



The Family Help Book



A Family's Guide to Addiction and Recovery Resources in Chester County

Prepared by the
Chester County Drug and Alcohol Services Department
Advisory Council

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Finding Compassion

*It starts out so slowly, this deadly disease.
No towering storm clouds, just a gentle breeze
So subtle at first that you may not notice
The pinpoint pupils, the eyes out of focus,
The unsteady gait, just a faint whiff of beer,
Or shift in a family's home atmosphere.*

*Then the virus starts to inhabit the host.
Your child disappears, leaving only a ghost,
And everything you fear appears in his place:
A master deceiver who lies to your face;
A monster; a thief; incurable dope fiend.
And nothing it infects can ever be cleaned.*

*From this virus, no one is safe or immune.
The symptoms always spread to others, and soon
They're all focused on themselves. Love falls away.
Hatred and distrust grow as their souls decay,
Worn down from the disease they try to suppress.
Empty lives fill with worry and constant stress.*

*But take comfort. There is a way to survive
This disorder and start to feel more alive.
It's this: understand that these moods of despair
Self-loathing, disgrace are mutual. Be aware
That the emotions from which you are reeling
Are the same ones that the addict is feeling.*

*Learn not to self-judge — to be gentle and kind.
Let go of your addict and unclutter your mind
Of all of that anger, shame and bile you've amassed.
Take care of yourself. Don't live in the past.
Imagine his pain, with detachment and love.
Be with him at eye level, not from above.*

*Store these precious assets so you can cash in
When the time comes to exhibit compassion.*

— John G., Malvern

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How to Use this Guide

Purpose

Finding support for dealing with substance use and related issues can be challenging. This Family Help Book, developed by the Chester County Department of Drug and Alcohol Services' Advisory Council, was created to guide you in connecting to the services needed.

Compiled with the assistance of individuals and family members who have lived experience, as well as representatives from recovery and treatment organizations, the guide includes resources for every step of the treatment and recovery process.

This guide focuses on families whose children suffer from Substance use, but much of the advice and many of the resources apply to anyone who has been touched by this disease.

We hope it will help you and your loved ones find support, healing and the rewards of sustained recovery for each family member affected.

How This Guide is Organized

This guide is divided into two parts: Part 1 presents information in text form. After defining addiction (or what is clinically referred to as "*substance use disorder*" or "*SUD*" and recovery, Part 1 progresses through prevention, early intervention, treatment and post-treatment services. Importantly, it also includes information on helping the family members of those suffering from substance use disorder.

Part 2 contains lists of organizations and other resources on the topic that serve the Chester County area, including contact information, meeting schedules and links to their websites.

Much of the information in each section is taken from three online sites that we have found helpful, current and reliable: The National Institute on Drug Abuse (NIDA); the Substance Abuse and Mental Health

Services Administration (SAMHSA); and the non-profit Partnership for Drug-Free Kids.

This guide is available in print and on the Chester County Department of Drug and Alcohol Services website. The online version contains active hyper-links to other websites.

We Are Always Looking to Improve

We plan to update this guide quarterly and welcome your suggestions and changes, as well as feedback on the contents of this guide, at any time. You may submit your comments by email: familyresourceguide@chesco.org.

Disclaimer

The Advisory Council of the Chester County Department of Drug and Alcohol Services has put together this directory of substance use disorder treatment and recovery resources for general information purposes only. As a group of non-professionals, we are unable to evaluate these providers and neither the *Chester County Department of Drug and Alcohol Services nor its Advisory Council endorses them in any way*.

We have tried our best to be accurate, but the information given may not be up to date. No representations or warranties of any kind are made about the completeness, accuracy, reliability, or suitability of any of the providers or facilities listed. *Information provided in this guide is not meant to replace any advice from a health professional. Following the recommendations in this guide will not guarantee that you receive quality treatment or have a positive outcome.*

IF YOU HAVE A MEDICAL EMERGENCY OR NEED IMMEDIATE MEDICAL ATTENTION, CALL 911 OR GO TO THE NEAREST HOSPITAL EMERGENCY DEPARTMENT.

PART 1 – OVERVIEW OF SUBSTANCE USE DISORDER AND RECOVERY TOOLS

What is Addiction (Substance Use Disorder) And What is Recovery?

Defining Substance Use Disorder (SUD)

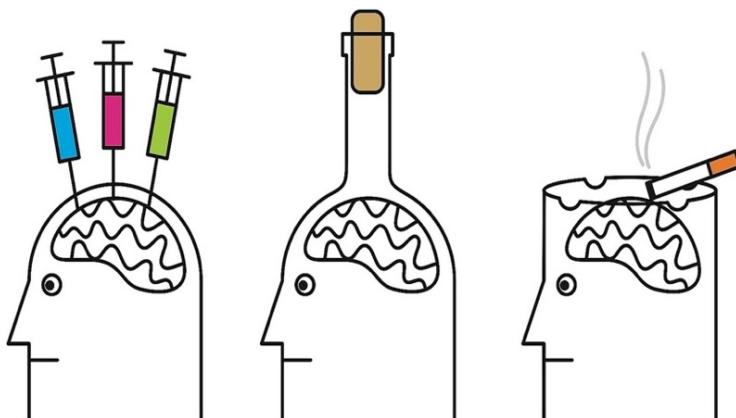
What society and doctors used to call “*addiction*” is now known by the clinical term “*substance use disorder*” or “*SUD*.” According to the Substance Abuse and Mental Health Administration (SAMHSA), a substance use disorder, or a drug use disorder, is characterized by being a mild, moderate, or severe dependence on certain drugs or prescription medications.

