











McLean County Recovery Support Groups - Quick Reference (updated January 2023)

Program	Who Attends	What To Know	Online	Date
Alcoholics Anonymous (AA) 	<p><u>Closed</u>: Those with a desire to stop drinking today.</p> <p><u>Open</u>: Anyone can attend</p>	<p>Meeting formats vary, including OD (Open Discussion), BB (Big Book Study), Speaker, Women-only, etc.</p> <p>The ONLY requirement for membership is a desire to stop drinking and help others to achieve sobriety. Primary purpose is to stay sober and help other alcoholics to achieve sobriety.</p> <p>Anyone with a desire to stop drinking can be a member. No dues, fees, or membership contracts.</p> <p>Contact: BNAA Intergroup Office 309-828-7092 or 309-454-5941 www.Area21aadistrict10.org</p>	<p>Yes</p> <p>Local Online AA Meetings</p> <p>Mon-Fri 6:30am Third Step Group M-F 5:30pm Happy Hour Group</p> <p>Mon 8:00pm Crossroads Group (Hybrid)</p>	<p>Over 200 Local Meetings in McLean County: https://Area21District10aa.org</p> <p><u>Popular Local Meetings</u>:</p> <p>Cedar Lake Fellowship: 401 E. Empire St; Bloomington; Meetings: Mon-Fri 6:30a, Noon, 5:00p, 8:00pm; Sat 6:30a, 8:00a, Noon (women), 8p; Sun 6:30a, 8:00a, 10:00a, 8:00p</p> <p>St. Matthews: 1920 E. Oakland Ave; Mon-Sat Noon, 5:30p (Happy Hour); Thurs 7:30p</p> <p>Primary Purpose Group: Sun 9:00am (open Tx meeting; Chestnut Glen Covert Bldg, 1003 MLK jr Dr.</p> <p>Crossroads Group: Mon 8:00pm; 711 N. Main Street (Near Downtown Bloomington in Holy Trinity Parish)</p> <p>Vision for You: Fri 7pm; St. Mary's Catholic Church</p> <p>Ok for Today: Thur 7pm; El Paso, IL (135 E. 2nd St.)</p>
Narcotics Anonymous (NA) 	<p><u>Closed</u>: Those with a desire to stop drinking today.</p> <p><u>Open</u>: Anyone</p>	<p>Same meeting formats as A.A. Lower volume of meetings in Bloomington-Normal, but several still occur daily.</p> <p>Suggests Self, God, Society, and Service as pathway to Freedom.</p>	<p>Yes, but not local</p>	<p><u>Popular Local Meetings</u>:</p> <p>Mon – Fri 6:20pm – Cedar Lake Fellowship M, W, F – 9:00am – Family Resource Center (509 W. Washington St., open/children welcome) Sunday 7:00pm – Family Harvest Church</p> <p>Contact: www.narcotics.com/na-meetings/illinois/bloomington/</p>
Cocaine Anonymous (CA) 	<p><u>Closed</u>: Those with a desire to stop drinking today.</p> <p><u>Open</u>: Anyone</p>	<p>Cocaine Anonymous (CA) is a twelve-step program for people who seek recovery from drug addiction. It is patterned very closely after Alcoholics Anonymous, although the two groups are unaffiliated</p> <p>Contact: https://Illinoisareaca.org</p> <p>Utilizes A.A. "Big Book" as its program of recovery. Clarifies in readings that "alcohol" is also a drug</p>	<p>Yes, but not local</p>	<p><u>Popular Local Meetings</u>:</p> <p>Sat 10:00am – Cedar Lake Fellowship (401 E. Empire) Tues 7:30pm – St. Matthews Episcopal Church (1920 E. Oakland Ave.)</p> <p>Cocaine Anonymous Meetings</p> <p>Same 12 steps as A.A. except replaces alcohol references are changed to cocaine.</p>
Al-Anon 	<p>Anyone who loves or supports a person actively in their addiction/illness or recovering from it.</p>	<p>Geared towards family and friends of alcoholics & addicts. AL-Anon's learn to love the active addict in their life from a distance or more commonly "love the person, not the disease". Goal is to break pattern of co-dependency, avoid blaming, and set firm boundaries.</p>	<p>Yes</p> <p>District 10 Online Al-Anon Meetings</p>	<p><u>Popular Local Meetings</u>:</p> <p>Mon 5:30p – Mennonite Church of Normal (805 Cottage Street) Tues, Thurs 1:30p – St. Matthews (1920 E. Oakland) Fri 5:30 - First United Methodist Church (211 N. School St, Normal) Sat 10am – St. Matthews Church (1920 E. Oakland) http://www.siafg.org/district-10.html (Full Meeting List for District 10 Al-Anon)</p>

