



Do you know about free, peer support alternatives to 12 Step Programs in Southwest CT?

Download list of all support groups at thehubct.org/recovery or find meetings at thehubct.org/calendar

Support Program	Key Concepts	More Info on the Model
SMART Recovery (established 1994) SMART = Self Management and Recovery Training	<ul style="list-style-type: none"> • Skills based on rational-emotional behavioral therapy, motivational interviewing, and Community Reinforcement And Family Training (CRAFT) • 4 point program: build motivation, cope with urges, manage thoughts, feelings and behaviors, and lead a balanced life – effective for mental health & addiction • Separate support groups for people who are struggling and for Family & Friends • Offers online groups as well as face-to-face • The individual has the power to make changes: “Discover the power of choice” 	Smartrecovery.org Locally, meetings in Bridgeport, Greenwich, Norwalk, Stamford, Stratford, Westport Online: groups daily
Refuge Recovery	<ul style="list-style-type: none"> • Based on Buddhist teachings • Focus on freeing people from the suffering caused by cravings • Emphasizes compassion and meditation: 4 noble truths and 8-fold path 	Refugerecovery.org Locally, meetings in Fairfield and New Canaan
LifeRing Secular Recovery (since 2001)	<ul style="list-style-type: none"> • 3-S philosophy: sobriety (abstinence), secularity (human efforts rather than divine intervention), self-help (personal motivation and support) 	Lifering.org Locally, in Greenwich
Women for Sobriety (established 1976)	<ul style="list-style-type: none"> • Safe, nurturing and empowering environment for women • 13 principles emphasizing positive thinking, personal responsibility, and embracing the future instead of rehashing past mistakes 	Womenforsobriety.org Locally, in Fairfield
Moderation Management (established 1994)	<ul style="list-style-type: none"> • For those who want to moderate their drinking before it becomes harder to control • Begins with a 30 day abstinence program while considering how drinking affects their lives and when and why they drink • Provides guidelines for drinking moderately 	Moderation.org No meetings in CT but phone in meetings at 7pm, 9pm and 10pm EST daily (see website)
CT Community for Addiction Recovery	<ul style="list-style-type: none"> • Telephone Recovery Support (TRS) program provides a weekly check-in call by a trained Recovery Coach 	CCAR.us TRS is statewide; live meetings in Bridgeport
National Alliance on Mental Illness (NAMI)	<ul style="list-style-type: none"> • NAMI provides support groups, monthly speaker meetings, and family training programs to those in recovery from mental illness or affected by the mental illness of a loved one 	NAMI.org Locally, NAMI Fairfield & NAMI Southwest