

# SELF HELP RECOVERY GROUPS SCHEDULE

*East Kootenay Addictions Services relies on the community to provide correct information for this schedule.*

*It is highly recommended to confirm accuracy of the information provided before attending any of the groups listed.*

<b>Monday</b>	<p><b>AA – 7:00 pm</b> (c)(bs)(ns)(wc) Cranbrook Society for Community Living 14<sup>th</sup> and 1<sup>st</sup> Street Contact: Kent: 250-581-2101</p>	<p><b>Overcomers Recovery Group</b> <b>7:00-8:00 pm</b> Dwelling Place Church-Downstairs 2324 2<sup>nd</sup> St S, Cranbrook Contact: Pastor Ron Short 250-489-5411</p>	<p><b>Co-Dependency Anonymous-6:30pm</b> 19 9<sup>th</sup> Ave S Contact: Nikki 250.420.1622</p> <p><b>SMART Recovery-7:00-8:30pm</b> (o)(ns) Mission Thrift Store 1114 Baker Street Contact: Facebook SMART Recovery Cranbrook</p>
<b>Tuesday</b>	<p><b>AA - 7:00 pm</b> (o)(ns) Top of The World Ranch Lakit Lake Rd Contact: Top of World 1-888-996-6306</p> <p><b>AA – 8:00pm</b> (o)(ns) Cranbrook Anglican Church 46 13<sup>th</sup> Ave South Contact: Shelly 426-8049</p>	<p><b>Emotions Anonymous</b> <b>7pm</b> Dwelling Place Church-Downstairs 2324 2<sup>nd</sup> St S Cranbrook Contact: Pastor Ron Short 250-489-5411</p>	<p><b>Alanon – 12:00-1:00pm</b> Dwelling Place Church-Downstairs 2324 2<sup>nd</sup> St S Cranbrook Contact: Pastor Ron Short 250-489-5411</p>
<b>Wednesday</b>	<p><b>AA – 8:00 pm</b> (c)(bs)(ns)(wc) Cranbrook Society for Community Living 14<sup>th</sup> and 1<sup>st</sup> Street Contact: Kent: 250-581-2101</p> <p><b>AA – 12:00 noon</b> (o) (ns) Salvation Army 533 Slater Rd.</p>	<p><b>SEEDS-Harm Reduction</b> <b>Group/Support Recovery</b> <b>1:00-2:30pm</b> Dwelling Place Church-Downstairs 2324 2<sup>nd</sup> Cranbrook Contact: Deb Sims 250-489-4344</p>	<p><b>Alanon – 7:00 – 8:00 pm</b> E K Regional Hospital Imaging Board Room (Across from laboratory) Contact: Sylvia 489-4503 or Rita 489-1388</p> <p><b>Cocaine Anonymous-7:00-8:30</b> (o) Top of the World Ranch Lakit Lake Rd Contact: Top of World 1-888-996-6306</p>
<b>Thursday</b>	<p><b>AA– 6:30-7:30pm</b> (Women) (o)(dm)(wc) Cranbrook United Church #2 – 12<sup>th</sup> Ave Cranbrook</p> <p><b>AA– 8:00pm</b> (o)(dm)(wc) Cranbrook United Church #2 – 12<sup>th</sup> Ave Cranbrook</p> <p><b>AA – 8:00 pm</b> (c) (ns) Marysville Community Church 703 302<sup>nd</sup> St, 250-427-4837</p>		<p><b>Alanon – 7:00 – 8:00 pm</b> Foursquare Church-Kimberley Contact: Susan 250-427-0212</p> <p><b>Support Group</b> <b>2:00 – 3:00 pm</b> EK Regional Hospital Psychiatry Group Room Covers all addictions 250-417-6171</p>
<b>Friday</b>	<p><b>AA – 8:00 pm</b> (o)(ns)(dm)(wc) Cranbrook Society for Community Living 14<sup>th</sup> and 1<sup>st</sup> Street Contact: Kent: 250-581-2101</p>		<p><b>NA – 12:00 pm</b> (o)(ns) Street Angel 46 17 Ave S, Cranbrook, V1C 2Z4 Contact: Glen H 778-687-2779</p>
<b>Saturday</b>	<p><b>AA – 7:00AM (Men Only)</b>(ns)(dm)(wc) Cranbrook Society for Community Living 14<sup>th</sup> and 1<sup>st</sup> Street Contact: Kent: 250-581-2101</p> <p><b>AA – 8:00 pm</b> (o)(ns)(dm)(wc) E K Regional Hospital Basement, Education Room B</p>		<p><b>NA – 7:00 pm</b> (o)(ns) Top of The World Ranch Lakit Lake Rd Contact: Top of World 1-888-996-6306</p>
<b>Sunday</b>	<p><b>AA – 7:00 pm</b> (c)(ns)(wc) The United Church, <b>Kimberley</b></p> <p><b>AA – 8:00 pm</b> (o)(ns)(dm)(wc) Alliance Church 1200 Kootenay St N, Cranbrook</p>		

