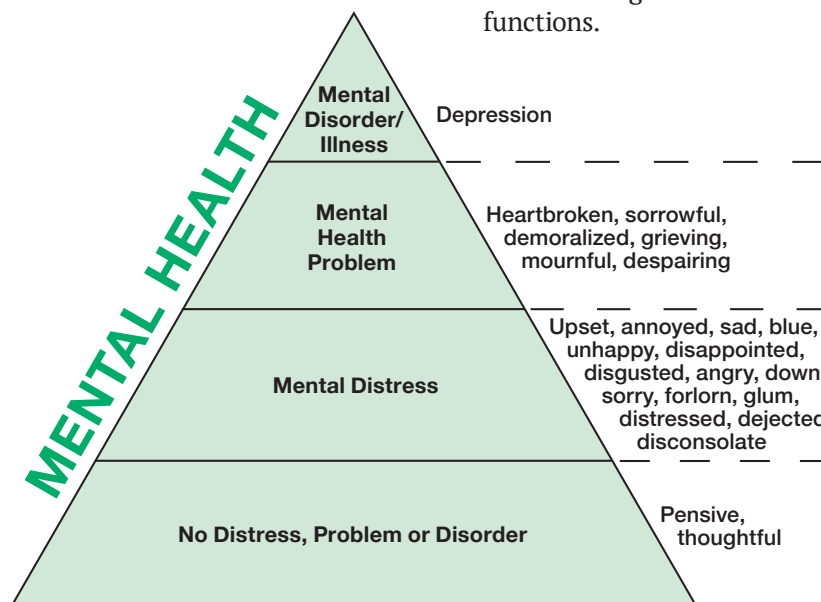
- Not a Continuum: Experiencing distress doesn't mean you'll develop a mental illness. You can be in multiple categories at once, for example, grieving a loss while also living with ADHD.
- Mental Health ≠ Always Happy: Good mental health includes ups and downs. Feeling sad, lazy, or frustrated doesn't mean you're unwell, it means you're human.
- Language Matters: Saying "depression" when you mean "sadness," or "ADHD" when you mean "hyper," waters down real diagnoses. Using accurate words builds understanding and reduces stigma.

Why It Matters

The pyramid reminds us that mental health is not about eliminating stress or sadness but about recognizing the full spectrum of human experience. When we speak with clarity, we help create a culture where people feel safe to reach out for support. Understanding the difference between distress, problems, and illness gives us a shared language that empowers individuals, families, workplaces, and communities.

Learn More

The Mental Health Literacy Pyramid was developed by the team at mentalhealthliteracy.ca, an organization dedicated to improving understanding and communication around mental health. Their resources, including the video that inspired this article, provide practical tools to reduce stigma and strengthen mental health literacy for people of all ages.



My First AA Meeting

When I walked into my first AA meeting, I had no idea what to expect. I knew nothing about the program of recovery. But my friend Charlie assured me I'd be OK.

After nearly three decades of drinking and using, I never expected to find relief in a place like AA. It was the last place I wanted to be.

As I listened to the speaker, I noticed the posters of the 12 Steps on the wall. I had heard of them, but never read them before. They seemed overwhelming and even off-putting. Still, I thought, if that's what it takes, I'll try. What I would soon learn is that recovery looks different for each of us.

When the meeting opened for discussion, I raised my hand and began to share. It was a Monday noon meeting with a dozen or so people. My words came out tearful and hopeless. Then a man across the table raised his hand, palm toward me, signaling

me to stop. He looked directly into my eyes and said something that changed my life.

He told me I had come to the right place. He and the others knew exactly what I was going through because they had been there too. The best thing I could do, he said, was to pick up a meeting schedule and come back again as soon as possible. Most importantly, he suggested I make a personal commitment not to drink or use in between meetings.

That was the first real plan I'd had in a long time. And I followed it. Over time, something happened: the desire to drink and use disappeared.

During the rest of that first meeting, others spoke. Their words seemed meant for me. No one was preachy. They didn't tell me what I had to do, only what had worked for them. They made it clear that recovery wouldn't come from others telling me how to

live, but from discovering what worked within myself.

I believed them.

They told me they were sober—some for weeks, some for years, one for decades. Every length of time sounded long to me on that first day, but not impossible. The realization came over me that what I wanted more than anything was to be one of them.

