

FREE: Resources Inside

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making recovery visible

Issue 43 • Fall 2026

**Carole
Fontaine:
A Quiet
Return**

**H.A.L.T.
Running
on Empty?**

**A Bold Question
Changed a Workplace**



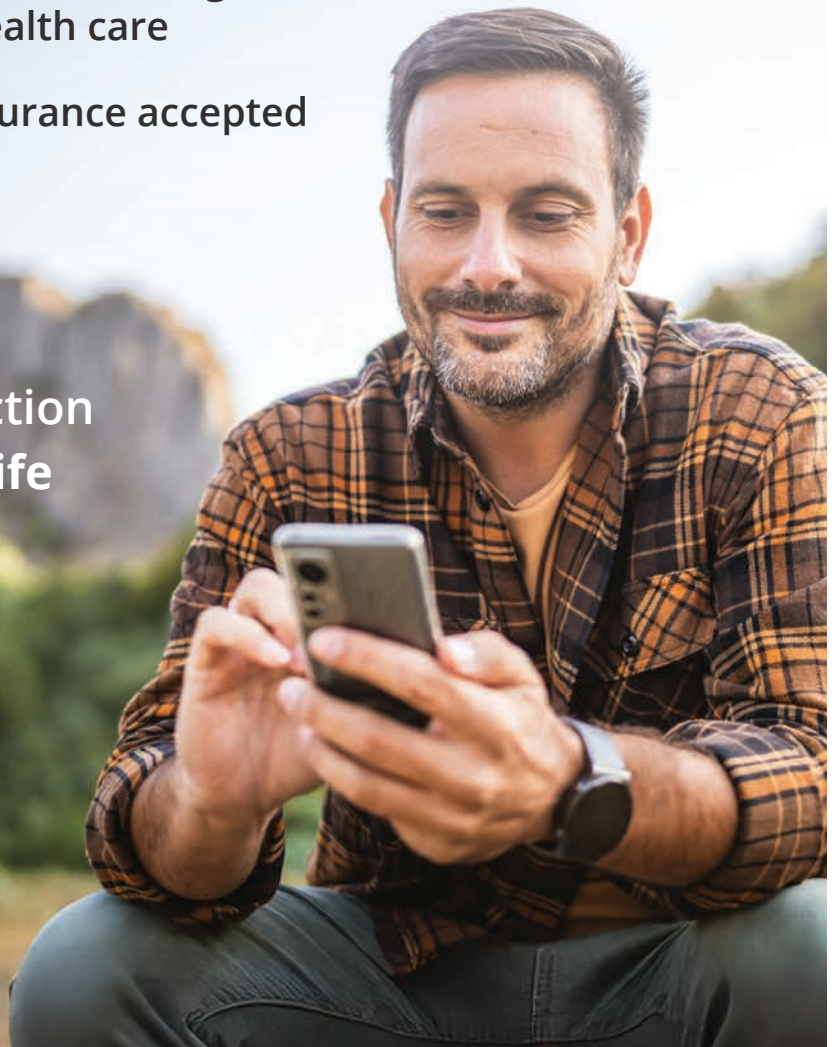
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Publisher

Carolyn Delaney

Editor

Amy Paradysz

Engagement & Editorial

Brenda Martin

Joanna Free

Journey was founded in 2019 to make recovery visible. Through stories, resources, and community presence, we show that recovery is real, present, and already part of everyday life. Contributors share their stories voluntarily, review them before publication, and are not paid to participate.

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PO Box 1045

Westbrook, ME 04062

info@journey-magazine.com

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Cover

Carole Fontaine

Photo by Carole Fontaine

Layout

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From the Publisher . . .

Recovery rarely announces itself. It shows up in the small, unglamorous moves people make when no one is watching: eating something before a hard conversation, naming a feeling instead of calling it “fine,” or picking up a pen because nothing else worked.

This issue is full of those moves.

Ali describes recovery as a tangled ball of yarn, something you loosen one thread at a time, not all at once. Carole Fontaine found hers through a journal and a meditation cushion, then again through a cancer diagnosis that tested whether the practice would hold. In “*Hungry, Angry, Lonely, Tired*,” we look at how a body running on empty gets mistaken for a character flaw. In “*Fine or Bad*,” we look at what it costs to relearn a skill most people build in childhood: naming what you actually feel.

