

# SELF-HELP RECOVERY GROUPS SCHEDULE

<b>Monday</b>	<b>AA - 8:00 pm</b> (c)(ns)(dm)(wc) Salvation Army 533 Slater Rd.	<b>NA - 7:30 pm</b> EK Regional Hospital Education Room 1-877-463-3537	
<b>Tuesday</b>	<b>AA - 7:00 pm</b> (o)(ns) Top of The World Ranch Lakit Lake Rd Contact: Top of World 1-888-996-6306  <b>AA – 8:00 pm</b> (o)(ns)(bs) United Church Basement	<b>Overcomer's - 6:30 – 8:00</b> 501 11 <sup>th</sup> Ave S Ron Short 489-0144	<b>Women for Sobriety</b> <b>12:00 – 1:30 pm</b> EK Addictions Services – Group Rm 202, 1617 Baker Street Cranbrook Contact: Deb 489-4344
<b>Wednesday</b>	<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	<b>NA – Journey of Recovery</b> <b>Group 7:30 – 8:30 pm</b> Salvation Army, 533 Slater Rd Contact: Joanne 426-0758	<b>Alanon – 7:30 – 9:00 pm</b> E K Regional Hospital Basement, Education Room B Contact: Sylvia 489-4503 or Rita 489-1388  <b>16-Step Girl's Youth Group</b> <b>3:15-4:15 pm Ages 13 - 18</b> EK Addiction Services – Group Room 202 -1617 Baker St, Cranbrook Contact: Vanessa or Eileen 489-4344
<b>Thursday</b>	<b>AA – 8:00 pm</b> (o)(ns)(dm) United Church Basement Contact: Dave 489-4034  <b>AA – 8:00 pm</b> (c)(ns) Marysville Community Church 703 302 <sup>nd</sup> St, Kimberley		<b>Support Group</b> <b>2:00 – 3:00 pm</b> EK Regional Hospital Psychiatry Group Room 417-6171 Covers all addictions
<b>Friday</b>	<b>AA – 8:00 pm</b> (c)(ns)(dm)(wc) Cranbrook Society for Community Living 14 <sup>th</sup> Ave & 1 <sup>st</sup> ST	<b>Women in Recovery</b> <b>12:00 – 1:30 pm</b> EK Addiction Services – Group Room 202 - 1617 Baker St, Cranbrook Contact: Deb & Rebecca 489-4344	<b>Alanon - 1:30-2:30 pm</b> United Church, Cranbrook Contact: Anne 426-5409
<b>Saturday</b>	<b>AA – 8:00 pm</b> (o)(ns)(dm)(wc) EK Regional Hospital Education Room	<b>NA – 8:00 pm</b> United Church, Kimberley	
<b>Sunday</b>	<b>AA – 8:00 pm</b> (o)(ns)(dm)(wc) Alliance Church, Cbk Left side of church  <b>AA – 7:00 pm</b> (c)(ns)(wc) The Pines, Kimberley		<b>Alanon - 7:00 pm</b> United Church, Kimberley

Alcoholics Anonymous Hotline

# 250 426-3876

AA Literature & Book Contact

# 250 489-2483 Sherry

Marysville Thurs. Meeting

# 250 427-4837 Gary

Kimberley Sunday Meeting – The Pines 7:00 pm (c)

# 250 427-5222 Gail #250 427-3832 Ron

Alanon – Kimberley

# 250 427-7792 Pat

Alanon - Cranbrook

# 250 426-5409 Anne

Alcohol and Drug Information Referral Service

# 1-800-663-1441

Cranbrook Home Detox Program

# 250 417-6171

Narcotics Anonymous

# 250 421-1724

Apr 30/09

(c) - closed, (o) - open, (ns) - nonsmoking, (bs) - book study, (dm)- discussion meeting, (wc) - wheel chair access.