

12-Step Recovery Groups in Alaska

There are many places throughout Alaska where people can seek help from addiction and begin a road to recovery. 12-Step recovery support groups are a popular option for people addressing alcoholism and other addictions. Meetings may take several forms, but all involve people talking about addiction in their lives, what actions they've taken to help themselves, and helping others live free from addiction or the influences of addiction. 12-Step programs are non-political, non-professional, and are not allied with organizations, institutions, or denominations.

12-Step programs include: *Alcoholics Anonymous (AA)*, *Narcotics Anonymous (NA)*, *Overeaters Anonymous*, *Gambler's Anonymous*, *Sex Addicts Anonymous*. 12-step programs also offer support for family members of people with addiction, and include:

Al-Anon, *Alateen*, *Adult Children of Alcoholics (ACOA)*.

The following are some resources available:

Alcoholics Anonymous (AA)

AA invites people who have experienced problems drinking alcohol and who want to be sober.

Alaska AA Meeting Locator: www.usrecoveryinfo/AA/Alaska.htm, click on your district, or click on your city: www.anchorageaa.org/MeetingsAKStatewide.html.

Statewide AA Call-in Meeting: 1-805-360-1000, access code: 243831. Mondays 5:30-6:30pm (AK time). Call-in from your phone.

National AA Meeting Locator (National): www.aa.org, click on AA NEAR YOU, enter zip code or other address, click "GO" and you'll find contact information for your location.

Anchorage info: 1-907-272-2312 http://area02alaska.org/schedules_files/D7.8meetings.pdf, or www.anchorageaa.org

Fairbanks and Interior info: 1-907-456-7501 www.fairbanksaa.org or http://area02alaska.org/schedules_files/D1.2meetings.pdf

Juneau info: 1-907-586-1161 http://area02alaska.org/schedules_files/D9schedule.pdf or www.simeetings.com/LA/AK/JuneauMtgs.html

Kenai info: 1-907-283-5722 http://area02alaska.org/schedules_files/D4.meeting.pdf or www.simeetings.com/LA/AK/KenaiPenMtgs.html, or www.aakenaialaska.org,

Kodiak info: 1-907-942-0922 http://area02alaska.org/schedules_files/D3.KodiakAA%20schedule.pdf, or http://www.anchorageaa.org/AKdirectories/Kodiak/Kodiak_current.pdf

Mat-Su info: 1-907-376-4777 http://area02alaska.org/schedules_files/D11.MatsuMeetings.html or <http://www.matsu-aa.org/home.html>

Ketchikan info: 1-907-225-5154 http://area02alaska.org/schedules_files/D10.ktn.pdf

Sitka info: 1-907-747-8866 http://area02alaska.org/schedules_files/D9schedule.pdf

Haines info: 1-907-766-3250 http://area02alaska.org/schedules_files/D9schedule.pdf

Bethel info: 1-907-543-3455 (Tundra Women's Coalition) www.twcpeace.org or www.anchorageaa.org/AKdirectories/bethel/Bethel%20AA%20MEETINGS.pdf

Dillingham info: 1-907-842-1391 or 1-907-842-9433
www.anchorageaa.org/AKdirectories/dillingham/dilling.htm

Narcotics Anonymous (NA)

Narcotics Anonymous (NA) is a fellowship of people who have experienced problems with drug addiction and who want to stay clean.

Statewide phone: 1-866-258-6329

Anchorage info: 1-907-277-5483

Fairbanks info: 1-866-258-6329

Kenai info: 1-907-335-9456

Alaska NA website: www.akna.org

Alaska NA Meetings Schedule: www.akna.org/region/documents/meetings/arna_schedule.pdf

National NA Meeting Locator: www.akna.org/schedules.htm, click on your city.

Al-Anon

Al-Anon invites relatives and friends of alcoholics who share similar experiences and strategies for solving common problems.

Anchorage info: 1-907-276-6646

Mat-Su info: 1-907-357-2550

Fairbanks info: 1-907-456-6458

Alaska NA Website: www.al-anon-ak.org/

National info: 1-888-425-2666

National NA Website: www.al-anon.alateen.org, click FIND A MEETING in top right corner, enter zip code or other address indicator, click SEARCH and it will take you to a listing of meetings in your area.

Alateen

Alateen invites young family members, usually teenagers, whose lives have been affected by someone else's drinking. Alateen groups are sponsored by Al-Anon members who offer mentorship. Alateen members share experiences, discuss difficulties and coping solutions, encourage and support understanding of the 12-Step principles.

National Alateen info: 1-888-425-2666

Alateen Website: www.al-anon.alateen.org/for-alateen, on the left side, click on FIND AN ALATEEN MEETING, or TRY AN ALATEEN CHAT MEETING.

Adult Children of Alcoholics (ACOA)

Al-Anon invites people who grew up in alcoholic households to share their experiences, strengths, and hopes for solving their common problems. The ultimate goal is to address the adverse impacts of alcohol and drug use on children and families.

Anchorage info: 1-907-444-6676

Juneau info: 1-907-789-0965

Juneau Website:

www.treatmentcentersdirectory.com/Alaska/Juneau/adult-children-of-alcoholics-20137

National Website: www.nacoa.net