In those early days I learned that sobriety is built on something very simple: don't drink, don't use, and keep coming back. Meetings, steps, friendships, and service all help, but the foundation is daily abstinence.

If you're reading this as a newcomer, keep an open mind. Try out what you hear, see if it fits, and take what helps. Most of all, know this: you are not alone, and recovery is possible.

—Stephen G.

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12 Steps to Building Good Credit

A Practical Roadmap to Rebuild Credit

by **Brittany Eaton** and
Nicole Lemieux

Regaining financial control of one's life is an important part of the recovery journey. For many in recovery, rebuilding credit is just one of the challenges they need to tackle to regain financial health.

You've probably heard that having "good credit" is important — and it is. Your credit score reflects your ability to borrow money and pay it back responsibly. A strong score can save you money and open doors for major opportunities.

A good credit score is typically 670 or higher, and scores closer to 850 are considered excellent. The higher your score, the less you'll pay in interest when borrowing money. Good credit doesn't just matter when you're buying a car or house — landlords, cell phone providers, insurers, and even employers often check credit history.

Whether you're building credit, repairing it after a setback, or looking to improve your score before a big purchase, here are 12 steps to boost your credit:

1. Pay your bills on time.

Payment history is the biggest factor in your credit score. Automate or schedule payments with Town & Country's online bill pay to avoid late fees.

2. Pay down debt.

Focus on high-interest balances first and aim to keep credit card usage below 30% of your available credit.

3. Monitor your score.

Stay on top of your progress with free tools like Credit Karma or Town & Country's Credit Score powered by SavvyMoney.

4. Check your credit reports annually.

Visit www.FreeCreditReport.com for free annual reports from Experian, Equifax, and TransUnion. Review for errors or unpaid accounts.

5. Keep old accounts open.

The longer your credit history, the better. Even unused cards can help maintain your score.

6. Limit new applications.

Each credit card or loan application triggers a "hard pull," which can temporarily lower your score. Only apply for credit you truly need.

7. Mix your credit types.

A healthy mix — like a car loan, personal loan, and credit cards — shows you can manage different types of debt. Use cards regularly but pay balances in full.

8. Create a budget.

Tracking your income and expenses helps you plan for debt payments and prevent overspending.

9. Save consistently.

Set aside even a small amount weekly. A savings cushion prevents reliance on credit for unexpected expenses.

10. Consider a secured credit card.

For those building or rebuilding credit, a secured card tied to a cash deposit can help establish positive credit history.

11. Try a credit builder loan.

These loans, available at credit unions, hold your funds in a savings account while you make fixed payments for 6–24 months. On-time payments are reported to the credit bureaus, improving your score.

12. Protect yourself from fraud.

Use strong passwords, enable two-factor authentication, set up alerts, and be cautious of phishing scams to safeguard your financial information.

By taking these steps — and staying consistent — you'll build a strong credit profile that opens financial opportunities and saves you money over time.

.....
Brittany Eaton is the Collections Manager and Nicole Lemieux is Mortgage Loan Officer for Town & Country Federal Credit Union. They both are champions for financial wellness in our community and work with people in the recovery community.
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Different Paths, Same Freedom

Two Journeys to a Life Free of Nicotine

by Joanna Free

Marc battled treatment-resistant depression.

He tried many strategies and his doctor tried many medications to help him. When they finally found a medication that worked, another problem arose: restlessness. The restlessness was affecting his sleep and his waking hours, too. Still, with the depression addressed, he was hesitant to change medications again. He went online and to the research, looking for solutions.

He read that nicotine had been used by some for the particular kind of restlessness he was experiencing. Although he'd never used nicotine in any form in his life, he decided to try vaping. "Within one week," he said, "I was hooked."

Getting free of vaping presented its own challenges.

Again, he turned to the research.

Reading about Marc you might think: why not consult with another doctor?

The thing is: Marc is a doctor himself.

Finding Our Own Way

Hearing Marc's story, I thought about my own challenge of kicking nicotine years ago. I was working in healthcare at that time and still smoking a pack a day. Unlike Marc, I'd smoked since I was a kid. At first I told no one about my attempts at getting free, thinking: I should be able to do this. Hey, I had letters after my name. I'd helped other people get free from other substances. Shouldn't this make it easier somehow?

There were other letters after my name, though, that made it harder, letters like ADHD and PTSD. The first thing that would rise up, even setting a quit date, was anxiety. The others would tumble in thereafter. After many attempts, I asked for help.

