

Our  
Transylvania County  
**CARES**

**NEED HELP? Not sure where to get it? Check out these free support groups!**

**Alcoholics Anonymous**

Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. The only requirement for membership is a desire to stop drinking. There are no dues or fees for AA membership; we are self-supporting through our own contributions. AA is not allied with any sect, denomination, politics, organization, or institution; does not wish to engage in any controversy; neither endorses nor opposes any causes. Our primary purpose is to stay sober and help other alcoholics to achieve sobriety.

**AA Meeting - Fireside Group**, Sundays 11 a.m. at United Community Bank Building, Straus Park, 1225 Asheville Highway. 885-2788.

**AA Brevard Men's Meeting**, Wednesdays 7 p.m. at United Community Bank Building, Straus Park, 1225 Asheville Highway. 885-2788.

**AA Meeting - Joy! of Living/ Women's Beginners Meeting Group**: Saturdays, 10 a.m. at Davidson River Presbyterian Church, 249 E. Main St. 885-2788.

**AA Meeting - Serenity Group**: Mondays and Wednesdays at 5:30 p.m. at French Broad Community Center, 382 E. French Broad St. 885-2788.

**AA Meeting - Speed Bump Group**: every Monday, Tuesday, Wednesday, Thursday and Friday at noon at St. Timothy United Methodist Church, 1020 Asheville Highway. 885-2788.

**AA Meeting - The Principles Group**: Tuesdays, Wednesdays and Fridays at 6:30 p.m., Saturdays at 11 a.m. at Selica United Methodist Church, 529 Selica Road, Rosman Highway South. 885-2788.

## **Al-Anon**

Al-Anon is a worldwide fellowship that offers a program of recovery for the families and friends of alcoholics, whether or not the alcoholic recognizes the existence of a drinking problem or seeks help.

**Al-Anon Monday Open Meetings**, 7 p.m., at Davidson-River Presbyterian Church, 249 E. Main St. in Brevard. 862-5878.

**Al-Anon Tuesday Meeting**, 7 p.m., (Beginners at 6:30 p.m.) held at the St. Philip's Episcopal Church, 256 E. Main St. in Brevard.

**Al-Anon Men's Meetings** - Tuesdays, 8 p.m., held at Davidson-River Presbyterian Church, 249 E. Main St. in Brevard. 577-3576.

**Al-Anon Open Meeting** - Fridays, noon, held at Davidson-River Presbyterian Church, 249 E. Main St. in Brevard. 862-5878.

## **Other Support Groups**

**Smart Recovery Support Group:** Every Tuesday of every week, 6-7:30 p.m. Meetings held in the Unitarian Universalist building located across from the Cardinal Drive-In, 24 Varsity St. in Brevard. Contact Randy Hoover at (828) 577-3114 • <http://www.smartrecovery.org>.

Smart Recovery is a science-based addiction support group where people learn self-empowering skills and support each other in their recovery. Smart Recovery has been developed to overcome all types of addictions. Group members use tools based on scientifically tested methods for addiction recovery, such as Cognitive Behavior Therapy, Rational Emotive Behavior Therapy, and Motivational Interviewing.

**Life Recovery Program (Open 12 Step Program):** Mondays 7-8 p.m. Location: North Lake Toxaway Baptist Church, 54 Slick Fisher Road, North Toxaway. Contact Easter Schaller at 885-2340, • [easter\\_83@hotmail.com](mailto:easter_83@hotmail.com).

## **Information on Treatment Options**

Call Vaya Health's 24/7 Access to Care Line at 1-800-849-6127

