

# 12-Step & Self-Help Groups

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(Mpls)  
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Northcoast  
763.781.5102  
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[www.aastpaul.org](http://www.aastpaul.org)  
St. Paul .....  
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chemical health support  
groups)  
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**Children** .....  
of Alcoholics .....  
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**Reduction Ctr.** .....  
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**Sexual Recovery**  
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Val; 612.879.9642  
**Adoptive Families of America**  
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1.800.372.3300  
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**Violence Program** .....  
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**AlAnon** (information services)  
952.920.3961  
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651.771.2208  
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763.383.1720  
[www.anxietysupportnetwork.org](http://www.anxietysupportnetwork.org)  
**ARIA Adults Recovering From**  
**Incest (women only)** .....  
763.591.5916

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1.888.773.8368  
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612.871.0118  
**CIUES Chicxanos Latinos**  
**Unidos en Servicio** .....  
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**Addicts Anonymous** .....  
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[www.minnesotaga.org](http://www.minnesotaga.org)  
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651.646.5590  
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**Survivor** .....  
**Network of MN** .....  
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**Minnesotans for Safe Driving**  
952.238.0970  
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**Outpatient** .....  
**Treatment Program** .....  
651.221.4442

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952.939.3939  
**statewide** .....  
1.877.767.7676  
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**OCD Support Groups;**  
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**Open Door** (agoraphobia and  
panic disorder support)  
St. Paul, 952.818.7343 or  
612.229.1863; St. Louis Park,

612.998.6160  
**Overeaters Anonymous**  
612.377.1600/888.540.1212

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1.888.354.PLAN (7526)

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people with mental illness)  
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help mental health groups)  
612.824.5773  
**Recovering Couples**  
**Anonymous** .....  
612.869.3866  
**Resource Ctr. for Fathers/**  
**Families**  
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mgmt.) 763.783.4938

## S

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651.646.1970  
**Senior Link AGE LINE** .....  
800.333.2433  
**Sexaholics Anonymous** .....  
952.985.1016  
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763.544.8288  
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**Group** .....  
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**Drumming circle** .....  
612.922.4272  
**Stuttering Association**  
**national; 800.364.1677**  
**Survivors of Incest**  
**Anonymous.SIA; www.sia-usa.org**  
**Spenders Anonymous** .....  
<http://www.spenders.org>

## T

**ToughLove Parent Support**  
**Groups; 763.263.2630**  
**12 Steps for Christian Living**  
**Groups; 763.593.1791**  
**Tubman Family Alliance**  
651.770.8544

## U

**United Way 2-1-1**  
1.800.543.7709

## W

**Women's Cancer Resource**  
**Center** .....  
612.729.0491  
**Women For Sobriety** .....  
651.224.0328  
**Work Addicts Anonymous** .....  
763.786.2723

# Step By Step Self Help

**S Nieto**



## Step By Step Self Help:

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*Intensive Outpatient Treatment for Alcohol and Other Drug Abuse* Anna Marsh, Sandra Clunies, 1999 Prepared to facilitate the transfer of state of the art protocols and guidelines for the treatment of alcohol and other drug AOD abuse from acknowledged clinical research and administrative experts to the Nation s AOD abuse treatment resources Includes placement criteria and expected treatment outcomes components of an effective IOT intensive outpatient treatment program staffing issues and guidelines the treatment needs of special groups special fiscal and administrative issues and legal issues for IOT programs Extensive references Sample IOT program schedules

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