Alcohol and Drug Information Referral Service #1-800-663-1441  
AA Hotline #250-426-3876  
AA Literature & Book Contact #250-489-2483 Sherry  
Cranbrook Home Detox Program #250-417-6171  
Narcotics Anonymous #1-877 463-3537  
We Care Home Health Services (Drug Testing) #250-426-3066

(c) closed, (o) open, (ns) non smoking, (bs) book study, (dm) discussion mtg, (wc) wheel chair

Updated: 24/08/2020

## ALCOHOL SELF-HELP

### **Columbia Valley**

Alanon, Golden	344-5449/344-6491
Alanon, Invermere	347-9841 (Carol)
Mon. 7:00 pm - Catholic Church 1210 9 <sup>th</sup> Street, Invermere	
Alano Club, Golden	344-5166
Alcohol & Drug Counselling, Golden – Yvonne (Family Centre)	344-2000
Columbia Valley Addiction Services	342-3868
Alcoholics Anonymous, Golden	344-5888
Tues. 8:00 pm Anglican Church	
Thurs. 8:00 pm Golden Family Centre	
Fri. 8:00 pm Lutheran Church	
Sat. 8:00 pm Museum	
Narcotics Anonymous, Golden	
Sun. 8:00 pm Golden Family Centre	344-2000
Alcoholics Anonymous, Invermere	342-2424
Valley Connections Building 625 4 <sup>th</sup> St: 8:00 pm – Sat, Sun, Tues, Wed (Closed Meeting)	
Narcotics Anonymous, Invermere	342-1071
8:00pm – Thursdays	
Radium - Fri. 8:00pm – Catholic Church	342-2424
Three Voices of Healing, Invermere - Delena Tikk	341-3678 or 254-0019
Windermere – Weds. 8:00pm	342-0655
Valley Christian Assembly	
Windermere - Sun. 8:00pm – Community Hall	342-0655

### **CRESTON**

Alcoholics Anonymous Creston	428-5632/428-2989
Mon. 11:00am – Anglican Church	
Mon. 8:00pm – Wellness Centre	
Tues. 11:30am – United Church	
Weds. 8:00pm – Anglican Church	
Thurs. 12:00pm – United Church	
Fri. 10:00am – Community Centre (Women's Group)	
Fri. 8:00pm – Anglican Church	
Boswell Group – Thurs.	contact only 223-8489
Riondel Group – Tues. 8:00pm Community Centre	227-9262
Alanon 7:30 pm – Creston Valley Hospital Bsmt	428-7641/428-9406
Mental Health and Substance Use (Drug & Alcohol Residential Treatment Centre)	428-8734
Alanon Riondel/Crawford Bay	227-9262
Weds. 8:00pm Community Hall	
Narcotics Anonymous Sun/Tues/Thurs. 7:00pm – Lutheran Church	250-254-1550/250-402-9654
Narcotics Anonymous Thurs. 7:00 Trinity United Church	