None of this is dramatic. That’s the point. Recovery isn’t a single turning point people cross once. It’s a set of ordinary practices, repeated, that add up to a different life. The people in this issue didn’t find one big answer. They found a pen, a body signal worth noticing, a word for a feeling that had been sitting there unnamed.

We also hear from a CEO who didn’t have a good answer when an employee asked what his company was doing to support its own people in recovery, and what changed once he stopped avoiding the question. Workplaces are one more space recovery is already present. Visibility is what’s usually missing.

Thank you for reading. Thank you for making space for these stories to exist in the world.

Carolyn

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Ali's Recovery Story

Recovery isn't a straight line, she says. It's a big ball of yarn, tangled up, and you gently pull on a thread to loosen it.

As told to Carolyn Delaney

Ali is telling her recovery story when her daughter walks in asking for a Fun Dip. No, not before ten in the morning, but a fruit roll-up is fine. Ali negotiates the terms mid-sentence, then picks her story back up like it never paused.

What might seem like a break in the story, is the crux of it: making healthier choices day by day.

A horse named Rebel

Ali grew up in Alaska from ages three to eighteen, and her struggles with alcohol and other substances continued into adulthood. In middle school, after leaving a residential treatment center, she visited a horse named Rebel as often as she could. His owner recognized their bond and, for Ali's birthday, signed him over to her.

Rebel stayed on the owner's property, but his daily care became Ali's responsibility. She'd always been the horse-crazy kid. Now she had a horse of her own.

She still calls it a privilege.

Rebel became her higher power. She put everything into him. A few years later a moose broke into his pen and scattered the horses, and Rebel ended up on the road one January morning and was hit by a car. Ali lost her higher power, and at the time, didn't know anything else.

A few rock bottoms later, she was unhoused in Spokane, Washington, in an unhealthy relationship and using. Someone once brought her to a 6 a.m. men's meeting. None of the men asked her to leave. She sat in the back with her head resting on the table, sober for one more hour, and she has never forgotten what it felt like to be allowed to stay.

Then she found out she was pregnant. She called her mother, not knowing who else to call. Her mother flew out and detoxed her in a hotel room for a couple of days, after the local detox program turned her away for overusing its services. A probation officer told her plainly: Leave treatment now, and she'd be delivering her daughter in a prison cell. She stayed.

The interstate compact

An interstate compact moved Ali from Washington to Maine, to live with her mother and have a healthy, sober pregnancy, as COVID shut the world down. Nobody was going anywhere, which gave her the distance from substances she needed at first. Her outpatient program went virtual, and someone introduced her to a 24-hour online meeting that had started the day everything locked down. Ali didn't know the 12 steps yet. But she found connection there and kept showing up.

After her daughter was born, postpartum depression and fear set in, and Ali came close to going back to the relationship she'd left. Her mother called the probation office after an argument, and the officer mentioned a recovery home for mothers. Ali doubted that she would qualify, because of her involvement with the justice system, but the officer told her she was her own best advocate. Ali called, thought it over, and called back to take the bed. In August 2020, with her daughter a couple of months old, she moved in.

Still growing

The 12 steps were at the heart of the program. Living alongside other women in recovery, Ali began to recognize her own strength. She had privately given herself six months, unsure she would make it that long. Before those six months were up, she began to believe she could.



When the baby developed health needs requiring more isolated living, staff moved them to a suitable location without Ali leaving the program. She finished her associate's degree in human services and, shortly before graduating, took an apartment nearby. She's been there four years this month.

Someone further along helped Ali into her first service role, welcoming newcomers. From there she took on marking milestones for others. She's had more than one mentor since, and calls the patience of the women who sat with her a gift she wouldn't find anywhere else.

Recovery isn't a straight line, she says. It's a big ball of yarn, tangled up, and you gently pull on a thread to loosen it. She remembers her rock bottom clearly: screaming into traffic, hollow and disconnected, not wanting to live.

Today Ali works in the mental health field, with adults who have co-occurring mental health and substance use conditions. She still goes to meetings, though it ebbs and flows, and still calls her sponsor.

Her seventh anniversary is November 15, higher power willing.



