

SOBER SUPPORT RESOURCES

12-STEP

Alcoholics Anonymous (AA)

Greater Seattle Intergroup of AA- (206) 587-2838 / www.seattleaa.org

Eastside AA- (425) 454-9192/ www.eastsideaa.org

Puget Sound AA (Pierce Co.)- (253) 474-8897/ www.pugetsoundaa.org

Snohomish County AA- (425) 252-2525/ www.snocoaa.org

Sno-King Intergroup (South Sno. Co. & North King Co.)- (425) 672-0987/
www.snokingintergroup.org

Narcotics Anonymous (NA)

Seattle NA- (206) 790-8888 or (855) 464-7477/ www.seattlena.org

South King County NA- (253) 872-3494/ www.skcna.org

Pierce County AA- (253) 531-8792/ www.pcana.org

Everett NA- (425) 609-6170/ www.everettwana.org

Virtual NA Meetings in multiple languages- <https://virtual-na.org/meetings/>

Heroin Anonymous

Meetings listed online- www.heroinanonymous.org/meetings

Crystal Meth Anonymous

Meetings listed online- www.crystalmeth.org

Strength Over Speed (Meth recovery for gay men)

Meetings listed online- www.stregthoverspeed.org

Cocaine Anonymous

Seattle Area- (425) 244-1150/ www.caofwa.org

Marijuana Anonymous

Western Washington- (206) 414-9270/ www.madistrict4.org

Peer Washington

Both 12-Step and Non-12 Step meetings.

Other Services: Peer coaching, support groups, resource connections, employment and housing support, drop-in support, volunteer opportunities.

www.peerwa.org

Peer Kent- (253) 277-4942/ www.peerkent.org

Peer Seattle- (LGBTQ+ and allies)- (206) 322-2437/ www.peerseattle.org

Recovery Café

Both 12-Step and Non-12 Step meetings.

Other services: School for Recovery classes, meals, meetings, recovery circles, community events, resource connections.

www.recoverycafe.org

South Lake Union- (206) 374-8731

SODO- (206) 333-2314

In The Rooms (online)

Both 12-Step and Non-12 Step meetings.

An online global recovery community.

www.intherooms.com

NON-12 STEP

Peer Washington

Both 12-Step and Non-12 Step meetings.

Other Services: Peer coaching, support groups, resource connections, employment and housing support, drop-in support, volunteer opportunities.

www.peerwa.org

Peer Kent- (253) 277-4942/ www.peerkent.org

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SKIP- Sobriety Knowledge is Power

(206) 245-3504/ sites.google.com/site/skipnetdotorg/

SMART- Self-Management and Recovery Training

Meetings listed online- www.smartrecovery.org

SOS- Secular Organizations for Sobriety/ Save Our Selves

Meetings listed online- www.sossobriety.org

BUDDHIST & MEDITATION-BASED

Northwest Buddhist Recovery

Meetings listed online- www.nwbuddhistrecovery.org/nwbr/meetings/

CHRISTIAN FAITH-BASED

Celebrate Recovery

Meetings listed online- www.celebraterecovery.com

New Heart Ministries

Meetings listed online- www.newheartministries.net

Overcomer's Anonymous

Meetings listed online- www.overcomersoutreach.org

Victory Outreach Seattle's Christian Life Recovery 12-Step

Call or message for meeting information- (206) 276-0962/ (206) 650-2511

www.facebook.com/CLR12step

RECREATION-BASED

Recovery Beyond

Adventure-based peer community. No-cost weekly peer driven activities, monthly community events, seasonal “reach experiences” and an annual expedition. <https://recoverybp.org>

Clean and Sober Softball Association (CSSA) *fee required*

(425) 770-6378/ www.cssanw.org

OSAT- One Step at a Time

www.osat.org

Outdoor Club and affiliated AA group. Combines recovery with outdoor activities such as hiking, biking, and climbing. Holds regular AA meetings on Tiger Mountain and at Golden Gardens-Shilshole Bay. Membership fee required for the outdoor club but not the AA meetings.