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 CelebrateRecovery	Any person at least 18 years of age, with an addiction or behavioral problem causing them problems in their lives.	Christian-based fellowship that has its own version of the 12 steps and works out of a CR book that blends bible excerpts with recovery literature. CR is a ministry for anyone who is interested in a Christ centered recovery program that will enable them to recover from life's hurts, hang-ups habits and addictions. Typical CR meeting is 3 hours; includes Large group meeting, Open Share Small Group, Newcomers 101 (first-timers only)	No	Two Local meetings: Tuesdays 6:00-9:00pm: First Assembly of God 800 East Vernon Ave; Normal 61761 Thursdays 6:00-9:00 p.m. Victory Church 22017 East North Road; Bloomington Contact: Scott Kemp 309-531-0418 or sakemp@comcast.net www.celebraterecovery.com
Bridges All Recovery & Family Group 	Anyone in recovery, treatment clients, and family, friend and other allies. Anybody interested in recovery but unsure also welcome.	Welcomes all recovery pathways into an "open, all recovery" meeting forum. Members attend from residential treatment, as well as 12-step, CR, or any other program. Also emphasizes family recovery and involvement of Al-Anon/family members with their loved ones in recovery. No set readings, prayers, rules about crosstalk, etc.	Yes	Local Meeting (online only as of 1/23) Thurs at 7:00p https://zoom.us/j/182684538 Contact: McLeanCountyROSC@gmail.com *This is not a national-level meeting (specific to B-N)
Queer Support Group 	Anyone that identifies as LGBTQ+ wanting a Safe Affirming Space for their recovery and healing process	Recovery Support Group for individuals that identify as LGBTQ+ and allies: <ul style="list-style-type: none"> • Mental Health, Substance Use and Process Addiction • Multiple pathways to recovery – individually based • Secular/Non-Secular – no promotion of religious affiliation. Not opposed either 	Yes, but may vary by group Local Queer Support Group (zoom link) https://tinyurl.com/yckud7e8	Local Meeting: 2 nd Friday of every Month (monthly) at 6:00-7:00pm Contact: Bruce Lang Brucetlang@yahoo.com or ppcsupportgroups@ppc-il.org re: support groups and other LGBTQIA+ activities (monthly art classes, Rainbows of Steel – support group for those with a disability who are also LGBTQIA+, and more) This is not a national meeting; local to B-N meeting
SMART Recovery Self-Management and Recovery Training 	Closed meeting, meaning attendees must be seeking support for themselves	SMART Recovery® believes the recovery process is different for everyone. The program helps addicts eliminate addictive behaviors through careful self-analysis using scientifically based treatments.). Utilizes 4-point Program: 1) Building and maintaining motivation; 2) Coping with urges; 3) Managing personal behaviors; 4) Working towards balanced life	Yes Find SMART Online Meetings	Local Meeting: Mon 3:30-4:30pm in ISU Student Services Building, Room 314 Contact: Jamie Laursen jllaurs@ilstu.edu , (309) 438-2564 www.smartrecovery.org For additional recovery resources at Illinois State, consider involvement in Recovery for Redbirds .
Recovery Dharma 	Anyone who is looking to heal from addiction or addictive behavior	A peer-led, Eastern philosophy-based movement and community that is unified by trust in the potential of each member to recover and find freedom from the suffering of addiction	Yes Affinity Online Meetings	There are currently no local Recovery Dharma meetings in McLean County. Online Meetings and Local Meeting Finder can be found at: recoverydharma.org/meeting-list
Winners' Circle 	Open to anyone including family, friends, and allies of those seeking help	Peer-led support group for people who are committed to their recovery from life struggles and past criminal justice involvement. Each group is designed to be independent and self-sustaining. "Peer support for facing life's struggles".	No	Local Meeting: Tues 5:00-6:00pm, Family Community Resource Center (509 W. Washington St; Bloomington) Contact Toy Beasley: 309-868-0681 or tbeasley@tasc.org