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The Power of the Pen

Journaling and meditation tamed my mind and opened my heart

by Carole Fontaine

Almost 20 years ago, I had my first “dark night of the soul.” I was physically ill with a chronic disease that doctors couldn’t properly diagnose, which resulted in multi-system failures and two surgeries. I tried everything the doctors and holistic practitioners told me to do and for five years, I couldn’t find my way back to health.

My magazine had recently gone bankrupt, and I had taken a stressful job in an unhealthy environment. A move placed me far away from the people I loved, so I felt isolated and lonely. All of it took its toll; I fell into a deep depression. I felt stuck in quicksand with no hope in sight. Most of all, I remember feeling the weight of sadness inside of me and that if I contemplated it for just one second, it would crush me. So, I did the only thing I knew how at the time: I went numb. I closed myself off from feeling. From the sadness but also the joy.

A few heart-centered friends introduced me to meditation and journaling. At the time, I said, *How could writing or meditation help heal a body?* I completely dismissed my mental health as part of my well-being. But I had tried everything, and nothing worked. I was desperate. I bought a journal and started going to a meditation class. I didn’t realize how drastically this would change the course of my life. I started writing every day, forcing myself to write until the timer chimed. It was hard at first, but it eased something in me. The pressure decreased, and my spirit slowly lifted.

I spent time in meditation, learning to quiet my mind and be non-

judgmental toward the good and bad thoughts that came rushing when I was silent. I was surprised to find a lot of frustration and anger buried within me. I had never thought of myself as angry. So, I wrote about it, pages and pages of the what, when, how, and who done me wrong. I kept asking, “*Why did this happen to me?*” But the answers never came. Maybe the lesson was for me to finally pay attention to my inner voice. The silence, uncomfortable at first, became a familiar space where I could safely process my emotions. I started to feel things I had avoided for years. Some of the things that surfaced I didn’t like, but it was just me sitting with myself, learning who I was.

After a while, my pen slowed, and my writing started to express deeper feelings of unrest, unexplored darkness, and self-beliefs hiding underneath stories of “I’m not good enough,” or “my voice doesn’t matter.” My focus turned inward rather than on others and the rest of the world. Once I faced my demons, or rather my authentic truths, I could shift the feelings and have compassion for myself. Clarity gave me compassion. I could turn the page and move on from many things that had gathered cobwebs in my mind.

I never thought of a pen as a healing tool, so this surprised me, and I enthusiastically threw myself into the practice, even later becoming a



teacher of meditative writing. (You teach what you need the most!) With each passing month, my mind felt clearer and sharper, and I started to understand the motivation behind my actions and reactions. Once I saw a pattern—when I knew what I didn’t know before—I could change it or at least love myself through it.

Over time, the numbness thawed, and I felt safe to feel again. The heavy weight lifted, and I got my spark back. I gradually became more grounded and peaceful. Meditation became a safe haven and silence and stillness a refuge.

On certain days, especially when writing after a deep meditation, I would sometimes write words that were so beautiful and poignant that I’d tell myself *I must have tapped into something bigger than me because I can’t write like this!* Then I’d catch

my limiting belief surfacing and say, *Never mind, I can, and I did.* Divine source or not, I found a deep conduit from my pen to soul wisdom, which helped bring me back to wellness.

There will always be storms. I don't have control over them, but I know that my actions directly affect the outcome and how resilient I am at rising after a storm. I learned years ago that what I do in my everyday life ensures that I survive the harder days with the resilience to keep me afloat and manage my stress.

I recently went through breast cancer. There were some horrible days. But through it all, the ink flowed. I spent many sleepless nights in pain, barely able to hold a pen, but the words came and soothed my soul. The depth of insight that poured from this illness was profound. It changed me in ways I'm still discovering, still integrating this whole pivotal experience. Meditative writing has helped me stay grounded through the worst times.

There is lightness and a sense of empowerment in caring for my own mental health. In a noisy world that bets on my distraction to make money, there is power in stillness, in quietly observing, and knowing myself. When I see myself clearly, I understand others better and can extend kindness and compassion in a way I did not know how before.

What I do today determines how I live tomorrow. My daily practice has grown to include many things since then, all key elements in steadying me when life knocks me down. But these first steps helped me rebuild trust in myself, my body, and in life.