Substance use disorder is a primary, chronic disease with genetic, psychosocial, and environmental factors influencing its development and manifestations. It is progressive and often fatal.

It is characterized by impaired control over use of the substance, preoccupation with the substance, use of the substance despite adverse consequences, and distortions in thinking. It is compulsive use of a substance without regard to negative consequence.

The substances cause biochemical and structural changes in the brain, which reinforce use. Depending on the substance, this can occur relatively quickly or over longer periods of time.

There is also the presence of tolerance, meaning more and more of the substance is necessary to achieve the same effect. As a person’s tolerance increases, so does the potential for “withdrawal,” the group of



symptoms that can occur when a person is no longer using. Withdrawal is the result of physical dependence. Withdrawal can include seizures, flu-like symptoms, sleep disturbances, and depression, depending on the substances used.

An estimated 35,000 Chester County residents suffer from a Substance Use Disorder.

Substance use disorders occur when the ongoing use of a drug, alcohol, or prescription medication causes a clinical inability to fulfill and experience normal activities and responsibilities, including work, school, and at home. Brain imaging studies show changes in the areas of the brain that relate to judgment, decision making, learning, memory, and behavior control.

People with severe substance use disorder have an intense focus on using one or more substances, such

as alcohol or drugs, to the point that it takes over their life. They keep using alcohol or a drug even when they know it will cause problems. People can develop a substance use disorder to:

- Alcohol
- Marijuana
- PCP, LSD, and other hallucinogens
- Inhalants, such as paint thinners and glue
- Opioid pain killers, such as codeine and oxycodone, and heroin
- Sedatives, hypnotics, and anxiolytics (medicines for anxiety such as tranquilizers)
- Cocaine, methamphetamine, and other stimulants
- Tobacco

Defining Recovery

A recovery initiative sponsored by SAMHSA's Center for Substance Abuse Treatment defined recovery from alcohol and drug problems as "a process of change through which an individual achieves abstinence and improved health, wellness, and quality of life." The initiative adopted the following guiding principles:

- There are many pathways to recovery.
- Recovery is self-directed and empowering.
- Recovery involves a personal recognition of the need for change and transformation.
- Recovery is holistic, involving the body, mind, relationships, and spirit.
- Recovery has cultural dimensions.
- Recovery exists on a continuum of improved health and wellness.
- Recovery emerges from hope and gratitude.
- Recovery is a process of healing and self-redefinition.

- Recovery involves addressing discrimination and transcending shame and stigma.

Recovery is characterized by continual growth and improvement in one's health and wellness that may involve setbacks. Because setbacks are a natural part of life, resilience becomes a key component of recovery.

"Recovery from addiction is best achieved through a combination of self-management, mutual support, and professional care provided by trained and certified professionals."¹

The process of recovery is supported through relationships and social networks. This often involves family members who become the champions of their loved one's recovery. Families of people in recovery may experience adversities that lead to increased family stress, guilt, shame, anger, fear, anxiety, loss, grief, and isolation.

The concept of resilience in recovery is also vital for family members who need access to intentional supports that promote their health and well-being. The support of peers and friends is also crucial in engaging and supporting individuals in recovery.

1. American Society of Addiction Medicine, "Public Policy Statement: Definition of Addiction," 8 August 2015, p. 6, asam.org/docs/default-source/public-policy-statements/1definition_of_addiction_long_4-11.pdf.

Where to find out more

This is a very broad and generalized introduction to the disease of substance use disorder and recovery. There has been much research into the disease and its components. You may find the following government sites have helpful information on substance use disorder, including prevention and treatment strategies:

[Stop Overdose Chester County](#)

[National Institute on Drug Abuse](#)

[SAMHSA](#)

[Chester County Drug and Alcohol Services Department](#)

[Partnership for Drug-Free Kids](#)

Sources:

SAMHSA Center for Substance Abuse Treatment, samhsa.gov. Kaplan, Linda, "White Paper: The Role of Recovery Support Services in Recovery-Oriented Systems of Care," 2008, uploaded from *Pennsylvania Association of County Drug and Alcohol Programs*, pacdaa.org. "Recovery Works," Chester County Department of Alcohol, April 2017, chesco.org/DocumentCenter/View/39863/Recovery-Works-April-2017/.

How Can I Prevent Substance Use Disorder from Striking my Family?

We believe that effective substance-misuse prevention involves a combination of family-based and community efforts.

Parental monitoring and supervision are critical, as are family bonding and parental involvement, developing open parent-child communication, and enforcing family policies on substance abuse.

Drug education and information for parents or caregivers reinforces what children are learning about the harmful effects of drugs and opens opportunities for family discussions about the misuse of legal and illegal substances.

Schools and the community-at-large can also contribute. Community prevention programs reaching populations in multiple settings – for example, schools, clubs, faith-based organizations, and the media— are most effective when they present consistent, community-wide messages in each setting.

Evidence-based school prevention programs that provide age-appropriate training – academic and social-emotional learning to address risk factors for drug misuse in the early years and increased academic and social competence with the study habits and academic support in middle and high school levels – are im-



portant.

Many people who suffer from a substance use disorder recall starting their drug-misuse habits in their pre-teen and teenage years. Conversations are one of the most powerful tools parents can use to connect with – and protect – their children. Some key principles of communication are:

- Always keep conversations open and honest.
- Come from a place of love, even when you're having tough conversations.
- Balance positive reinforcement and negative reinforcement.

- Keep in mind that teachable moments come up all of the time—be mindful of natural places for the conversation to go in order to broach the topic of drugs and alcohol.