One of the wisest things anyone said to me in my struggle is this: if they make you so anxious, why don't you stop setting quit dates? Another friend said, Just see how long you can go from one to the next. What a concept: stop doing the thing that feels awful and doesn't work. Why didn't I think of that?

It's hard to see our way out of a tough place when we're in that place alone.

By telling others about the desire to get free and what I'd tried so far, I opened myself up to learn something new. By seeing how long I could go each time, seeing it not as a failing but as a lesson, I could look at what each attempt taught me. What made it easier? What made it harder?

Marc also chose a gradual approach, in his case reducing the amount of nicotine week by week, paying attention to his body's response to the withdrawal and being patient with himself in the process.

Long stories short, today both Marc and I are nicotine-free and grateful.

Different paths, same destination: freedom.

Once we can get the shame and the "shoulds" out of the way, we can do what feels better and works... what a concept!



Joanna Free, M.Ed. is the author of BUTTKICKERS: Twenty Ways to Leave Tobacco. She is a therapist-turned-educator and an advocate for freedom, including the freedom to choose our own path in this journey of life.

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EFT Tapping Can Support Your Mental Wellness

by Karen St. Clair

What if we could smooth the path of recovery for ourselves and others with a gentle technique that's easy to learn? To begin, let's acknowledge that every human being on earth is in their own form of recovery: You - Me - Our Friends & Neighbors.

Stress, worry, and heavy emotions are common parts of modern life. They affect the way we think, how we feel in our bodies, and even how we connect with others. According to experts, stress is one of the leading causes of illness and challenging mental health. When stress and anxiety take hold, they can lead to sadness, depression, and feelings of being stuck. I can relate; can you?

Thankfully, there are many ways to find relief. Apart from traditional remedies like medications, exercise, or talk therapy, there's another gentle and powerful method that supports mental wellness—it's called EFT Tapping.

EFT stands for Emotional Freedom Techniques. It's a simple and effective form of self-help therapy that uses fingertip tapping on specific acupressure points on the upper body. These points are the same ones used in acupuncture, but without needles. By gently tapping while focusing on the issue at hand, people can calm the body's stress response and open their minds to new ways of thinking and feeling.

EFT was first developed more than fifty years ago and is now practiced worldwide by millions of people. From everyday folks to celebrities and athletes, people turn to EFT

because it helps them release fear, sadness, anxiety, and other heavy emotions.

Why? Because it works.

Research shows that EFT quickly lowers the stress hormone cortisol. When cortisol levels drop, the body feels safer and calmer. The U.S. Department of Veterans Affairs has even approved EFT as a method to help veterans manage PTSD, depression, anxiety, and pain. That means this gentle tapping technique is recognized for its power to bring real, lasting change.

EFT can also help with phobias, fears, limiting beliefs, and emotional patterns that hold people back in life. It's a tool that can be used in the moment to calm nerves before a big event, or over time to release deeper emotional pain. Many describe it as both grounding and freeing.

As an EFT Practitioner for many years, I've guided thousands of people in experiencing this technique. Each person's story is unique, but the results are always powerful—greater calm, more confidence, and a stronger sense of peace.

This is the gift of EFT Tapping. It's



a simple self-help technique that opens the door to mental wellness by helping people let go of stress, fear, and pain while creating space for hope, peace, and joy.

EFT is changing lives for the better, one tap at a time.



Karen St. Clair is an Accredited EFT Practitioner, Certified EFT International Master Trainer, Reiki Master of Masters, International Best-Selling Author, Speaker, Founder

of Reiki Tap Renewal.™ Contact Karen today to set up your free consultation and see how EFT Tapping can help to smooth your path to Mental Wellness. karenstclair.com

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18 over case

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Mental Well-Being and Nutrition

In partnership with
Hannaford Supermarkets

by Allison Stowell

It may not surprise you that our mental well-being and diet are connected. There are many foods that have a positive impact on mood, focus, sleep and more. While our diet can't replace treatment for mental health, the right choices can enhance our well-being and become a helpful part of our holistic approach to wellness.

Berries

Feeling unfocused? A bit down? Or anxious? You may benefit from adding more berries to your diet. Strawberries, blueberries (including wild blueberries), and blackberries are rich in polyphenols. Polyphenols are compounds that have a positive effect on our brain. These positive effects include boosted mood, clearer thinking, and improved memory. Enjoy fresh or frozen berries on their own or added to yogurt, oatmeal, or batters for pancakes, waffles and more.

