

AA Alternative Support Groups

Secular Organizations for Sobriety (also known as Save Our Selves): Meetings are for people suffering from either alcoholism or drug addiction. SOS encourages the use of science and reason to further develop insight into the nature of one's own drug addiction, rather than spiritual principles or God. They believe that support is critical to helping individuals achieve and maintain sobriety, SOS credits the individual for achieving and maintaining his or her own sobriety, without reliance on any "Higher Power". SOS respects recovery in any form regardless of the path by which it is achieved. It is not opposed to or in competition with any other recovery programs.

Tuesday	7:00 PM	4th Floor-Follow Signs	Edina	The Titus Building 6550 York Ave So	Alec 612-405-8000
Friday	7:30 PM		Minnetonka	Mills Church 13215 Minnetonka Dr	Eric 952-222-7697

Health Realization: Health Realization (HR) meetings are for people suffering from either alcoholism or drug addiction. HR focuses on developing the individual's personal capacity to overcome his or her drug or alcohol problem. HR meetings aim to empower such people through teaching conscious awareness of three principles: (1) Mind, (2) Consciousness, and (3) Thought. The goal is for the individual to gain control over their problem by integrating and practicing these three principles in their daily life.

Monday	5:00 PM		St. Paul	Conceptual Counseling 287 E. 6th Street - Suite 300	651-221-0334
Monday	7:00 PM	Hope House	Stillwater	Canvas Health 375 East Orleans	Bruce 651-436-7777
Monday	7:00 PM	Steps Room	St. Paul	Recovery Church 253 State Street	Meg 612-599-7957
Wednesday	6:30 PM		Minneapolis	Steps Room Baha'i Center 3644 Chicago Ave	mamegallen@gmail.com Ben - 612-802-2384 Jeff - 612-741-6045
Thursday	5:00 PM		St. Paul	Conceptual Counseling 287 E. 6th Street - Suite 300	651-221-0334
Thursday	7:00 PM	Cottage Grove Support Group	Cottage Grove	All Saints Church 8100 Belden Blvd	Harold 651-470-3337
Friday	7:00 PM	Sage Prairie	Burnsville	13005 Cty Rd 5	Jeff Hermann 877-915-7243
Saturday	7:00 PM	Steps Room	St. Paul	Recovery Church 253 State Street	Ned 651-373-7828
				Steps Room	nrlewis59@gmail.com

MHR Minnesota Alternatives Peer Support Center: A place for socialization, education, connection, peer support, fun or just drop in for a cup of coffee. For adults who experience issues with substance use.

Monday	6:30 PM	Coed Group	Spring Lake Park	7766 NE Hwy 65	Susie 763-276-9423
Tuesday	6:00 PM	Family Support	Spring Lake Park	7766 NE Hwy 65	Susie 763-276-9423
Wednesday	6:30 PM	Coed Group	Spring Lake Park	7766 NE Hwy 65	Susie 763-276-9423

All Recovery Meeting: Meetings based on the idea that there are great benefits to bringing people together from multiple recovery pathways. MRC is hosting All Recovery Meetings throughout the Twin Cities area. These meetings honor all pathways to recovery, acknowledging that each person's path is unique and reflects their personal strengths. The meetings are an opportunity for social support that focuses on the hope and healing found in recovery and to connect with others who are initiating and maintaining a recovery lifestyle. Come, socialize, share!! Friends and family members welcome to attend!

Monday	5:00 PM	Women's Group (Kids all ages welcome.)	St Paul	Minnesota Recovery Connection 2446 University Ave W	612-584-4158 info@minnesotarecovery.org
Tuesday	2:00 PM	Open	St Paul	Minnesota Recovery Connection 2446 University Ave W	612-584-4158 info@minnesotarecovery.org
Tuesday	6:00 PM	Open	St Paul	Recovery Church 253 State Street	612-584-4158 info@minnesotarecovery.org
Saturday	11:00	Open	St Paul	Recovery Church 253 State Street	612-584-4158 info@minnesotarecovery.org

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SMART Recovery: SMART Recovery is the leading self-empowering addiction recovery support group. Participants learn tools for addiction recovery based on the latest scientific research and participate in a world-wide community which includes free, self-empowering science-based mutual help groups.