“Children who are not regularly monitored by their parents are four times more likely to misuse drugs.”

Tips for Conversations with Your Teenager

Here are some guidelines for talking to your teenager about substance use:

- Make sure your teen knows your rules and the consequences for breaking those rules — and, most important, that you really will enforce those consequences if the rules are broken.
- Make it clear that you disapprove of all alcohol, tobacco and drug use. As teens are extremely concerned with their physical appearance, remind your teen about the negative effects of alcohol, tobacco and other drugs have on physical appearance.
- Let your teen in on all the things you find wonderful about him. He needs to hear a lot of positive comments about his life and who he is as an individual — and not just when he makes the basketball team or does well on a test. Positive

reinforcement can go a long way in preventing drug misuse among teens.

- Show interest in and discuss your child’s daily ups and downs. You’ll earn your child’s trust, learn how to talk to each other, and won’t take your child by surprise when you voice a strong point of view about drugs.
- Don’t just leave your child’s anti-drug education up to her school. Ask your teen what she’s learned about drugs in school and then build on that with additional topics, such as how and why chemical dependence occurs; the unpredictable nature of dependency and how it varies from person to person; the impact of drug use on maintaining a healthy lifestyle; or positive approaches to stress reduction.
- Encourage your teen to volunteer somewhere that he can see the impact of drugs on your community. Teenagers tend to be idealistic and enjoy hearing about ways they can help make an impact. Help your teen research volunteer opportunities at local homeless shelters, hospitals, or victim-services centers.

Sources:

NIDA. National Institutes of Health website; U.S. Department of Health and Human Services website. “Drug Prevention Tips for Every Age; What to Say to Your Teenager About Drugs (13-18-year olds),” Partnership for Drug-Free-Kids, drug-free.org/article/prevention-tips-for-every-age/.

What If I Suspect My Loved One Has a Problem?

Substance use disorder can happen at any age, but it usually starts when a person is young. Young people use substances to address needs such as handling boredom, fitting in with peers, or self-medicating. Substance use before the brain has finished developing in one's mid-20s places young people at greater risk for mental health disorders.

If your teen continues to use drugs despite harmful consequences, he or she may be at risk of developing a substance use disorder.

"Intervening early when you first spot signs of drug use in your teen is critical—don't wait for your loved one to become addicted before you seek help."

Aside from direct evidence (such as bottles, bags or other paraphernalia), parents often see physical, emotional and behavioral changes such as risky use, impaired control, social problems, and increasing use of substances or distressing withdrawal symptoms when not using substances.

Some behavioral changes that may occur with substance use are:

- Loss of interest in hobbies or extracurricular activities.
- Comments from teachers, classmates or friends.
- Changes in friendships.
- Mood swings.
- Irritability or argumentativeness.
- Unusual agitation, restlessness or hyperactivity.
- Lethargy or lack of motivation.



- Locking doors, demanding more privacy, isolating or missing family events.
- Declining grades, skipping school or poor work performance.
- Becoming more accident-prone.
- Engaging in risky behaviors (such as sex or driving under the influence).
- Borrowing or taking money or valuables.
- Missing prescription drugs or alcohol.

Some teens are better than others at keeping their habits a secret and covering up their symptoms. It's up to you to be diligent in your observations, without jumping to any conclusions.

You can find additional information on how to recognize the warning signs of substance use and how to address it on the Partnership for Drug-Free Kids website, <https://drugfree.org>, or by clicking [here](#).

Sources:

"What to Do If Your Teen or Young Adult Has a Problem with Drugs," rev. Jan. 2016, NIDA, //www. Drugabuse.gov/related-topics/treatment/what-to-do-if-your-teen-or-young-adult-has-problem-drugs/.

"Is There a Problem?" and "Look for Warning Signs." Partnership for Drug-Free Kids (Partnership), drugfree.org, //www.drugfree.org/article/look-for-warning-signs/.

"Substance Use + Mental Health in Teens and Young Adults: Your Guide to Recognizing and Addressing Co-occurring Disorders." Child Mind Institute, (uploaded from the Partnership website).

If My Loved One Has a Problem, Where Do I Start?

If you've just discovered or have reason to believe your child is using drugs, *the first thing to do is sit down and take a deep breath*. We know it's a scary time. Before you intervene, take time to prepare yourself for the important conversation ahead, and to lay the foundation for more positive outcomes.

We find that becoming educated about substance use disorder—whether through your own research or by talking to an addiction specialist—and reaching out to other parents for support will help give the clarity and strength to face the future.

Substance misuse can tear families apart. Addressing a serious drug or alcohol abuse issue within the family puts parents to the test as much as anything ever will. But it's important that, above all else, you remain calm. If you suspect there's an underlying substance use issue with your teen, it's not the end of the world.

Some universal ideas of what you can work with are:

- Love your addicted child no matter what. Put aside your anger, fear, disappointment and let them know that you are scared because you love them deeply.
- Don't preach, lecture or scold, it will only make matters worse. Be empathetic but firm.
- Let them know rules are rules (calmly). Your job as a parent is to help your addicted child grow up and keep them out of trouble. Inform them of what could happen like jails, overdose, or even death.
- Have them see a therapist. Your child may be able to talk to a therapist easier than to you. A therapist will help them behind closed doors, you just need to trust them.



Don't Do This Yourself

You're not a superhero. Nobody expects you to be. As signs start to build, reach out for help in the matter. Assuming you can help your teenager by yourself can be overwhelming in situations like these, and can set you—and more importantly, your teen—up for failure. Realize you are not alone, and the challenges ahead can start to appear more manageable.