Solitude and stillness aren't loneliness or laziness: it's self-care. It's radical self-love. When what I think, what I say, and what I do is in alignment, my heart radiates joy.

.....
Carole Fontaine is the award-winning author of the SAIL Above the Clouds series and a sailor of storms, teacher of hearts, and book whisperer, guiding women to transform fire into wisdom and dreams into books.
.....



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Hungry, Angry, Lonely, Tired

A body-awareness question, not a rule you can fail

He was short with a coworker late in the afternoon. Nothing in the exchange warranted it, and he knew that while it was happening.

He replayed it on the drive home, trying to work out why an ordinary sentence had landed the way it did. Then he remembered he'd last eaten at seven that morning.

That's not a character flaw surfacing at four in the afternoon; that's a body that hasn't been fed since breakfast.

It's a question, not a rule

HALT comes out of the 12-step tradition, though it has traveled well past it. *Hungry. Angry. Lonely. Tired.* Four states that make everything heavier to carry, and are easy to miss from inside them.

It gets taught as a checklist, but it works better as a question: What's my body doing right now? Not "am I allowed to feel this"? Something plainer. Is there something physical underneath this that has been ignored?

The four are physical before they're emotional

Hungry is the most obvious and the most skipped. Blood sugar drops and the world gets sharper edges. The same sentence at ten in the morning is a comment. At four, on nothing since seven, it's evidence.

Angry is usually late. It arrives about something small, carrying weight from something two days back that never got put down.

Lonely doesn't always mean alone. Plenty of people feel it in a full room, in a group chat, at a table with family. What's missing isn't people; it's being known by one of them.



Tired is the one people wear like a badge. Sleep debt isn't clear because somebody decided to be fine about it. It shows up as a short temper, blurry decisions, and a much shorter distance between a hard moment and a hard choice.

None of these are character problems. They're conditions, and conditions change more easily than character. That's a good part of why HALT works.

What noticing actually changes

Noticing doesn't fix the day. A person can realize that they're tired and still be tired. What changes is the size of the thing. A feeling with no cause attached fills the whole room. A feeling with a cause attached takes up less space, and the move that follows is usually small and unremarkable. Something to eat. One phone call. Twenty minutes lying down. And that coworker's

statement doesn't come across like an accusation.

There's no correct way to run HALT. Some people go through the four in their head. Some keep it in a phone note. Some have a friend who asks. Some never use the acronym and check the same things by instinct, and that counts, too.

In recovery HALT carries particular weight, because the distance between a rough hour and a decision nobody planned to make is narrower when the body has been running on empty.

He ate in the car before he went inside. It didn't undo his short-temper. But it did mean he apologized the next morning and he never jumped to the conclusion that he's a person who ruins things.

Most days it's one of the four.

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The Bold Question

A workplace changed when one employee asked what it did for its own people

Fors Marsh had worked on substance use for many years: tobacco, alcohol, overdose prevention. It's a company with a lot of researchers. Then an employee asked what CEO Ben Garthwaite calls a rather bold question:

What are we doing to support our own employees through substance use disorder and in recovery?

Ben was in the room when it was asked. "Honestly, we didn't have a good answer to that," he says. "I didn't really know what we covered or didn't. We definitely didn't talk about it."

The handbook mentioned substance use once. It spelled out the consequences for substance misuse. The go-to celebration was the company happy hour.

"I can only imagine how unseen and unsupported our employees felt at that point in time," Ben says. "But of course, the beautiful thing about people and the people at Fors Marsh is we can change."

He calls what came next a moment of self-reflection. Then the company got to changing.

Rethinking the room

Go back a decade, and alcohol had a role in the company's culture. The 10-year anniversary gift involved champagne. Many company

gatherings were happy hours. The annual party was held at a brewery for many years in a row.

When the company put out its broader policy, it reconsidered all of it. The anniversary gift became financial recognition. "Which, let's be honest, people strongly prefer," Ben says. The annual get-together isn't at a brewery anymore, partly because the company outgrew it. Any company-wide function that might involve alcohol now has a required mocktail hour, and the company makes sure leadership is there.

For Ben, that's about access.