Monday	7:00 PM		St. Cloud	St. Cloud Public Library 1300 W St Germai	Greg 218-760-2777
Monday	7:00 PM		Edina	Shepherd of the Hills Church 500 Blake Road S	David Cousins 763-286-3145
Tuesday	6:00 PM		New Brighton	New Brighton Community Center Room 102 400 10th St NW	Mark H. 651-464-1959 612-805-2259
Tuesday	7:00 PM	LGBTQ	Eden Prairie	14400 Martin Drive Eden Prairie	Andrew: 952-934-7560 afs.innistrad@gmail.com
Wednesday	9:00 AM		Cambridge	522 11th Ave SW Cambridge	Mike Zandlo 320-703-8757
Thursday	6:30 PM		Spring Lake Park	Minnesota Alternatives 7766 NE Hwy 65	Cathie 612-202-1510
Thursday	7:00 PM		St. Cloud	St. Cloud Public Library 1300 W St Germain	Greg 218-760-2777
Saturday	10:30 AM		Minneapolis	First Unitarian Church 900 Mount Curve	Iden Hill idenhi@gmail.com

Women for Sobriety Meeting: An organization dedicated to helping women overcome alcoholism and other addictions. It is, in fact, the first national self-help program for women alcoholics. Our "New Life" Program helps achieve sobriety and sustain ongoing recovery.

Monday	10:00 AM		St. Paul	Pilgrim Lutheran Church (Library) 1935 St. Clair Ave	Heather 651-436-6827
Tuesday	7:00 PM		Minneapolis	Bethany Lutheran Church (Library) 2511 Franklin Ave E Entrance on 25th Ave So	Ann: 651-224-2751 Norah: 612-655-8630
Thursday	6:00 PM		St. Paul	Jewish Community Center 1375 Saint Paul Ave Plymouth Congregational Church	Rebecca 612-839-3323 Bonnie 612-926-8955
Saturday	10:00 AM		Minneapolis	1900 Nicollet Ave - Room 204 Use the LaSalle Entry	Mary W. 612-414-6522
Sunday	10:00 AM		Minnetonka	Lunds - Colonial Square Community Room 1151 Wayzata Blvd E	

Refuge Recovery MN: A mindfulness-based addiction recovery community that practices and utilizes Buddhist philosophy as the foundation of the recovery process.

Tuesday	7:30 PM		Minneapolis	2400 Club 2400 Blaisdell Ave So	refugerecovery.df@gmail.com
Wednesday	6:30 PM		Fridley	Lyric Lane 7590 Lyric Lane NE	refugerecovery.df@gmail.com
Thursday	5:45 PM	Women's Group	Minneapolis	Lake Harriet Spiritual Community 4401 Upton Ave S	refugerecovery.df@gmail.com

LifeRing: An abstinence-based, worldwide network of individuals seeking to live in recovery from addiction to alcohol or to other non-medically indicated drugs.

Monday	6:30 PM		St Paul	Recovery Church 253 State Street	LifeRingStPaul@gmail.com
Wednesday	7:00 PM		St Paul	Caydence Records & Coffee 900 Payne Avenue	LifeRingStPaul@gmail.com

Recovery Dharma: A peer-led movement that uses the Buddhist practices of meditation, self inquiry, wisdom, compassion and community as the tools for recovery and healing.

Sunday	6:00 PM		Minneapolis	Minnesota Zen Meditation Center 3343 E Calhoun Parkway	recoverydharma.org
Wednesday	6:30 PM		Fridley	Allina Health - Unity Campus 7590 Lyric Lane NE	recoverydharma.org
Saturday	11:30 AM		Minneapolis	Lake Harriet Spiritual Community 4401 S Upton Ave	recoverydharma.org