Help can be in the form of immediate family or family friends, your child's friends, teachers or school counselors, doctors, or intervention specialists.

Building a support network will help you keep a level head, get various perspectives on the situation and make the best decision for moving forward. There are many family support groups active in Chester County. Seek them out and find one that's right for you.

Talk with Your Spouse or Partner

We're all familiar with the trick of turning to one parent when the other says no. It's best if you and your spouse come to a common stance on drug and alcohol use before raising the subject with your child.

- Remind each other that nobody is to blame.
- Come to an agreement on the position you'll take.

- Even if you disagree, commit to presenting a united front.
- Pledge not to undermine or bad-talk each other.
- Remind each other to come from a place of love when talking to your son or daughter.

Talk to Them

When you decide to start talking to your children about drugs, remember that there's a huge difference between confronting substance use disorder versus having a conversation about it. Avoid confrontations at all costs.

Psychologists often recommend that the best approach to getting a teenager to open up about the topic is to ask them about their friends. By finding out what they think about friends who are using or getting in trouble for using, you may gain insight into how they feel about the topic.

Prepare to Be Called a Hypocrite

You're likely to be asked whether or not you've done drugs, and there are ways to answer honestly that keep the emphasis less on you, and more on what you want for your son or daughter. You could explain that you tried drugs in order to fit in, only to discover that's never a good reason to do anything. Or you can focus on the fact that drugs affect everyone differently, and just because your life wasn't harmed by drug use, you've seen it happen to too many others.

Don't let your response become a justification for your child's drug use. Focus on the issue at hand – that you don't want your son or daughter drinking or using drugs.

- Be honest—but be sure they know you don't want them using.
- If you use tobacco and your child calls you on this, mention that you are an adult, and yes, you can do this since it's legal, but you understand that you shouldn't and it's not healthy. Underscore how hard it is to stop as an adult and that you

want to help your child to avoid making the same mistakes.

- If you're in recovery, think of your past experiences as a gift you can use to sway your child. Tell your child, "I did these things, but I made wrong choices, and I want you to learn the lessons from my mistakes."

No matter what, this is still your child. How you react can mean all the difference in their recovery.

It takes a lot of courage to seek help for a child with a possible drug problem. There is a lot of hard work ahead for both of you, but treatment works, and teens can recover from substance use disorder.

Don't Enable Them

Often, parents of teens wrapped up in substance misuse slip into enabling. This is when the detrimental behavior is implicitly accepted and allowed to continue because a parent is in denial of the circumstances their teen finds themselves in. Enabling looks like this:

- Ignoring the addict's negative or potentially dangerous behavior.
- Difficulty expressing emotions.
- Prioritizing the addict's needs before her own.
- Acting out of fear.
- Lying to others to cover the addict's behavior.
- Blaming people or situations other than the addict.
- Resenting the addict.

Does My Loved One Need to See a Professional?

If you notice signs of substance misuse in your teen, contact a professional right away. The longer that substance misuse is allowed to take place, the more difficult it becomes for your teen to get healthy again. Your family doctor can screen your child and determine whether they're simply experimenting or a suffering from a substance use disorder.

Teens with mild substance issues can often recover through outpatient treatment, but deeply rooted substance use disorders usually require inpatient rehab treatment. When you're considering which treatment option would be best, be sure to talk to a professional who is well-versed in addiction recovery and who can complete a comprehensive assessment to determine level of care and length of stay.

You may find helpful advice on this topic on the Partnership for Drug-Free Kids website, www.drugfree.org, or by clicking [here](#).

The [American Society of Addiction Medicine](#) website, www.asam.org, has a [Find a Physician feature](#) on its home page, and the [American Academy of Child & Adolescent Psychiatry](#) website, www.aacap.org, has a [Child and Adolescent Psychiatrist Finder](#). You and the physician can decide if your teen or young adult should be referred to treatment.

If you or your medical specialist decides your teen can benefit from substance use disorder treatment, there are many options available. Treatment approaches must be tailored to address each patient's unique substance abuse patterns and related medical, psychiatric, and social problems. An addiction specialist can advise you about your best options.

Sources:

“Addict.” *Your First Step*, //yourfirststep.org/how-to-deal-with-an-addicted-child/.

“Prepare to Take Action if You Suspect Teen or Young Adult Drug Use.” *Partnership For Drug-Free Kids*, www.drugfree.org/article/prepare-to-take-action/

What Are the Treatment Options for My Loved?

Treatment Approaches

Substance use disorder can be treated, but it's not simple. No single treatment is right for everyone—there are multiple pathways to recovery. Treatment must help the person stop using drugs, stay drug-free, and be productive in the family, at work, and in society.

"Quitting is difficult, even for those who feel ready. Remember, the inability to stop using drugs is not a moral failing, but rather an illness that needs to be treated."¹

Successful treatment has several steps and a range of care with a tailored treatment program and follow-up options can be crucial to success. Treatment should include both medical and mental health services as needed. Follow-up care may include community- or family-based recovery support systems.

Here is a brief description on each of these therapies:

Behavioral therapies help patients modify their attitudes and behaviors related to drug use, increase healthy life skills, and continue with other forms of treatment, such as medication.

Outpatient behavioral treatment includes a wide variety of programs for patients who visit a behavioral health counselor on a regular schedule. Most of the programs involve individual or group drug counseling, or both. These programs typically offer forms of behavioral therapy such as:

- *Cognitive-behavioral therapy*, which helps patients recognize, avoid, and cope with the situations in which they are most likely to use drugs.

