

SOBER SUPPORT RESOURCES

King County Drug Court Specific Meetings

Drug Court offers diverse daily virtual support meetings for participants including:

- **Mindfulness Meditation and Discussion**
- **Recovery Topic Meetings**
- **Twelve Step Study**
- **Women's Group**
- **Grief and Loss**
- **Wellness Group**

For log-in information: contact your case manager or call the main office 206-477-0788.

12-STEP

Alcoholics Anonymous (AA) 24 Hour

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

Eastside Intergroup of AA (425) 454-9192 / www.eastsideintergroup.com

Pierce County AA (253) 474-8897 / www.piercecountyaa.org

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

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

Narcotics Anonymous (NA) 24 Hour

Seattle NA (206) 790-8888 / www.seattlena.org

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

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

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

Heroin Anonymous

<https://heroinanonymous.org/meetings/>

Crystal Meth Anonymous

Meetings listed online: www.crystalmeth.org

Cocaine Anonymous

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

Marijuana Anonymous

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

Recovery Café

(206) 374-8731 / www.recoverycafe.org

Peer Washington (LGBTQ and allies)

Both 12-Step and Non-12 Step Meetings. Recovery Coaches available.

(206) 322-2437 / www.peerseattle.org

Strength Over Speed (Crystal Meth recovery for gay men)

Meetings listed online: www.strengthoverspeed.org

NON-12 STEP

LifeRing Secular Recovery

LifeRing Seattle: www.liferingseattle.org

Other Areas: www.lifering.org

Peer Washington (LGBTQ and allies)

Both 12-Step and Non-12 Step Meetings. Recovery Coaches available.

(206) 322-2437 / www.peerseattle.org

SKIP - Sobriety Knowledge Is Power

(206) 245-3504 / <https://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

CHRISTIAN FAITH-BASED

Celebrate Recovery

Meetings listed online: www.celebraterecovery.com

Matt Talbot Center

Call for meeting information: (206) 256-9865. <http://mtcenter.org/>

New Heart Recovery Program

Meetings listed online: <http://www.newheartministry.com/>

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

<https://www.facebook.com/CLR12step>

BUDDHIST & MEDITATION-BASED

Northwest Buddhist Recovery

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

RECREATION-BASED

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

(425) 770-6378 / www.leaguelineup.com/cleanandsobersoftball

OSAT – One Step at a Time

www.osat.org

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

Substance Free Disc Golf

www.meetup.com/Substance-Free-Disk-Golf-Seattle

Group typically meets at Mineral Springs Park in north Seattle. No fee required. Group members will provide disks to those who need them. Use Meetup link for ongoing schedule information.