

Where to Find
Free Community Support Meetings

Alcoholics Anonymous

- National Web Site – www.alcoholics-anonymous.org
- East Bay – 24-hour hotline (510) 839-8900 or <http://www.eastbayaa.org>
- San Francisco help line (415) 621-1326

AlAnon (support for families)

- National Web Site - www.al-anon.org
- For meeting location - www.al-anon.org/meetings/meeting.html or 1-888-4AL-ANON (1-888-425-2666)

Narcotics Anonymous

- National Web Site - www.na.org
- California Web Site - www.naranoncalifornia.org or call (800) 477-6291
- East Bay help line - (510) 496-2708
- San Francisco - www.sfna.org help line - (415) 292-3241 or (415) 621-8600

Cocaine Anonymous

- Northern California meeting schedules - www.norcalca.com/schedules
- Help lines:
 - East Bay (415) 821-6155
 - Fresno (559) 279-2112
 - Monterey (831) 372-4190
 - North Bay (415) 453-8439
 - Sacramento (916) 386-3545
 - San Francisco (415) 821-6155
 - South Bay (408) 496-9107

Crystal Meth Anonymous

- National Web Site - www.crystalmeth.org
- Bay Area - www.bayareacma.org

SMART Recovery (alternative to 12-step & online meetings)

- National Web Site - www.smartrecovery.org/
- For meeting schedules also call 1-866-951-5357

LifeRing (alternative to 12-step)

- National Web Site - <http://unhooked.com/meetings/>
- LifeRing Service Center in Oakland 510-763-0779 or 1-800-811-4142