¹ "What to Do If Your Teen or Young Adult Has a Problem with Drugs," NIDA, "Rev. January 2016, www.drugabuse.gov/related-topics/treatment/what-to-do-if-your-teen-or-young-adult-has-problem-drugs.



- *Multidimensional family therapy*—developed for adolescents with drug abuse problems as well as their families—which addresses a range of influences on their drug abuse patterns and is designed to improve overall family functioning.
- *Motivational interviewing*, which makes the most of people's readiness to change their behavior and enter treatment.
- *Motivational incentives* (contingency management), which uses positive reinforcement to encourage abstinence from drugs.

Treatment is sometimes intensive at first, where patients attend multiple outpatient sessions each week. After completing intensive treatment, patients transition to regular outpatient treatment, which meets less often and for fewer hours per week to help sustain their recovery.

Intensive Outpatient (IOP) is organized, non-residential treatment that includes individual, group, and family counseling. This provides more structured psychotherapy and client stability through increased periods of staff intervention. Individuals in this level of care may acknowledge a problem but minimize its impact and have a limited understanding of the process of recovery.

Partial Hospitalization includes individual, group, and family counseling, as well as ancillary life skills services. Individuals in this level of care have high levels of SUD symptoms, and there is a high likelihood of use without close monitoring and structured support.

Inpatient or residential treatment can also be very effective, especially for those with more severe problems. Licensed residential treatment facilities offer 24-hour structured and intensive care, including safe housing and medical attention. Residential treatment facilities may use a variety of therapeutic approaches, and they are generally aimed at helping the patient live a drug-free, crime-free lifestyle after treatment. Examples of residential treatment settings include:

- *Detox* (detoxification) is the process whereby a drug- or alcohol-intoxicated or dependent person is assisted through the period of time required to eliminate the presence of the intoxicating substance. This process also includes efforts to motivate and support the client to seek treatment after detox.
- *Short-Term Residential* services include 24-hour professionally directed evaluation, care and treatment for addicted patients in acute distress. They may exhibit symptoms of moderate impairment of social, occupational, or school functioning. Rehabilitation is a key treatment goal.
- *Long-Term Residential* services include 24-hour professionally directed evaluation, care and treatment for those in acute distress. These programs serve patients with chronic deficits in social, educational, and economic skills, impaired personality and interpersonal skills, and significant drug-misusing histories that often include criminal lifestyles and subcultures. Rehabilitation is the treatment goal.

Halfway House is a live-in/work-out environment that provides substance abuse treatment, assistance in economic/social adjustment, and the integration of life and recovery skills into daily life. The halfway house emphasizes the protective and supportive elements of family living and encourages and provides

opportunities for independent growth and responsible community living. Persons entering this environment must have already had another type of drug and alcohol treatment.

Recovery housing or “recovery residence,” is supervised, short-term housing where the newly sober can continue to be monitored, counseled and adjust to sobriety in a safe environment. Recovery housing can help people make the transition to an independent life—for example, helping them learn how to manage finances or seek employment, as well as connecting them to support services in the community.

Recovery support services are additional, nonclinical services needed for someone to maintain substance use disorder recovery. These services may include transportation, childcare, drug testing, safe and sober housing, and care management.

According to NIDA, Treatment does not need to be voluntary to be effective. Strong motivation can facilitate the treatment process. Sanctions or enticements in the family, employment setting, or criminal justice system can increase significantly both treatment entry and retention rates and the success of drug treatment interventions. Individuals who enter treatment under legal pressure have outcomes as favorable as those who enter treatment voluntarily.

Medications Used in Treatment

Medications are an important element of treatment for many patients, especially when combined with counseling and other behavioral therapies.

According to NIDA, several medications have been found to be effective in treating addiction to opioids (heroin and pain relievers), alcohol, or nicotine in adults. Although none of these medications have been approved by the FDA to treat adolescents, some health care providers do use medications “off-label” when treating adolescents (especially older adolescents) who are addicted to opioids, nicotine, or (less commonly) alcohol. There are currently no FDA-approved medications to treat addiction to cannabis, cocaine, or methamphetamine in any age group.

Medications can be used to manage withdrawal symptoms, prevent relapse, and treat co-occurring conditions.

Opioid Use Disorders

Buprenorphine reduces or eliminates opioid withdrawal symptoms, including drug cravings, without producing the “high” or dangerous side effects of heroin and other opioids. It does this by both activating and blocking opioid receptors in the brain i.e., it is what is known as a *partial opioid agonist*.

Buprenorphine is available for sublingual (under-the-tongue) administration both in a stand-alone formulation (called Subutex®) and in combination with another agent called *naloxone*. The naloxone in the combined formulation (marketed as Suboxone®) is included to deter diversion or abuse of the medication by causing a withdrawal reaction if it is intravenously injected.

Methadone also prevents withdrawal symptoms and reduces craving in individuals with an opioid-use disorder (OUD) by activating opioid receptors in the brain (i.e., a *full opioid agonist*). Methadone and levo-alpha-acetylmethadol (LAAM) are very effective in helping individuals who have OUD stabilize their lives and reduce their illicit drug use.

Naltrexone is approved for the prevention of relapse in adult patients following complete detoxification from opioids. It acts by blocking the brain’s opioid receptors i.e., an *opioid antagonist*, preventing opioid drugs from acting on them and thus blocking the high the user would normally feel and/or causing withdrawal if recent opioid use has occurred. It can be taken orally in tablets or as a once-monthly injection given in a doctor’s office (a preparation called Vivitrol®).

