



12 Step Group

Categories : [Plan of Safe Care](#)

Joining a 12 Step Group can provide additional support as you work to recover from a substance abuse disorder and/or when facing mental health issues. It can also help keep you on the right path following treatment.

A step-by-step approach to recovery, 12 Step Groups connect you with a one-on-one sponsor and supportive group of peers to help guide you through the process. Groups are available for individuals recovering from abuse of alcohol, cocaine, narcotics and other addictions.

During 12 Step Group meetings, recovering individuals have opportunities to share their stories in a judgment-free setting. This inclusive and supportive environment allows participants to discuss both struggles and successes in the company of those who are working to overcome similar challenges. Oftentimes, participants gain inspiration from one another, hearing from those who have been in a similar position and have successfully advanced in his or her recovery process to achieve key milestones such as sobriety.

Depending upon the location and host of the 12 Step Group, child care services may or may not be available. Please note that while 12 Step Groups can play an important role in recovery, they are not a replacement for treatment.

TO FIND PROVIDERS IN CONNECTICUT'S COMMUNITY RESOURCES DATABASE:

Search by program name: [Alcohol Dependency Support Groups](#)

ADDITIONAL RESOURCES

- [Support Groups](#)
- [2-1-1 Substance Use Disorder Category Page](#)

SOURCE: Substance Abuse and Mental Health Services Administration

PREPARED BY: 211

CONTENT LAST REVIEWED: November 2019