

Attend a Group or Class

The Department of Community and Human Services provides substance use treatment for those age 18+ with concerns of substance misuse including those for whom mental health may also be a concern.

Individual recovery happens and stays stronger when there is connection to a larger group, family or community. To that end, the Department provides space to host public groups and classes—not only for clients, their families and friends—but to invite those in the general public living with substance use. Everyone in recovery needs support, and those who are concerned about a person with a substance use problem need support too.

Groups include a combination of therapist-led and peer-led recovery groups.

All groups are held at 2355-A Mill Road.

No pre-registration is required; just walk in.

Check with the receptionist to determine the room number for the group.

Need Help?

If you or someone you care about needs help with addiction, call anytime:

➡ **For those currently using alcohol or other drugs on a regular basis** and who would like help to stop using in a safe and supportive setting, call the Alexandria Residential Treatment Center (ARTC) 24/7 at 703.746.3636. If ARTC is not a medically-appropriate option, assistance in accessing services will be provided.

➡ **For those who drink or use drugs off and on and have begun to wonder if there is a problem, or who have recently begun to stop drinking or using drugs**, call Central Intake at 703.746.3535 to schedule an intake to assess needs and preferences.

➡ **For those addicted to heroin or other opioids** such as Oxycontin or Percocet who are interested in learning about how medication-assisted treatment could help, call 703.746.3600 and ask to speak to the Opioid Treatment Intake Coordinator. For the Opioid Information Line, call 703.746.3610.

Recovery Groups & Classes for the Public



Department of
Community and
Human Services



Department of
Community and Human Services
2355-A Mill Road
Alexandria, VA 22314
703.746.3600 | 703.838.5054 TTY



703.746.3600

www.alexandriava.gov/DCHS

12-Step Groups

12-Step Recovery Groups use a 12-step model targeting specific addictions. Each is a fellowship of men and women who share their experience, strength and hope with each other so that they may solve their common problems and help others to recover from addiction.

Tuesdays

10-11:30 a.m. Bridging the Gap
Christ-centered Group

7:30-8:30 p.m. Cocaine Anonymous
(First, third, fifth Tues)

7:30-8:30 p.m. Marijuana Anonymous
(Second and fourth Tues)

Thursdays

7:30-8:45 p.m. Narcotics Anonymous

Al-Anon Family Groups are a fellowship of relatives and friends of people with drinking problems who share their experience, strength and hope to solve common challenges. The group is based on the belief that alcohol addiction is a family illness and changed attitudes lead to recovery.

Tuesdays

6:30-7:30 p.m. Al-Anon (First, third and fifth Tues)

Understanding Recovery Group

Understanding Recovery classes give those with addiction, their relatives and friends the chance to learn about the effects of alcohol and other drugs on the brain and on their lives. The group leader—a DCHS Outpatient therapist—also provides information about resources in the City of Alexandria for those interested in making changes in their relationships with alcohol and drugs. Knowing more about the complex health, biological, thinking and emotional aspects of substance use disorders guides people through recovery and allows friends and family to provide better support.

Wednesdays

11 a.m.-12 p.m. Understanding Recovery

6-7:15 p.m. Understanding Recovery

Understanding Recovery Topics

- Triggers and Cravings: Brain Effects of Drugs
- Alcohol: The Substance, the Addiction, the Solution
- Science of Stimulants
- Medical Aspects of Chemical Dependence
- Cross-Addiction: The Back Door to Relapse
- Marijuana: Escape to Nowhere
- Opioid Addiction and Treatment
- Stages of Families in Recovery
- Avoiding/Coping with Relapse
- Communication Traps
- Roadmap for Recovery
- Living with an Addiction
- AA/Matrix Panel
- Families in Recovery

SMART Recovery Group

Self-Management and Recovery Training (SMART Recovery) teaches people how to control their addictive behavior by focusing on underlying thoughts and feelings. Participants in SMART learn skills to manage their cravings and urges for the long term.

SMART is a self-empowering program that may be a good fit for those who feel uncomfortable admitting powerlessness and submitting to a higher power. SMART uses research-based techniques from cognitive behavioral and motivational enhancement therapies.

Trained volunteers help participants follow a four-point program, detailed in a handbook, and can tackle a specific point in any order based on their needs.

- Building and maintaining motivation to stay sober.
- Coping with urges and examining what triggers a craving including irrational beliefs.
- Managing thoughts, feelings and behaviors.
- Living a balanced life including realistic goal setting and planning.

Tuesdays

6:30-8 p.m. SMART Recovery