



## Alcoholics Anonymous (AA)

- Fellowship of men and women who consider themselves to have a drinking problem.
- Believe in a spiritual “Higher Power” that helps to overcome problematic behavior.
- The primary principle is that we are powerless over our drinking or using behavior.

**Meets:**  
**M thru F**  
**Noon to 1**

DATE of ATTENDANCE: \_\_\_\_\_ SIGNATURE of FACILITATOR: \_\_\_\_\_

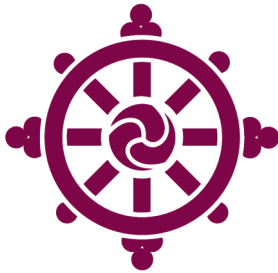


## Self - Management & Recovery Training (SMART)

- 4-Point Program helps participants recover from all types of addictive behaviors.
- Self-driven and uses evidence to prove we have the power of choice over our addictions.
- The primary principle is that we are powerful over our drinking or unwanted behavior(s).

**Meets:**  
**M thru F**  
**Noon to 1**

DATE of ATTENDANCE: \_\_\_\_\_ SIGNATURE of FACILITATOR: \_\_\_\_\_



## Recovery Dharma (Formerly Refuge Recovery)

- Utilizes meditation, self-inquiry, wisdom, compassion, and community.
- Believes that recovery is about finding our own inner wisdom and path.

**Meets:**  
**M W F**  
**Noon to 1**

DATE of ATTENDANCE: \_\_\_\_\_ SIGNATURE of FACILITATOR: \_\_\_\_\_



## LifeRing Secular Recovery

- Believes you do have the power to overcome addiction without turning it over to anything.
- Emphasis on the positive, practical present-day can help to turn anger and despair into hope and resolve.

**Meets:**  
**Tuesday**  
**Noon to 1**

DATE of ATTENDANCE: \_\_\_\_\_ SIGNATURE of FACILITATOR: \_\_\_\_\_

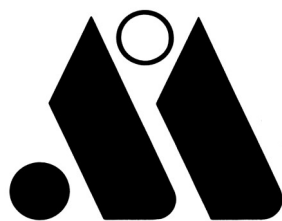


## Women for Sobriety (WFS)

- Helps women and those who identify as women recover from chemical addiction.
- Uses discovery of self by sharing experiences, hopes, and encouragement with other women who’ve experienced the same trauma.

**Meets:**  
**Friday**  
**9 to 10:15**  
**and**  
**10:30 to 11:45**

DATE of ATTENDANCE: \_\_\_\_\_ SIGNATURE of FACILITATOR: \_\_\_\_\_



## Men for Sobriety (MFS)

- Helps men and those who identify as men recover from chemical addiction without ego.
- Uses discovery of self by sharing experiences, hopes, and encouragement with other men who’ve experienced the same trauma.

**Meets:**  
**Friday**  
**9 to 10:15**  
**and**  
**10:30 to 11:45**

DATE of ATTENDANCE: \_\_\_\_\_ SIGNATURE of FACILITATOR: \_\_\_\_\_