Community Support Groups

*Alcoholic Anonymous (AA)* is a 12-Step community group that helps members achieve and maintain recovery from alcoholism by sharing experiences with others who have suffered similar problems. Many clients who are involved with AA find another AA member who will serve as a sponsor and provide guidance and help in times of crisis when the return to substance use becomes overwhelming. This sharing and group support approach has spawned a number of similar programs, such as Narcotics Anonymous (NA) for persons addicted to substances other than or in addition to alcohol. For more information, visit their Web site at [www.aa.org](http://www.aa.org).

*GROW.* Originally inspired by Alcoholics Anonymous, GROW is an international mental health movement with a network of member-run support groups in four different countries (the United States, Australia, New Zealand and Ireland). GROW in America is fully developed in Illinois and New Jersey, and has a small core of groups in Alaska. Web site: [www.growinamerica.org](http://www.growinamerica.org). Address: P.O. Box 3667, Champaign, IL 61826. Phone: 1-888-741-GROW.

*16 Steps of Discovery and Empowerment.* Developed by Charlotte Kasl, Ph.D., this empowerment model brings a flexible, socially conscious approach to recovery and seeks to build self-esteem while empowering people to find their own voice. Her variation on the 12 Steps encourages people to examine beliefs, addictions and dependent behavior in the context of living in a hierarchical, patriarchal culture. Dr. Kasl also suggests the “Internalized Oppression” concept vs. the term codependency. Web site: [www.charlottekasl.com](http://www.charlottekasl.com). Address: Many Roads One Journey, Inc., P. O. Box 1302, Lolo, Montana 59847. Phone: 406/273-6080.

*White Bison, Inc.* Go to this nonprofit organization’s Web site for information about the Wellbriety Movement. Wellbriety is sobriety and wellness combined. The Movement encourages American Indian and Alaska Native communities to use culturally based healing resources to find sobriety and recovery from alcohol and drugs, and other issues including domestic violence, then go beyond survival to thriving in communities. On-line information is available at the White Bison Web site: [www.whitebison.org](http://www.whitebison.org). Contact: White Bison, Inc., 701 N. 20th St., Colorado Springs, CO 80904. Phone: 719/548-1000 or 877/871-1495. Fax: 719/548-9407.

*Women For Sobriety.* WFS was founded with the belief that women alcoholics require a different kind of program in recovery than male alcoholics. The WFS “New Life” program is based on a Thirteen Statement Program designed to assist a woman in addressing her alcoholism and lifestyle by encouraging her emotional and spiritual growth. On-line chat groups can be accessed from their Web site: [www.womenforsobriety.org](http://www.womenforsobriety.org). Address: Women For Sobriety, Inc., P.O. Box 618, Quakertown, PA 18951-0618. Phone: 215-536-8026.