

Support Groups

- ⇒ **Alcoholics Anonymous(AA)** – Alcohol twelve step self-help program, free meetings, widely accessible
- ⇒ **Narcotics Anonymous(NA)** – Same as AA but focuses on other drug problems
- ⇒ **Al-Anon/Alateen Family Groups** – Self-help program for those who have been affected by a love ones drug and alcohol problem, AA model based
- ⇒ **Nar-Anon Family Groups** – Drug counterpart to Al-Anon
- ⇒ **Adult Children of Alcoholics (ACA/AcoA)** – Self-help group for those who grew up in families with alcoholism
- ⇒ **Rational Recovery Systems** – Alternate self-help group based on Rational Emotive Therapy concepts

