



CHOICES in Healing & Recovery, Inc.

www.choicesihar.org

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

DC Metro Area & National

(Updated 2/13/26)

CHOICES Trauma Informed 12 Steps

MON	6:30PM	Weekly Zoom
WED	12:00PM	Weekly Zoom
WED	7:00PM	Weekly In-Person (Women)*
THUR	6:30PM	Weekly Zoom
Registration: www.choicesihar.org/calendar		
<i>*All self-identified women welcome.</i>		

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: www.smartrecovery.org		
Info: meetings.smartrecovery.org/meetings		

Secular Organizations for Sobriety (SOS)

Multiple Zoom Meetings: www.sossobriety.org

Info: 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: www.AAagnostica.org		
Info: www.AAagnostica.org		

Lifering (Secular/Non-Spiritual)

Multiple Zoom Meetings: www.lifering.org

Info: www.lifering.org/online-meetings

Refuge Recovery (Buddhist/Meditation)

THU	7:15PM	Del Ray Club 7611 Clarendon Rd Bethesda, MD
Multiple Zoom Meetings: www.refugerecovery.org		
Info: www.refugerecovery.org/meetings		

Recovery Dharma (Buddhist/Meditation)

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

Women for Sobriety (WFS)*

Multiple Online Meetings: www.womenforsobriety.org

Info: 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

Info: 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
Info: www.hips.org / www.thecaf.org		

HAMS (Harm Reduction for Alcohol)

Online Community: www.hams.cc

Info: www.hams.cc/support

Moderation Management (Alcohol)

Multiple Zoom Meetings: www.moderation.org

Info: 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
Info: www.intherooms.com/livemeetings/list		

Recovery 2.0 (Holistic Online Community)

Multiple Zoom Meetings: www.R20.com
Info: www.r20.pages.ontraport.net/meetings-optin

Yoga of 12 Step Recovery (Y12SR)

Multiple Zoom Meetings: www.y12sr.com
Info: www.y12sr.com/find-a-meeting-by-state

The Phoenix (Wellness/Fitness)

Multiple In-Person & Online Events: www.thephoenix.org
Info: www.thephoenix.org/find-a-class

Please visit organization websites to confirm group dates/times

Updates can be sent to: ekasse@choicesihar.org