

## Secular Alternatives to Twelve Step Programs

Some individuals seeking ways to resolve AOD-related problems object to the spiritual or what they perceive as the religious nature of Alcoholics Anonymous and other Twelve Step Programs. Secular alternatives have emerged but the availability of local meetings varies depending on one's location. The following is intended as an information sheet to be handed to clients seeking an alternative to Twelve Step Programs.

## Secular Alternatives to Twelve Step Programs

<b>Program</b>	<b>Web Site or National Telephone Contact</b>	<b>Local/Regional Contact</b>
LifeRing Secular Recovery	<a href="http://www.unhooked.com">http://www.unhooked.com</a> 1-800-811-4142	
Men for Sobriety	E-MAIL: <a href="mailto:NewLife@nmi.com">NewLife@nmi.com</a> 215-536-8026	
Moderation Management	<a href="http://moderation.org">http://moderation.org</a> . (212) 871-0974	
Rational Recovery	<a href="http://www.rational.org">http://www.rational.org</a> 530-621-4374	RR no longer hosts recovery support meetings
Secular Organization for Sobriety / Save Our Selves	<a href="http://www.cfiwest.org/sos/index.htm">http://www.cfiwest.org/sos/index.htm</a> . (323) 666-4295	
SmartRecovery®	<a href="http://www.smartrecovery.org/">http://www.smartrecovery.org/</a> (866) 951-5357	
Women for Sobriety	<a href="http://www.womenforsobriety.org/">http://www.womenforsobriety.org/</a> (215) 536-8026	