Nuts

Research has found that just two tablespoons of nuts per day lowers risk of depression.¹ Scientists are a bit unsure why this positive link exists, but it may be due to nutrients found in nuts like magnesium and folate that benefit brain health. A serving of nuts also encourages dopamine production, which improves mood, focus and attention.

High Protein Foods

Foods high in protein, like chicken, turkey eggs, cheese, tofu, and milk are rich in tryptophan (an amino acid

that is a building block to protein). When we eat foods that are high in tryptophan, we support serotonin production. Serotonin is known as the “feel good” neurotransmitter. It plays a role in enhancing sleep, improving memory, and positively regulating emotions.

Probiotics

Probiotics are beneficial bacteria that improve gut health and have other benefits to our body and mental health. Some studies have found that probiotics improve mood, reduce stress, and lower anxiety.² Probiotics can be found in fermented foods like kombucha tea, unpasteurized sauerkraut, yogurt (and yogurt drinks) with active culture, kefir milk, and in some teas and other products or supplements.

Whole Grains

You may already know that whole grains are a good source of vitamins, minerals, and fiber. They also provide plant-based protein. It's this combination of protein and fiber that regulates our blood sugar and stabilizes us with consistent energy for our body and brain. This helps us feel balanced throughout the day.

Omega Fatty Acids

Omega fatty acids are referred to as “essential fatty acids” because they're “essential” for our health. Omega fatty acids can lower risk of depression, improve focus and concentration, and positively impact mental health. Fish and seafood (especially salmon) are a significant source of omega fatty acids.

But you can also find them in walnuts, pumpkin seeds, ground flaxseed/ flaxseed oil, and chia seeds. Add crushed walnuts to your salad, blend ground flaxseed into a smoothie, or pick up canned, frozen or fresh salmon to round out a balanced meal.

Tea

A cup of tea at the end of the day doesn't just seem calming, it is. A component in decaffeinated green tea (L-theanine), induces a peaceful and tranquil mood. It's also aligned with improved sleep, and possibly a lower heart rate. Boost the benefits of your tea when you sip blends with chamomile or lavender, which also induce calm and better sleep.

A bonus? In many cases the food we eat benefits us in more than one way. Aim for a colorful diet that's high in fruit, vegetables, nuts, seeds, grains, and a variety of protein-rich foods. Choose the options that work for you. You won't just fill up on delicious food, you'll take in a variety of nutrients that are good for your brain, body, and overall well-being.

The foods you choose each day truly fuel your brain as much as your body. Even small changes add up.

¹Clinical Nutrition, September 2023

²Medicine in Microecology, March 2025



Allison Stowell MS RD CDN is a dietitian for Hannaford Supermarket. The Hannaford Dietitian team offers free online classes, in-store tours and more for the communities it serves. Visit [Hannaford.com/dietitians](https://www.hannaford.com/dietitians).

Finding Strength in Sobriety

Monique Coombs champions wellness and resilience in Maine's fishing communities

by Amy Paradysz

Monique Coombs of Harpswell has made it her mission to normalize conversations about sobriety—so much so that her LinkedIn profile says: “Commercial fishing industry advocate, fisherman’s wife, sober, and kind of a gym bro.” As director of programs for Maine Coast Fishermen’s Association, she focuses on the mental health and physical well-being of commercial fishermen, who she points out are “industrial athletes” whose livelihoods depend on their bodies.

Married to a fisherman for more than 20 years, with both her son and daughter now lobstering, Monique knows the industry inside and out. Commercial fishing is among the most dangerous jobs in the country, with high rates of stress, anxiety and suicide.

“Much like I sometimes drank to cope, that happens in fishing and rural communities,” Monique explains. “We have to do better by these people than just telling them to stop drinking.”

Her sobriety journey includes two attempts. The first lasted five years. The second, beginning in 2019, has lasted nearly seven, supported by an intentional lifestyle shift: regular exercise, healthy eating, quality sleep, meaningful relationships, and stress management. “I realized I couldn’t just avoid alcohol,” she says. “I had to do the things so that I don’t want to drink alcohol.”

