

## 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.

<b>Tuesday</b>	<b>10:30 AM</b>		<b>Minneapolis</b>	First Unitarian Society of Mpls 900 Mount Curve Ave (Front Entrance)	Stephanie 612-888-3911
<b>Tuesday</b>	<b>7:00 PM</b>		<b>Edina</b>	Club Recovery LLC 6550 York Ave So	Chris 612-323-3378
<b>Friday</b>	<b>7:30 PM</b>	<b>Westside Group</b>	<b>Minnetonka</b>	River Ridge Treatment Center 17717 Highway 7	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.

<b>Monday</b>	<b>5:00 PM</b>		<b>St. Paul</b>	Conceptual Counseling 287 E. 6th Street - Suite 300	651-221-0334
<b>Monday</b>	<b>6:00 PM</b>	<b>HR Sober Support</b>	<b>New Brighton</b>	Amethyst Counseling 1405 Silver Lake Road	651-633-4523
<b>Monday</b>	<b>7:00 PM</b>		<b>Stillwater</b>	Canvas Health 375 East Orleans	Bruce 651-436-7777
<b>Tuesday</b>	<b>5:00 PM</b>	<b>Women's Meeting</b>	<b>St. Paul</b>	Conceptual Counseling 287 E. 6th Street - Suite 300	Bonnie 651-231-1129
<b>Wednesday</b>	<b>6:30 PM</b>		<b>Minneapolis</b>	Baha'i Center 3644 Chicago Ave	Jeff R. 651-324-8579 <a href="mailto:still.jeff@live.com">still.jeff@live.com</a>
<b>Thursday</b>	<b>5:00 PM</b>		<b>St. Paul</b>	Conceptual Counseling 287 E. 6th Street - Suite 300	651-221-0334
<b>Thursday</b>	<b>6:00 PM</b>		<b>Minnetonka</b>	Marsh Run Offices II 11900 Wayzata Blvd, Ste 100	Sarah - 612-868-7413 Peter H. - 612-770-9474
<b>Thursday</b>	<b>7:00 PM</b>	<b>Cottage Grove Support Group</b>	<b>Cottage Grove</b>	All Saints Church 8100 Belden Blvd.	Harold 651-470-3337
<b>Saturday</b>	<b>7:00 PM</b>		<b>St. Paul</b>	Recovery Church 253 State Street Steps Room	Ned 651-373-7828 <a href="mailto:nrlewis59@gmail.com">nrlewis59@gmail.com</a>
<b>Sunday</b>	<b>6:00 PM</b>		<b>Minneapolis</b>	First Unitarian Sociey Frank Lloyd Wright Room 900 Mount Curve Ave	Jeff R. 651-324-8579 <a href="mailto:still.jeff@live.com">still.jeff@live.com</a>

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**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!

Tuesday	6:30 PM	MN Recovery Connection	St. Paul	Recovery Church Street	253 State	
Thursday	6:30 PM	MN Recovery Connection	St. Paul	Recovery Church State Street	253	

**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 St. Clair and Prior Ave	Jill 651-235-1935
Tuesday	7:00 PM		Minneapolis	Bethany Lutheran Church 2511 Franklin Ave E Upper Fellowship Room	Ann: 651-224-2751 Norah: 612-655-8630
Wednesday	10:00 AM		Minnetonka	Byerly's Ridgedale Community Room 13081 Ridgedale Dr	Lee 763-355-2502
Thursday	6:00 PM		St. Paul	Jewish Community Center 1375 Saint Paul Ave	Mary Ann 651-303-7477
Saturday	10:00 AM		Minneapolis	Plymouth Congregational Church 1900 Nicollet Ave Use the LaSalle Entry	Bonnie 612-926-8955
Sunday	10:00 AM		Wayzata	Lunds - Colonial Square Community Room 1151 Wayzata Blvd E	Diane 612-730-1927

**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 Germain	1300 W St.	Greg 218-760-2777
Tuesday	6:00 PM		New Brighton	New Brighton Community Center		Mark 651-464-1959
Thursday	6:30 PM		Spring Lake Park	Minnesota Alternatives Hwy 65	7766 NE	Cathie 612-202-1510
Saturday	10:30 AM		Minneapolis	First Unitarian Church 900 Mount Curve		Iden Hill 612-467-5257 idenhi@gmail.com

**Minnesota Alternatives Inc 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	6:00 PM	Coed Long-term Support Group	Spring Lake Park	Minnesota Alternative Hwy 65	7766 NE	Susie 276-9423	763-
Tuesday	6:15 PM	Family Support	Spring Lake Park	Minnesota Alternative Hwy 65	7766 NE	Susie 276-9423	763-
Wednesday	6:00 PM	Women's Group	Spring Lake Park	Minnesota Alternative Hwy 65	7766 NE	Susie 276-9423	763-
Wednesday	6:30 PM	Men's Group	Spring Lake Park	Minnesota Alternative Hwy 65	7766 NE	Rob 276-9423	763-