Alcohol Use Disorders

Acamprosate (Campral®) reduces withdrawal symptoms by normalizing brain systems disrupted by chronic alcohol consumption in adults.

Disulfiram (Antabuse®) inhibits an enzyme involved in the metabolism of alcohol, causing an unpleasant reaction if alcohol is consumed after taking the medication.

Naltrexone decreases alcohol-induced euphoria and is available in both oral tablets and long-acting injectable preparations (as in its use for the treatment of OUD too).

Nicotine Use Disorders

Bupropion, commonly prescribed for depression, also reduces nicotine cravings and withdrawal symptoms in adult smokers.

Nicotine Replacement Therapies (NRTs) help smokers wean off cigarettes by activating nicotine receptors in the brain. They are available in the form of a patch, gum, lozenge, nasal spray, or inhaler.

Varenicline reduces nicotine cravings and withdrawal in adult smokers by mildly stimulating nicotine receptors in the brain.

Other medications are available to treat possible mental health conditions (such as depression) that might be contributing to your child’s addiction.

Your treatment provider will advise you about what medications are available for your particular situation. Some treatment centers follow the philosophy that they should not treat a drug use disorder with other drugs, but research shows that medication can help in many cases.

Naloxone (Narcan®)

Naloxone (brand names Narcan®, EVZIO®) is a medication that can reverse an opioid overdose i.e. prescription pain medication or heroin. When given during an overdose, naloxone blocks the effects of opioids on the brain and restores breathing within two to

eight minutes.

"Naloxone has been used safely for more than 40 years and has only one function: to reverse the effects of opioids on the brain and respiratory system in order to prevent death."

You can get naloxone at most pharmacies. It may not be available for same-day pick up, but can often be ordered and available within a day or two. Although it should not be needed, you can present the pharmacist with the Pennsylvania's standing order (a prescription written for the general public) issued by the Pennsylvania Physician General. The standing order is kept on file at many pharmacies, or may be downloaded [here](#). You can also ask your doctor for a prescription.

The Chester County Drug and Alcohol Services Department and its partners Kacie's Cause and Chester County PRO-ACT also distribute free Narcan at events each year.

For more information about naloxone, you can visit the website for Stop Overdose Chester County, <https://stopodchesco.org>, or click [here](#). NIDA also has information on naloxone on its website, www.drugabuse.gov, which you can read by clicking [here](#), as does the website GetNaloxoneNow.org.

Getting Access to Services

Access to services may be different depending on whether the individual is insured or uninsured. If you have insurance (commercial or Medicaid/Medical Assistance), refer to the back of the insurance card. For those without insurance, funding assistance is available to Pennsylvania residents from the Chester County Department of Drug and Alcohol Services.

To qualify for funding from Chester County Department of Drug and Alcohol, the treatment requested must be consistent with assessed need and placement criteria. Based on the assessment, a referral will be made to the appropriate treatment program. Provid-

ers that offer assessments are listed in Part 2 of this Guide under Intensive Outpatient Facilities.

Finding A Substance Abuse Therapist

Addiction counselors and therapists are a key component to the successful treatment of substance use disorder. They guide patients to sobriety while providing support and understanding as they go through recovery. Counselors also act as a mediator between patients and their loved ones to ensure a sustainable, ongoing recovery for everyone. Addiction counselors may operate a private practice, be part of a mental health clinic, or work in a hospital or rehab center.

Your insurance coverage may determine how many options you have, but if it is flexible, you could ask for recommendations from family, friends, or your doctor. You can get recommendations from another professional, friend, or family member. If you belong to a recovery or family support group, you can ask fellow members for names. Information and reviews on specific counselors can often be found online.

Another resource is a listing of addiction counselors and behavioral therapists in the online version of *Psychology Today*. This site contains a wealth of information on providers, including qualifications, fees and payment options, specialties and medical issues, and treatment approaches. You can access that site by clicking [here](#), or go to www.psychologytoday.com, click on the "Find a Therapist" box and type in your zip code.

You can check reviews online and review the therapist's website and other sites where their practice might be listed to see that they offer "evidenced-based" or "best practices" treatment.

If you believe you may have found someone that will meet your needs, speak with them on the phone or set up an initial meeting to see if you feel comfortable with them. It's okay to say you are shopping for a therapist and would like to ask some questions or let the person know what is going on to see if it even

makes sense to set up an appointment. This also allows the therapist to gauge whether you're a good fit for him or her, and if not, to offer a referral. Ask questions about how they run counseling sessions and how they will engage with you. A reputable substance abuse counselor will answer your questions to ensure you understand what they offer.

Finding a Treatment Service Provider

You can start by using SAMHSA's [Behavioral Health Treatment Services Locator](#). This service lets you search for a provider in your area and gives information about the treatment center, including payment information for each of the treatment services listed and payment assistance.

You can also contact the Chester County Department of Drugs and Alcohol, which may be able to assist with payment for substance use treatment. The department's Information and Referral Line is (866) 286-3767.

If the person needing treatment is covered by health benefits for veterans, the U.S. Department of Veterans Affairs (VA) can help you find VA services near

you. Visit the [VA Substance Use Disorder Program Locator](#) to do your search. Additionally Veterans are eligible for funding through the Chester County Department of Drugs and Alcohol for treatment services. **We have included a list of licensed treatment providers in Chester County in Part 2 of this Guide.**

Sources:

“Opioid Overdose Reversal with Naloxone (Narcan, Evzio)” and “Treatment Approaches for Drug Addiction.” *Stop Overdose Chester County*, //www.stopoverdosechesco.org/naloxone.

