**Support Groups**

**Denver Area Central Committee of Alcoholics Anonymous 303-322-4440** (24 hour hotline) <http://www.daccaa.org/meetings.htm>• Alcoholics 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 alcoholism. • The only requirement for membership is a desire to stop drinking. There are no dues or fees for AA membership; we are self-supporting through our own contributions.

**Colorado Al-Anon/Alateen Inc. 303-321-8788** (24 hour hotline)

<http://www.al-anon-co.org/Meeting_Home.php> Al-Anon's Purpose is to help friends and families of alcoholics recover from the effects of living with the problem drinking of a relative or friend. Our focus is on ourselves, not the alcoholic. The only requirement for membership is that there be a problem of alcoholism with a friend or relative. There are no dues or fees. • Go to website above to search Alateen meetings. Alateen is a fellowship of young Al-Anon members, 18 years and younger, whose lives have been affected by someone else's drinking.

**Nar-Anon Family Support Groups 1-800-477-6291**

<https://www.nar-anon.org/find-a-meeting> Twelve-step support meetings offered to relatives and friends who are concerned about the addiction or drug problem of another. The Nar-Anon Family Group is for those who know or have known a feeling of desperation due to the addiction problem of someone close to them. Nar-Anon members share their experiences, strength, and hope at weekly meetings. Colorado Narcotics Anonymous 303-832-DRUG (3784) www.nacolorado.org/denver/meetinglist.html • NA is a nonprofit fellowship or society of men and women for whom drugs had become a major problem. We meet regularly to help each other stay clean. We are not interested in what or how much you used but only in what you want to do about your problem and how we can help. Membership is open to all drug addicts, regardless of the particular drug or combination of drugs used. • There are no dues or fees for membership; while most members regularly contribute small sums to help cover the expenses of meetings, such contributions are not mandatory.

 **Marijuana Anonymous 303-607-7516**

[http://www.marijuana-anonymous.org/find-a-meeting](http://www.marijuana-anonymous.org/find-a-meeting/)/ The only requirement for membership is a desire to stop using marijuana. There are no dues or fees for membership. MA is not affiliated with any religious or secular institution or organization and has no opinion on any outside controversies or causes. Our primary purpose is to stay free of marijuana and to help the marijuana addict who still suffers achieve the same freedom. We can do this by practicing our suggested twelve steps of recovery and by being guided as a group by our twelve traditions. • Online and land meetings available.

**Cocaine Anonymous Colorado 24-Hour Information Phone Lines: 866-768-7709** <http://www.cacolorado.org> Cocaine 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 their addiction. The only requirement for membership is a desire to stop using cocaine and all other mind-altering substances. There are no dues or fees for membership; they are fully self-supporting through their own contributions. • Their purpose is to stay free from cocaine & all other mind-altering substances, & to help others achieve the same freedom

**Nicotine Anonymous 877-879-6422**

<http://nicotine-anonymous.org/find-a-meeting.html>• Nicotine Anonymous is a Non-Profit 12 Step Fellowship of men and women helping each other live nicotine-free lives. Nicotine Anonymous welcomes all those seeking freedom from

nicotine addiction, including those using cessation programs and nicotine withdrawal aids. The primary purpose of Nicotine Anonymous is to help all those who would like to cease using tobacco and nicotine products in any form.

**Alternative Self Help Groups SMART Recovery® 866-951-5357**

<http://www.smartrecovery.org/>• The SMART Recovery 4-Point Program® helps people recover from all types of addiction and addictive behaviors, including: drug abuse, drug addiction, substance abuse, alcohol abuse, gambling addiction, cocaine addiction, prescription drug abuse, and problem addiction to other substances and activities. SMART Recovery sponsors face-to-face meetings around the world, and daily online meetings. In addition, our online message board and 24/7 chat room are excellent forums to learn about SMART Recovery and obtain addiction recovery support.

**Secular Organizations for Sobriety (SOS) 323-666-4295**

<http://www.sossobriety.org> • SOS is an alternative recovery method for those alcoholics or drug addicts who are uncomfortable with the spiritual content of widely available 12-Step programs. SOS takes a reasonable, secular approach to recovery and maintains that sobriety is a separate issue from religion or spirituality. 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.