Stress and grief were early triggers. When she became a mother and lost her own mother in rapid succession, she leaned on alcohol without recognizing she was using it to cope. Drinking eventually increased her anxiety, and she slipped into cycles of negotiating with herself: just a beer here, only on



Photo credit: Brittany Hyde

weekends there. One night in January 2019, after drinking too much at a party, she woke up in a panic. *Why do I keep doing this to myself?*, she thought. *I really want to stop.*

She hasn’t had a drink since.

Monique stresses that sobriety doesn’t need explanations or labels. “When someone says they aren’t drinking, just say okay,” she says. She points out that many fishermen resist terms like “substance use disorder,” feeling they don’t apply—some just want to drink less. For that reason, she believes resources should reflect the continuum of people’s relationships with alcohol.

Monique has helped bring practical support to the fishing community, including everything from physical therapy to counseling. MCFA, in

partnership with NAMI Maine and Health Affiliates of Maine, has curated a list of counselors who understand the unpredictable schedules of fishermen. Donations cover the cost of three initial sessions, making it easier to get help.

That’s important to Monique, who says that sobriety brings her “joy, security, and peace of mind.” By speaking openly and linking wellness to the health of both fishermen and their businesses, she demonstrates that recovery is not only possible but life-giving—and she is determined to make that message visible in Maine’s fishing communities.



Amy Paradysz is a freelance writer and photographer based in Scarborough. She can be reached at amyparadysz@gmail.com.



The Power of Showing Up

Accountability is proven in daily actions that rebuild trust

This article draws from Rebuilding Relationships in Recovery, a compassionate guide by Janice Johnson Dowd. The book offers tools for rebuilding trust, repairing communication, and creating stronger connections. Learn more at janicejohnsondowd.com.

Recovery is more than putting down the drink or drug. It also means taking responsibility for the harm caused along the way. Broken promises and betrayals don't disappear with sobriety. What begins to heal them is accountability—the choice to own mistakes, make amends, and keep showing up. Accountability becomes the bridge back to connection.

For many families, “sorry” has been said so often it has lost its weight. Words alone cannot rebuild trust. As the book explains, apologies express regret, but amends go further: they name the harm and take real steps to repair it. This shift—from excuses to ownership—restores dignity for the person in recovery and trust for those around them.

Living Amends in Everyday Life

Living amends are not a one-time apology. They are everyday actions that prove reliability. Examples include eating dinner at home, doing chores without being asked, or listening with patience. These small, steady choices send a clear message: I am present. I am accountable. I am no longer running.

“Living amends are less about perfection and more about presence.”

They also mean honoring the truth of others. One of the most powerful steps is validating loved ones' feelings, even if we see things differently. Respecting their reality makes space for trust to return.

When Trust Takes Time

Trust doesn't come back quickly. Even when we show up and make amends, loved ones may still be distant, angry, or unsure. This can be discouraging. But accountability requires patience. Families often need to see consistency before they can believe it.

“Every small action becomes proof that change is real.”

In these moments, accountability is less about their reaction and more about our commitment. We can stay steady by remembering our “why,” seeking support from sponsors or peers, and planning for setbacks. One bad day does not erase progress. Trust grows unevenly—some forgive quickly, others take years. Both are normal.

Accountability as Connection

When practiced daily, accountability is not a burden but a path back to belonging. It means listening without defensiveness, owning mistakes without excuses, and showing love through actions, not just words. “Apologies don't rebuild trust—accountability does.”

Each promise kept, each quiet act of care, each time we validate another's feelings—these are the planks that rebuild connection. The bridge does not appear overnight, but step by step, it becomes strong enough for loved ones to cross. Recovery gives us a second chance. Accountability is how we make that chance real.

Resource pages
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FREE RECOVERY PROGRAMS

We are fortunate to live during a time when there are many options for finding and sustaining lasting recovery from addiction. We are all individuals and while there are many aspects of our personal journeys that may be similar to those of others, we are each called to discover for ourselves what works and what doesn't work for us. Our goal is to provide options and shine a light on different approaches that people use to maintain lasting recovery without endorsing specific approaches or recovery programs.

