



Tips to Set Up a Local Substance Abuse Meeting

- o Attend an existing meeting in your area
- o After the meeting, speak with the Chairperson about how they set up that meeting
- o 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.
- o Go to your local AA/NA etc. Central Office to purchase supplies for your meetings (literature, chips, etc.)
- o The Central Office will have a handout about meeting procedures...always follow these procedures
- o 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.
- o Spread the word on social media
- o Print out flyers that can be posted in work venues, in break rooms, on set, or left at a union hall
- o Invite speakers who have experience in the program to speak at your first few meetings to share their own experience of strength and hope
- o 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-setp)

[Women for Sobriety](#) (non 12-step)