“Addiction Medications,” *NIDA*, updated January 2014, //www.drugabuse.gov.

“Principles of Adolescent Substance Use Disorder Treatment: A Research-Based Guide.” *National Institute on Drug Abuse*, Updated January 2014, //www.drugabuse.gov/publications/principles-adolescent-substance-use-disorder-treatment-research-based-guide/evidence-based-approaches-to-treating-adolescent-substance-use-disorders/addiction-medication/.

Frank, Jeremy, “How to Find and Choose the Right Addiction Therapist,” 23 July 2015, *GoodTherapy*, //www.goodtherapy.org/blog/how-to-find-and-choose-the-right-addiction-therapist-0723155.

“Understanding Drug Abuse and Addiction: What Science Says.” *NIDA*, updated February 2016, //www.drugabuse.gov/publications/teaching-packets/understanding-drug-abuse-addiction/.

How Do I Find Help for Myself?

Substance use disorder affects the entire family. Therefore, it is important that the families of those with substance use disorder educate themselves about the disease and find help and support. Fortunately, there is an abundance of resources to help family members in Chester County.

Most treatment providers have a family component to their programs. If your loved one is participating in treatment with a provider, you may want to explore their family orientation, education series or family sessions.

Mutual help groups, such as Al-Anon, Nar-Anon and Alateen are widely available and free resources for family members. Most professional treatment pro-



grams also offer family groups to help families support their loved ones struggling with substance use. You can also find churches and faith-based organizations that offer such support.

Addiction counselors and therapists often conduct private counseling for family members, usually on a fee-for-service basis.

Support organizations, government agencies and many other sources offer educational materials on addiction and recovery. **We have included a list of family support/mutual aid groups in Part 2 of this Guide.**

My Loved One is in Recovery – Now What?

While group counseling is sometimes discouraged for teens, peer support groups for teens can be a useful companion to treatment. Self-help groups and other support services can extend the effects of professional treatment for a teen recovering from a substance use disorder.

Such groups can be particularly helpful during recovery, offering an added layer of community-level social support to help teens maintain healthy lifestyle behaviors. If your teen is in treatment, your treatment provider will likely be able to tell you about good

family members of people with addictions, like [Al-Anon](#) and [Alateen](#), can also be helpful.

Chester County has many local self-help organizations for families and those suffering from substance-use disorder. **You can find a list of these organizations in Part 2, beginning on page 26.**

Finally, fellowship and safe, drug-free activities and places are vital to sustained recovery. **We have provided a list of organizations that offer these activities in Part 2 on page 47.**

Sources:

“What to Do If Your Teen or Young Adult Has a Problem with Drugs; Will a Support Group Help My Teen,” *NIDA*, Updated January 2016, <https://www.drugabuse.gov/related-topics/treatment/what-to-do-if-your-teen-or-young-adult-has-problem-drugs>.



support groups.

The most well-known self-help groups are those affiliated with [Alcoholics Anonymous \(AA\)](#), and [Narcotics Anonymous \(NA\)](#). Both organizations are based on the 12-step model. Support groups for

PART 2 – GUIDE TO LOCAL RESOURCES IN AND AROUND CHESTER COUNTY

Prevention and Education

Chester County has a number of organizations and other resources active in the area of substance-use prevention, intervention and education. Some work in the community and others are school-based. You may also find advice on education and prevention from government and other online sources. *The descriptions of services provided by each organization are from their websites. Inclusion in this list is not an endorsement of any particular provider.*

Organization and Contact Information

Chester County Overdose Prevention Taskforce
stopodchesco.org
<https://stopodchesco.org/contact-us>

The COAD Group
Executive Director: Jacquelyn Taylor
jtaylor@coadgroup.com
(610) 363-6164
<https://chimes.org/about/chimes-family/holcomb-behavioral-health-systems/coad/>

Drug and Alcohol Services Chester County PA
<https://www.chesco.org/2699/School-Based-Prevention>
(610) 344-6000

Holcomb Behavioral Health Systems
Director of Prevention: Sharon Apostolico
Sharon.apostolico@holcombbhs.org
(484) 444-0412
<https://chimes.org/about/chimes-family/holcomb-behavioral-health-systems/>

Description of Services

Coordinates overdose death prevention efforts between various organizations. The Task Force offers educational presentations on overdose and prevention strategies. To request a presentation, click [here](#).

The COAD Group's Community Prevention services are designed to support individuals, organizations, and communities in developing and promoting healthy and substance-free lifestyles. Services and resources include an online Alcohol, Tobacco and Other Drug Resource Library, Community Events and Speaking Engagements, Telephone Information and Referral Line, 1+ (866) 286-3767.

The Chester County Drug and Alcohol Services Department website contains helpful links on prevention resources targeting children, schools, parents and the community. All Human Services Department newsletters are sent by email. To sign up, click [here](#).

Holcomb provides an array of prevention and educational programs for youth, parents, and adults to encourage healthy choices and lifestyles, including a number of school-based programs.