MUTUAL AID PROGRAMS

Adult Children of Alcoholics (ACA) is a 12-step program of men and women who grew up in alcoholic or otherwise dysfunctional homes. The ACA program was founded on the belief that family dysfunction is a disease that affected us as children and affects us as adults. adultchildren.org

Al-Anon is a 12-step program for people whose lives have been affected by someone else's drinking. By sharing common experiences and applying the Al-Anon principles, families and friends of alcoholics can bring positive changes to their individual situations, whether or not the alcoholic admits the existence of a drinking problem or seeks help. al-anon.org

Alcoholics Anonymous is a 12-step program and fellowship of people who come together to solve their drinking problem. It doesn't cost anything to attend A.A. meetings. There are no age or education requirements to participate. Membership is open to anyone who wants to do something about their drinking problem. aa.org

Cocaine Anonymous is a 12-step program of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others recover from their addiction. ca.org

Codependents Anonymous (CoDA) is a 12-step program of people whose common purpose is to develop healthy and loving relationships. CoDA.org

Drug Addicts Anonymous is a 12-step program of men and women who have recovered from addiction and are committed to helping those who still suffer. We have recovered by using the twelve steps as outlined in the book of Alcoholics Anonymous. daausa.org

Food Addicts in Recovery Anonymous (FA) is a program based on the twelve steps of Alcoholics Anonymous (AA). It is designed for individuals who have problems with food such as overeating, undereating, food addiction, purging, restricting, or anyone who is obsessed with food, weight, or dieting. foodaddicts.org

Gam-Anon is a 12-step program of men and women who have been affected by the gambling problem of another. gam-anon.org

Gamblers Anonymous is a 12-step program 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 a gambling problem. gamblersanonymous.org

LifeRing Secular Recovery is a secular, non-profit organization providing peer-run addiction recovery groups. The organization provides support and assistance to people seeking to recover from alcohol and drug addiction, and also assists partners, family members and friends of addicts or alcoholics.
lifering.org

Millati Islami is a fellowship of men and women, joined together on the Path of Peace. Following Millati Islami's 12 Steps to Recovery, members look to Allah (G-D) to guide us on Millati Islami (the Path of Peace). While recovering, we strive to become rightly guided Muslims, submitting our will and services to Allah.
millatiislami.org

Nar-Anon Family Groups is primarily for those who know or have known a feeling of desperation concerning someone's addiction problem.
nar-anon.org

Narcotics Anonymous (NA) is a 12-step program of people for whom drugs had become a major problem. We are recovering addicts who meet regularly to help each other stay clean. This is a program of complete abstinence from all drugs. We suggest that you keep an open mind and give yourself a break. na.org

Nicotine Anonymous® ("NicA") is a 12-step program of people helping each other to live lives free of nicotine.
nicotine-anonymous.uk

Overeaters Anonymous is a community of people who through shared experience, strength and hope are recovering from unhealthy relationships with food and body image. oa.org

Recovery Dharma uses Buddhist principles and practices to recover from addiction.
RecoveryDharma.org

SMART Recovery is an abstinence-oriented program for individuals with addictive problems. Our self-empowering, free mutual support meetings focus on ideas and techniques to help you change your life from one that is self-destructive and unhappy to one that is constructive and satisfying. smartrecovery.org

Wellbriety — White Bison offers sobriety, recovery, addictions prevention, and wellness/Wellbriety learning resources to the Native American/Alaska Native community nationwide. wellbriety.com

Women for Sobriety is based on a new life program of positivity that encourages emotional and spiritual growth. It is run by women in small mutual aid groups held in hospitals, clinics, treatment facilities, women centers, and wherever women with alcoholism are being treated. womenforsobriety.org

Workaholics Anonymous is a 12-step program for individuals to share their experience, strength, and hope with each other that they may solve their common problems and help others to recover from workaholism. workaholics-anonymous.org

FIND RECOVERY ONLINE

319 AA Group — We are a group of alcoholics working together to get and stay sober. We are doctors, custodians, mothers, fathers, children, and everyone in between living our lives one day at a time. Everyone who has a desire to stop drinking is welcome to become a member of our family as we trudge the road of happy destiny. 319aagroup.org

IN THE ROOMS — Through live meetings, discussion groups, and all the other tools In the Rooms has to offer, people from around the world connect with one another and help each other along their recovery journeys.
intherooms.com/home

Reddit Recovery — A place for Redditors in recovery to hang out, share experiences, and support each other. They discuss the various ways to achieve and maintain a life free from active addiction. Everyone is welcome. reddit.com/r/REDDITORSINRECOVERY

SHE RECOVERS Foundation is a global grassroots movement currently consisting of more than 325,000 women in or seeking recovery from substance use disorders, other behavioral health issues and/or life challenges. All efforts are designed to end the stigma and shame of "being in recovery" so that more women can heal and grow. sherecovers.org



Maine Association of Recovery Residences

www.mainerecoveryresidences.com

What does it mean to be a MARR certified recovery residence?