"It's important to allow access," he says. "Some of the engagement outside of the traditional business avenues can happen at those events. And so making that as accessible to every employee, and making it easy, I think is a secondary benefit."

Many doors, said out loud

Employees, the HR team, and a few outside collaborators built what the company calls its Workforce Supported Recovery Program. It rolled out about five years ago.

The program recognizes that there are a lot of possible paths to treatment and support, and it names as many as it can. An employee can go to a supervisor or to HR—or directly to the employee assistance program (EAP) without going through either. A manager can make a referral.



Ben Garthwaite, CEO of Fors Marsh

The program is clear about what information is shared, with whom, and why. In many cases, that stays very limited if the employee wants it to.

The program also says plainly that evidence of drug or alcohol misuse isn't cause for automatic termination. That kind of policy, Ben says, is something "we found out in our employee research is a real barrier to getting support."

Still, he points to one thing above the rest. "The most important thing is that we talk about it, and we talk about it a lot."

All employees have a handbook to the program. It's been shared at all-hands meetings, supervisor meetings and lunch-and-learns. The company held a panel with people in recovery and people with family in recovery.

Ben says their research also shows that, more often than not, the person employees trust most is their supervisor. “So we have to arm those folks with enough information to be able to be supportive and ready for those conversations.”

“This isn’t really about a CEO being passionate about an issue,” he says. “It’s about a company of people that are there for one another.”

The quiet that follows

Most of the time, Ben hears nothing.

Sometimes a note or a call comes in. Probably six to ten times over five years, he estimates. Someone saying thank you. Someone who could put work aside and take care of a partner. Most of those notes are about family members, more often than about the person writing.

“Those are notes that you remember every word,” he says.

He wishes he heard more from people in general, even criticism.

3 Things You Can Do This Week

1 Put support in writing.
Add a sentence to your handbook naming the support available for substance use and recovery, along with how to access it.

2 Make resources visible.
Share them in break rooms, onboarding materials, and team meetings. Put information where people already are.

3 Give supervisors the words.
Help managers feel comfortable starting a supportive conversation.

These questions offer a place to begin:

“How are you doing, and is there any support you need at work?”

“Would you like information about available support resources?”

“Would you like help connecting with the appropriate support contact?”

Listen without pressing for personal details. The goal is to open a door and help someone find support. Follow workplace privacy procedures and involve HR for accommodation requests.

He knows there’s a barrier to writing the CEO; the people who do are going out of their way.

Asked what he’d tell another leader considering this work, Ben says he’s not much to lecture people. His guess is they’re probably doing a lot of the things already, but they’re not talking about it.

“Put yourself in the seat, in the role, in the world of someone who’s struggling and needs that support,” he says. “They need you as a leader to make it safe, to invite them, to tell them it’s okay.”

At Fors Marsh, it started with a question the company couldn’t answer. Now every employee has the answer in a handbook.

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'Fine' or 'Bad'

Naming feelings is a practiced skill

She was in the cereal aisle when the song came on. Something from a car she'd owned in her twenties, playing at a volume nobody else seemed to register. She stood there through most of it, then finished the shopping and drove home. She couldn't have said what she felt, only that it was large and unnamed.

Six months in. Ask how she was doing and the answer was fine. Ask on a worse day and it was bad. Two words for a range that has dozens.

That's not a person falling apart. That's a person coming back online.

Two words for everything

Feelings don't disappear during substance use. They get managed—sanded down, muted, held at a distance where they can't do much damage. That works for a while. It's often why the substance use started.

What gets lost is practice. Naming an emotion is a learned skill, the way reading is, and it improves through repetition. When the repetition stops, the ability doesn't vanish. It goes quiet.

So somebody arrives in recovery at forty with a small emotional vocabulary. Not because they feel less but because they've had less practice putting words to what they feel.

The relearning is rarely smooth. Feelings come late—something upsetting happens Tuesday and lands Friday. They come loud: mild irritation shows up as fury. They

come mixed: grief and relief at once, with no clear sense of which one is allowed.

It took her a week to connect the song to the person she'd owned that car with. By then the feeling had come and gone twice.