 **LifeRing 1-800-811-4142**

<http://liferingcolorado.org/>• LifeRing is a network of people who support one another in living free of alcohol and other non-medically indicated addictive drugs. In LifeRing meetings your religious and spiritual beliefs, or the lack thereof, remain a private matter. There is no religious content in the meeting process. LifeRing serves as an alternative or complement to 12-step programs such as Alcoholics Anonymous Activities for those Recovering from Alcohol and Substance Use Phoenix Multisport 720-440-9175 2233 Champa Street, Denver, CO, 80205 www.phoenixmultisport.org • To foster a supportive, physically active community for people recovering from alcohol or substance abuse. Through a variety of sports, Phoenix seeks to help members develop and maintain the emotional support they need to stay sober.

**Shambhala Center of Denver**

<https://denver.shambhala.org/heartofrecovery/>

The Heart of Recovery meeting is an open group for those interested in relating meditation practice to addiction recovery. This meeting combines meditation, study and group discussion of Buddhist teachings and Twelve Step literature. Our group is intended as a supplement to, rather than a substitute for, Twelve Step work. We strongly encourage you to fully work the Twelve Steps as part of your personal program of recovery.

**Young People in Recovery-****(720) 600-4977**

**YPR envisions a world where everyone can access the necessary resources to recover from substance use disorder.** **YPR’s mission is to provide the training and networks all individuals, families, and communities need to recover and maximize their full potential.**

**The Phoenix- Sober Active Community- 720-440-9175**

The goal of The Phoenix is to help as many people as possible find a clear path to recovery, so we make every effort to remove any barriers to getting involved with our community — this includes financial barriers. We host daily, FREE classes and events where the only requirement to attend is at least 48 hours of continuous sobriety. We also provide all necessary gear to make the activities accessible, as the equipment required for the disciplines we teach is often expensive and can deter people from taking up certain activities.

**Sober AF Entertainment- www.soberafe.com**

Community organization that puts on sober events and hosts sober sections at sporting events, concerts and other arenas.

**Detox Facilities**

[***Denver Health CARES***](http://www.denverhealth.org/) -303-436-6000

Offers detox and residential treatment. Accepts patients with no insurance

**Crisis and Recovery Center- Withdrawal Management -**303-463-7400

Detox, crisis intervention, outpatient substance use and mental health services.  Detox available for residents of Jefferson, Gilpin, Clear Creak counties unless referred by law enforcement or hospital.

[**Center for Detox Treatment at Community Reach Center**](https://www.communityreachcenter.org/services/adult-and-senior-services/detox-services/)**-**303-280-4000

social detox offered to residents of Adams and Broomfield Counties.  Residential treatment and outpatient treatment are options upon discharge.

**Sober Living/Transitional Program**

**Sobriety House, Inc- 303.800.5028**

Colorado’s oldest substance abuse program with 6 locations in Denver Metro. Inpatient rehab, sober living, outpatient groups, transitional program. Individuals may qualify for low to no cost based on household income and residency status.

**Oxford House-** 800-689-6411

A national sober living entity with dozens of houses around Colorado. Also offer cheap rent for sober people

**Aspen Ridge-** 855-273-7802

Based out of Lakewood, with locations in Lakewood and Fort Collins. Inpatient rehab, sober living, Intensive Outpatient, transitional program

**Red Rocks Recovery-** 855-242-6592

Based on out Lakewood, CO. Inpatient rehab, partial hospitalization program, intensive outpatient, sober living, transitional program, outpatient treatment

**Mile High Sober Living-** 720-445-5729

Our goal is to provide recovering people an exceptional sober living experience in the Denver metro area. This not only helps in keeping them clean and sober, but also offers a rewarding communal living environment. Becoming part of a larger family of thriving and successful individuals.

**Hospitals**

[**Lutheran West Pines**](https://www.westpinesrecovery.org/)

Offers medical detox, inpatient and outpatient treatment

 303-467-4080

[**Anschutz Medical Campus (CeDAR*)***](http://www.cedarcolorado.org/) 720-848-3000

Offers detox, inpatient treatment and outpatient treatment

 [***Porter Hospital’s Chemical Dependency Program***](http://www.porterhospital.org/behavioralhealth)- 303-778-2541

Substance Intense Outpatient Treatment

[**Centennial Peaks Hospital**](https://centennialpeaks.com/treatment-services/adults/inpatient-detoxification/) -303-673-9990

Medical detox, partial hospitalization and outpatient services

[**Denver Springs**](https://www.denversprings.com/what-we-treat/addiction/)- 720-744-3813

Medical detox, partial hospitalization and outpatient services

[***Valley Hope***](http://www.valleyhope.org/)***Denver/Parker*** - 800-544-5101

Offers residential and outpatient treatment