- *Narcan Training*
- *Rental Assistance*
- *Ethical Standards*
- *Grievance Program*
- *Regular Inspections*
- *Public Accountability*
- *State-wide Community*
- *Proven Recovery Outcomes*

Maine Association of Recovery Residences (MARR), the Maine affiliate of the National Alliance for Recovery Residences, manages the ethical and safety standards for recovery residences and provides certification.



NATIONAL ALLIANCE FOR RECOVERY RESIDENCES



SCAN ME

Find a safe, certified house NOW!



Believing recovery is possible, our mission is to strengthen and support families affected by addiction

WHAT WE OFFER:

- Family support services
- Scholarships for treatment and personal enrichment
- Recovery housing for men
- Education and outreach

FAMILY SUPPORT GROUPS

The Family Restored Support Group is an educational support group for families having difficulty navigating a loved one's addiction.

Falmouth, Maine
Tuesdays, 6:00-7:30pm
Falmouth Congregational Church

South Portland, Maine
Wednesdays, 6:00-7:30pm
The Point Community Center

Portland, Maine
Thursdays, 6:00-7:30pm
Portland Recovery Community Center

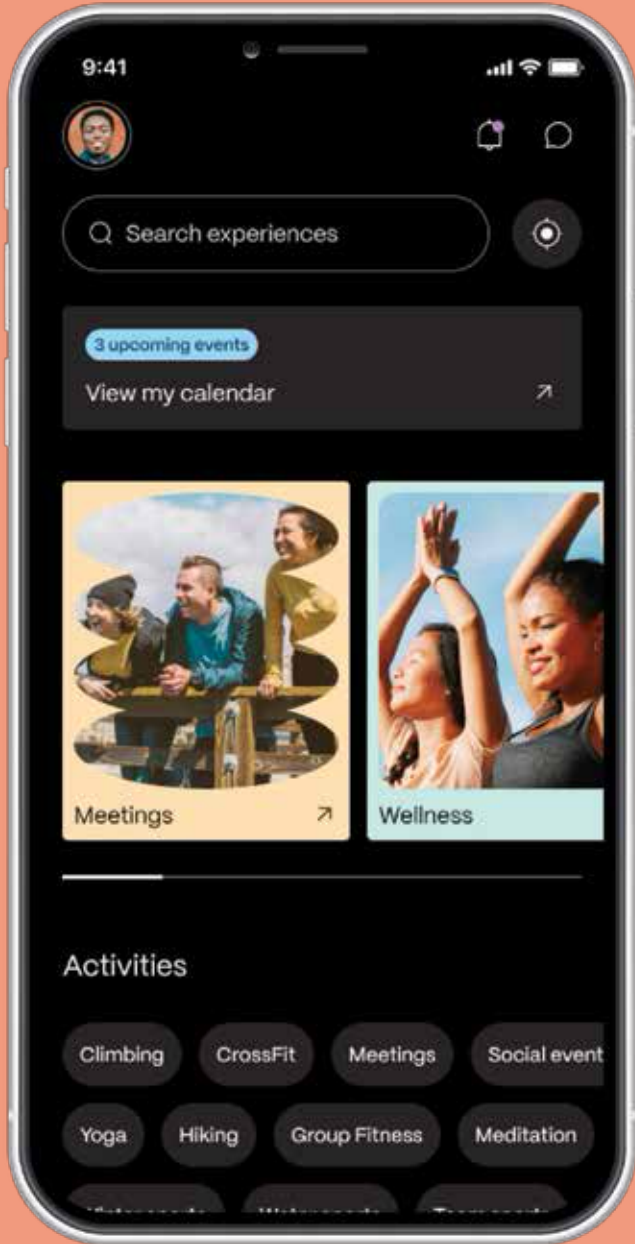
Virtual - Tuesdays and Wednesdays & Thursdays, 6:00-7:30pm

email: virtual@thefamilyrestored.org
for meeting links

Visit our website for information on other meetings
www.thefamilyrestored.org


FOR MORE INFORMATION:
207-387-0015
info@thefamilyrestored.org


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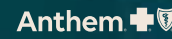
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