A skill, not a deficiency

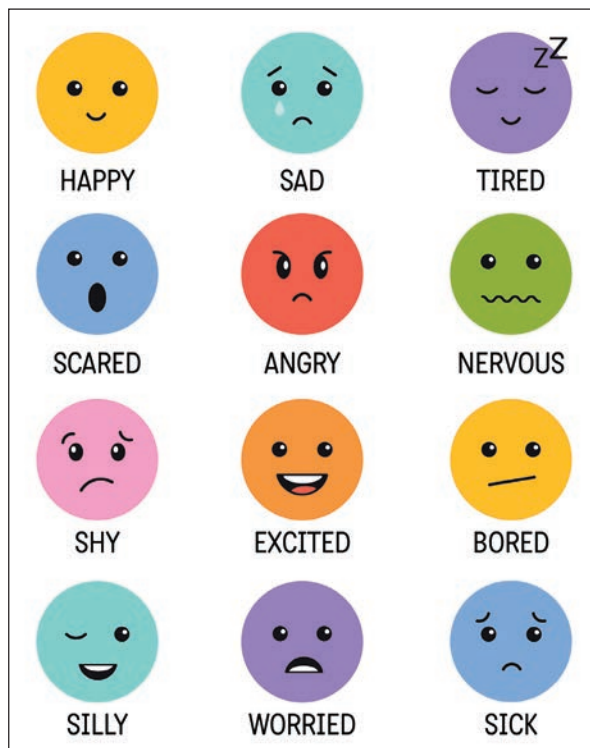
The difference between a broken thing and an unpracticed thing matters a great deal to the person deciding which one they are. Broken needs fixing. Unpracticed needs reps.

Learning feelings late is the second one. A handful of emotions in the first year, a much longer list by the third. Noticing, an hour after a hard conversation, that the tight feeling in the chest has a name and the name is *disappointment*.

Most people build this across childhood, with help and no audience. Building it at forty means building it in public—in therapy, in peer rooms where hearing someone name a feeling precisely hands you the word for your own.

What comes back with it

Not all of it is pleasant. Years come back into focus. People see what was missed and who was hurt, at full strength. That's the same capacity working correctly. The ability to feel



loss and the ability to feel joy aren't separate systems. They come back together or not at all.

Recovery gets described in terms of what stops. What's easier to miss is what starts. Somebody learning the difference between anxious and excited. Somebody catching resentment early enough to say something about it.

The woman in the cereal aisle has a name for that afternoon now. Grief, with some relief inside it, which turned out to be allowed. It took about a year and a half. The word isn't complicated. Saying it out loud in a room was the part that took the time.

A New Path Forward

Sweetser's IOP Brings Recovery-Focused Care to Brunswick

Recovery looks different for everyone, and for many people navigating substance use disorder, the biggest obstacle isn't willingness to change — it's finding care that fits around the life they're already building. A new program at Sweetser's Brunswick Hope and Healing Center is meeting that need, offering intensive, evidence-based treatment that supports people without asking them to put their work, school, or family commitments on hold.

The Intensive Outpatient Program, or IOP, provides a structured, supportive path forward while people continue living at home. Joey Rossignol, Sweetser's Senior Director of Community-Based Services for Cumberland County, says the program is grounded in a simple belief: treatment should open doors, not create new obstacles.

"We don't want treatment to be a barrier to recovery," Joey said.

Every person who enters the program starts with a comprehensive assessment, so care can be built around their individual strengths, needs, and recovery goals. From there, the program draws on a range of evidence-based supports, including individual and group therapy, psychoeducation, family education, harm reduction strategies, and medication-assisted treatment. Sessions run three hours a day, four days a week, for six weeks — an approach designed to give people real support without disrupting the routines and responsibilities that matter to them.

That balance, Joey says, is central to how the program works.

"This structure allows individuals to engage in high-quality recovery treatment while managing their daily



responsibilities at home, work, or school," Joey said.

Community-based care isn't the right fit for every stage of someone's recovery journey, and Joey notes that some people may need a higher level of inpatient support depending on their medical needs or home environment. For many others, though, an IOP offers something a residential stay can't: the ability to stay rooted in daily life while building connection with others who understand what recovery takes. That sense of shared experience, Rossignol says, is often just as important to healing as the clinical care itself.

