

# 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>	<b>AA – 8:00pm</b> (c)(ns)(dm)(wc) Salvation Army 533 Slater Rd.	<b>Overcomers Recovery Group</b> <b>7pm</b> 2324 2 <sup>nd</sup> St S, Cranbrook Contact: Ron Short 426-9730	<b>Alanon – 7:00 pm</b> Marysville Community Church
<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 – 8:00pm</b> (o)(ns) Cranbrook Anglican Church 46 13 <sup>th</sup> Ave South Contact: Shelly 426-8049		
<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 Contact: 426-7588  <b>AA – 12:00 noon</b> (o) (ns) Salvation Army 533 Slater Rd.	<b>SEEDS-Harm Reduction Group/Support Recovery</b> <b>1:00-3:30pm</b> Dwelling Place 2324 2 <sup>nd</sup> Street  <b>Overeaters Anonymous</b> <b>7:00-8:00pm</b> Cranbrook United Church #2 – 12 <sup>th</sup> Ave Cranbrook Contact: Dawn 778.963.0298 Email:cranbrookoa@hotmail.com	<b>Alanon – 7:00 – 8:00 pm</b> E K Regional Hospital Basement, Education Room B Contact: Sylvia 489-4503 or Rita 489-1388  <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
<b>Thursday</b>	<b>AA – 8:00 pm</b> (o)(ns)(dm)(wc) Cranbrook United Church #2 – 12 <sup>th</sup> Ave Cranbrook  <b>AA – 8:00 pm</b> (c) (ns) Marysville Community Church 703 302 <sup>nd</sup> St, 250-427-4837		<b>Support Group</b> <b>2:00 – 3:00 pm</b> EK Regional Hospital Psychiatry Group Room 417-6171 Covers all addictions  <b>Alanon – 7:00 – 8:00 pm</b> Foursquare Church-Kimberley Contact: Susan 250-427-0212
<b>Friday</b>	<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: 426-7588		
<b>Saturday</b>	<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: 426-7588  <b>AA – 8:00 pm</b> (o)(ns)(dm)(wc) E K Regional Hospital Basement, Education Room B		<b>NA – 7:00 pm</b> (o)(ns) Top of The World Ranch Lakit Lake Rd Contact: Top of World 1-888-996-6306
<b>Sunday</b>	<b>AA – 7:00 pm</b> (c)(ns)(wc) The United Church, Kimberley  <b>AA – 8:00 pm</b> (o)(ns)(dm)(wc) Alliance Church 1200 Kootenay St N, Cranbrook		

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: 17/08/2017

## ALCOHOL SELF-HELP

### Columbia Valley

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

### CRESTON

Alcoholics Anonymous Creston 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	428-5632/428-2989
Boswell Group – Thurs.	contact only 223-8489
Riondel Group – Tues. 8:00pm Community Centre	227-9457/227-9262
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 Weds. 8:00pm Community Hall	227-9457/227-9262
Narcotics Anonymous Sun/Tues/Thurs. 7:00pm – Lutheran Church	250-254-1550/250-402-9654
Narcotics Anonymous Thurs. 7:00 Trinity United Church	