Tips to Set Up a Local Substance Abuse Meeting

- Attend an existing meeting in your area
- After the meeting, speak with the Chairperson about how they set up that meeting
- Contact your local/company/organization, etc. to see if they would support a meeting
  - They can help by contacting the membership/employees
  - They may allow you to use the facilities to hold your meeting. If not, try to find a space such as a shop, venue or home, etc.
- Go to your local AA/NA etc. Central Office to purchase supplies for your meetings (literature, chips, etc.)
- The Central Office will have a handout about meeting procedures…always follow these procedures
- Figure out the best time to hold the meeting based on work schedules. For some, that may be on the weekend, for others it might be on a Monday as that’s often a dark day.
- Spread the word on social media
- Print out flyers that can be posted in work venues, in break rooms, on set, or left at a union hall
- Invite speakers who have experience in the program to speak at your first few meetings to share their own experience of strength and hope
- Start a group thread (email or WhatsApp group, for example) to support the members of your group

Links to recovery or abstinence based organizations:

- **Alcoholics Anonymous**
- **Al-Anon** (for friends and family of addicts)
- **Celebrate Recovery** (Christian-based recovery)
- **Cocaine Anonymous**
- **Co-Anon** (for friends and family of addicts)
- **Crystal Meth Anonymous**
- **Families Anonymous**
- **Heroin Anonymous**
- **In the Rooms**
- **The Jewish Board** (Jewish-based recovery)
- **LifeRing Secular Recovery** (non 12-step)
- **Marijuana Anonymous**
- **Narcotics Anonymous**
- **Nar-Anon** (for friends and family of addicts)
- **Pills Anonymous**
- **Refuge Recovery** (Bhuddist-based recovery)
- **Secular Organizations for Sobriety** (non 12-step)
- **Smart Recovery** (non 12-step)
- **Smart Recovery** Family & Friends (non 12-step)
- **Women for Sobriety** (non 12-step)