The program welcomes anyone 18 or older with approved insurance,

and people are welcome to self-refer or seek a referral from a provider. A free prescreen is available to help determine the appropriate level of care. Those interested can visit Sweetser's Brunswick Hope and Healing Center at 329 Bath Road, call the Promiseline at 800-434-3000, email info@sweetser.org, or learn more at <https://www.sweetser.org/substance-use-intensive-outpatient-program-iop/>.

Recovery is possible, and for people across Maine, that path may now be a little closer to home.

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Becoming a Writer in Sobriety

by Leslie Johansen Nack

It took decades to fulfill my dream of becoming a writer. I got sober, married, helped run a family business, and raised two children. Life was full, and writing always felt like something waiting for me somewhere in the distance.

But even while building that life, I carried the weight of my childhood.

My father immigrated from Norway in 1957 with fifty dollars and no English. After my mother's mental illness led to hospitalizations, he gained full custody of three daughters and chose adventure over convention. We lived on a remote ranch without electricity, then on a 45-foot sailboat. We learned to sail, to spearfish, to survive. There was laughter and beauty in those years.

But once I began writing, I realized I could not separate the beautiful memories from the truth. And the truth was far more complicated.

Memory can become a survival tool. We polish certain moments until we convince ourselves the good parts were the whole story. I think I did that to survive. When I was 19 and my father died suddenly, I felt both liberated and terrified. I used alcohol and drugs to numb the confusion of loving him, fearing him, and resenting him all at once.

Years later, during my recovery program, my sponsor encouraged me to complete my Fourth Step. As I wrote down truths I had never spoken, I experienced intense anxiety.

For the first time, I admitted aloud what had really happened in my

childhood: the control, the harm, and the fear I had carried in silence.

Telling the truth nearly broke me, but it also saved me.

The Steps became the foundation of my healing. My husband and I committed to therapy, support groups, and parenting classes. We wanted to build a healthier life than the ones we had inherited.

College became part of my recovery as well. Growing up, my father told me I was not capable and would never amount to anything. After a few years of sobriety, I enrolled in a night class, still afraid he might have been right. Instead, I earned my associate degree, transferred to UCLA, and graduated at 31 with a degree in English Literature. For the first time, I understood that I was capable.

When life finally opened the door, the truth poured out of me the way it had during my Fourth Step, but this time as scenes, dialogue, and story. Those memories became *Fourteen: A Daughter's Memoir of Adventure, Sailing, and Survival*.

I intended to remove the hardest parts during editing, but I never did. They were the heart of the book.

Readers asked what happened next, and ten years later I published *Nineteen: A Daughter's Memoir of Reckoning and Recovery*.

Between the two books, my older sister died of an overdose. Substance use disorder runs through both sides of my family. My sister fought for years to find lasting sobriety but could never fully get there.



After her death, I stepped away from family writing and found myself drawn to Marion Davies, the silent film star whose intelligence and generosity were largely erased from history. When I discovered she had also struggled with sobriety, I felt a deep connection. That inspiration became my novel *The Blue Butterfly*.

What I understand now is that sobriety is the foundation upon which I built my life.

Writing does not come from discipline alone. It begins with the quiet spark that refuses to disappear: the story that settles into your heart and finally asks to be told.

.....
Leslie Johansen Nack is the author of two award-winning books: her historical novel *The Blue Butterfly* and her debut memoir *Fourteen*. Her forthcoming sequel, *Nineteen: A Daughter's Memoir of Reckoning and Recovery*, concludes her raw and deeply personal story that chronicles her path to sobriety and a renewed sense of hope. Find more about Leslie and her work at www.lesliejohansennack.com.
.....

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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 AA 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

Debtors 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 compulsive debting. debtorsanonymous.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 program providing peer-run addiction recovery groups. The program provides support and assistance to people seeking to recover from alcohol and drug addiction, and also assists partners, family members, and friends. lifering.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

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 — Since March 19, 2020, this online AA meeting has run without interruption, 24 hours a day, seven days a week. A new chair takes the virtual seat every hour. No schedules to work around, no geography required. If you have a desire to stop drinking and a device to connect with, there is a seat available right now. 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



Meeting Guide 12+ A.A. World Services

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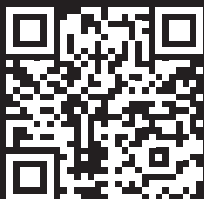
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