



**CHOICES in Healing & Recovery, Inc.**

[www.choicesihar.org](http://www.choicesihar.org)

## **Substance Use Peer Support Groups:** **Alternatives to Traditional AA & NA**

*DC Metro Area (In-Person & Online) / National (Online) - March 2025*

### **CHOICES Trauma Informed 12 Steps**

		Monthly 1st Sundays Capitol View Library 5001 Central Ave SE, DC
SUN	2:00PM	
MON	6:30PM	Weekly Zoom
WED	12:00PM	Weekly Zoom
THUR	6:30PM	Weekly Zoom
<b>Info: <a href="http://www.choicesihar.org/calendar">www.choicesihar.org/calendar</a></b>		

### **SMART Recovery (Secular/Non-Spiritual)**

		HIPS 906 H St. NE Washington, DC
MON	1:00PM	
		Pinn Community Center 10225 Zion Dr. Fairfax, VA
THUR	6:30PM	
		2503 Belair Dr. Bowie, MD
FRI	7:00PM	
Multiple Zoom Meetings: <a href="http://www.smartrecovery.org">www.smartrecovery.org</a>		
<b>Info: <a href="http://meetings.smartrecovery.org/meetings">meetings.smartrecovery.org/meetings</a></b>		

## Secular Organizations for Sobriety (SOS)

Multiple Zoom Meetings: [www.sossobriety.org](http://www.sossobriety.org)

Info: [www.sossobriety.org/on-line-groups](http://www.sossobriety.org/on-line-groups)

## Agnostic/Atheist 12 Steps

SUN	11:00AM	Old Naval Hospital (The Hill Center) 921 Pennsylvania Ave SE Washington, DC
SUN	11:30AM	Serenity Club 8121-B Richmond Highway Alexandria, VA
THUR	8:30PM	Serenity Club 8121-B Richmond Highway Alexandria, VA
Multiple Online Meetings: <a href="http://www.AAagnostica.org">www.AAagnostica.org</a>		
Info: <a href="http://www.AAagnostica.org">www.AAagnostica.org</a>		

## Lifering (Secular/Non-Spiritual)

Multiple Zoom Meetings: [www.lifering.org](http://www.lifering.org)

Info: [www.lifering.org/online-meetings](http://www.lifering.org/online-meetings)

## Refuge Recovery (Buddhist/Meditation)

THU	7:15PM	Del Ray Club 7611 Clarendon Rd Bethesda, MD
Multiple Zoom Meetings: <a href="http://www.refugerecovery.org">www.refugerecovery.org</a>		
Info: <a href="http://www.refugerecovery.org/meetings">www.refugerecovery.org/meetings</a>		

## Recovery Dharma (Buddhist/Meditation)

SUN	6:00PM	Recovery Unplugged 5105-Q Backlick Rd. Annandale, VA
Multiple Zoom Meetings: <a href="http://www.recoverydharma.org">www.recoverydharma.org</a>		
Info: <a href="http://www.recoverydharma.org/find-a-meeting">www.recoverydharma.org/find-a-meeting</a>		

## Women for Sobriety (WFS)\*

Multiple Online Meetings: [www.womenforsobriety.org](http://www.womenforsobriety.org)

**Info: [www.womenforsobriety.org/meetings](http://www.womenforsobriety.org/meetings)**

*\*Welcomes all expressions of female identity; all sisters from the LGBTQIA community.*

## She Recovers (Women\*/Trauma Informed)

Multiple Zoom Meetings: [www.sherecovers.org](http://www.sherecovers.org)

**Info: [www.sherecovers.org/together-online](http://www.sherecovers.org/together-online)**

*\*Welcomes women and non-binary individuals who identify with women's communities.*

## Harm Reduction (Safer Drug Use)

MON - FRI	9:00AM - 11:00AM	HIPS Support Groups 906 H St NE Washington, DC
MON - FRI	11:00AM - 2:00PM	HIPS Drop-In Center 906 H St NE Washington, DC
WED	7:00AM - 10:00AM	CAF-CHR Mobile Van Drop-In 8637 Sudley Rd. Manassas, VA
FRI	7:00AM - 10:00AM	CAF-CHR Mobile Van Drop-In 7008 Little River Turnpike Annandale, VA
<b>Info: <a href="http://www.hips.org">www.hips.org</a> / <a href="http://www.thecaf.org">www.thecaf.org</a></b>		

## HAMS (Harm Reduction for Alcohol)

Online Community: [www.hams.cc](http://www.hams.cc)

**Info: [www.hams.cc/support](http://www.hams.cc/support)**

## Moderation Management (Alcohol in Moderation)

Multiple Zoom Meetings: [www.moderation.org](http://www.moderation.org)

**Info: [www.moderation.org/events](http://www.moderation.org/events)**

## **In the Rooms (Online Community)**

TUES	12:00PM	Lifering (Secular)
WED	8:30PM	Trauma & Recovery
TUES	9:00PM	Agnostic AA
THUR	9:00PM	Agnostic NA
<b>Info: <a href="http://www.intherooms.com/livemeetings/list">www.intherooms.com/livemeetings/list</a></b>		

## **Recovery 2.0 (Holistic Online Community)**

Multiple Zoom Meetings: <a href="http://www.R20.com">www.R20.com</a>
<b>Info: <a href="http://www.r20.pages.ontraport.net/meetings-optin">www.r20.pages.ontraport.net/meetings-optin</a></b>

## **Yoga of 12 Step Recovery (Y12SR)**

Multiple Zoom Meetings: <a href="http://www.y12sr.com">www.y12sr.com</a>
<b>Info: <a href="http://www.y12sr.com/find-a-meeting-by-state">www.y12sr.com/find-a-meeting-by-state</a></b>

## **The Phoenix (Wellness/Fitness)**

Multiple In-Person & Online Events: <a href="http://www.thephoenix.org">www.thephoenix.org</a>
<b>Info: <a href="http://www.thephoenix.org/find-a-class">www.thephoenix.org/find-a-class</a></b>

*\*Please visit organization websites to confirm group dates/times\**

*Updates can be sent to: [ekasse@choicesihar.org](mailto:ekasse@choicesihar.org)*