Online Resources

Partnership for Drug-Free Kids
(prevention tips and advice)
<https://drugfree.org/landing-page/learn/prevention/>

NIDA
(prevention research, early assessment and studies)
<https://www.drugabuse.gov/related-topics/prevention>

SAMHSA
(prevention articles and publications)
<https://store.samhsa.gov/treatment-prevention-recovery>

U.S. Department of Justice: Operation Prevention
<https://www.operationprevention.com>
(Comprehensive, no-cost digital curriculum tools to combat opioid misuse)

Chester County Drug and Alcohol Services
<http://www.chesco.org/drugandalcohol>

Drug-Free Kids Prevention
(Tips on how to talk to your children of any age about drugs and alcohol)

Intervention Services

Below are some organizations that provide intervention services in Chester County, listed in alphabetical order. **Inclusion in this list is not an endorsement of any particular provider.**

FREE interventions:

Advanced Treatment Systems (Methadone)
1825 E. Lincoln Highway
Coatesville, PA 19320
(610) 466-9250

Holcomb Behavioral Health Systems
920 E. Baltimore Pike
Kennett Square, PA 19348
(610) 388-9225

Creative Health Services
100 1st Avenue
Phoenixville, PA 19460
(610) 933-1223

Mirmont Outpatient Services
825 Springdale Drive
Exton, PA 19341
(484) 565-1130

Recovery Centers of America
Contact Center:
(800) 732-6832

Low Cost:
Intervention First
21 W. Washington St., Ste B
West Chester, PA 19380
Contact Carol Lawyer
(610) 696.8168
Email: clawyerCAC@aol.com

JusticeRain Inc.
Cornerstone Christian Fellowship
426 W. Gay Street
West Chester, PA 19380
(610) 429 8197
Contact: Rich Mollica (610) 809-9641
Email: info@JusticeRainINC.com

Variable Cost:
Therapeutic Alliance
101 Phoenixville Pike
Malvern, PA 19355
(610) 783-3557
Contact Patrick Dowling

Licensed Detox/Inpatient Treatment Centers

Below are some organizations that provide inpatient and detoxification service providers in Chester County, listed in alphabetical order. *The descriptions of services provided by each organization are from their websites. Inclusion in this list is not an endorsement of any particular provider.*

Name and Contact Information	Treatment Service(s) Offered by Provider
Bowling Green Inn of Brandywine, Inc. 1375 Newark Road Kennett Square, PA 19348 (610) 268 – 3588	<ul style="list-style-type: none">• Inpatient Non-Hospital Detoxification ^{CC}• Inpatient Non-Hospital Drug-Free ^{CC}• Inpatient Non-Hospital Other Chemotherapy ^{CC}
Gaudenzia, Inc. Kindred House 1030 South Concord Road West Chester, PA 19382 (610) 399-6571	<ul style="list-style-type: none">• Inpatient Non-Hospital Drug-Free ^{CC}
Gaudenzia, Inc. West Chester 1030 South Concord Road West Chester, PA 19382 (610) 399-6571	<ul style="list-style-type: none">• Inpatient Non-Hospital Drug-Free ^{CC}
Malvern Institute 940 West King Road Malvern, PA 19355 (610) 647-0330	<ul style="list-style-type: none">• Inpatient Non-Hospital Detoxification• Inpatient Non-Hospital Drug-Free• Inpatient Non-Hospital Other Chemotherapy
Recovery Centers of America at Devon 235 West Lancaster Avenue Devon, PA 19333 (610) 944-2928	<ul style="list-style-type: none">• Inpatient Non-Hospital Detoxification• Inpatient Non-Hospital Drug-Free
Samara House of Community Youth and Women's Alliance (CYWA) 423 East Lincoln Highway Coatesville, PA 19320 (610) 384-9591	<ul style="list-style-type: none">• Inpatient Non-Hospital Drug-Free

CC – Denotes treatment service contracted with Chester County SCA

Licensed Nonresidential Treatment Centers

Below is a partial list of organizations that provide nonresidential treatment services. *The descriptions of services provided by each organization are from their websites. Inclusion in this list is not an endorsement of any particular provider.*

Name and Contact Information	Treatment Services Offered by Provider
Bowling Green Inn of Brandywine, Inc. 1375 Newark Road Kennett Square, PA 19348 (610) 268-3588	<ul style="list-style-type: none">Partial Hospitalization Drug-Free ^{CC}
Center for Families 101 Phoenixville Pike Malvern, PA 19355 (610) 228-0670	<ul style="list-style-type: none">Outpatient Drug-FreePartial Hospitalization Drug-Free
Chester County Intermediate Unit - Changes 540 East Union Street Suite D West Chester, PA 19380 (484) 905-5144	<ul style="list-style-type: none">Outpatient Drug-Free ^{CC}Partial Hospitalization Drug-Free ^{CC}
Coatesville Treatment Center 1825 East Lincoln Highway Coatesville, PA 19320 (610) 466-9250	<ul style="list-style-type: none">Outpatient Maintenance ^{CC}Outpatient Drug-FreeOutpatient Other Chemotherapy
Creative Health Services, Inc. 100 1 st Avenue Phoenixville, PA 19460 (610) 933-1223	<ul style="list-style-type: none">Intake, Evaluation and Referral ^{CC}Outpatient Drug-Free ^{CC}Outpatient Other Chemotherapy ^{CC}
Curo <i>Æ</i>ger Recovery Education, Inc. (CARE) 1242 West Chester Pike Suite 200 West Chester, PA 19382 (484) 226-0084	<ul style="list-style-type: none">Outpatient Drug-FreeOutpatient Other ChemotherapyPartial Hospitalization Drug-Free
Ethos Treatment, LLC 21 West Washington Street West Chester, PA 19380 (610) 256-3400	<ul style="list-style-type: none">Outpatient Drug-Free
Gaudenzia, Inc. (Coatesville) Outpatient 31 South 10 th Avenue Suite 6 Coatesville, PA 19320 (610) 383-9600	<ul style="list-style-type: none">Intake, Evaluation and Referral ^{CC}Outpatient Drug-Free ^{CC}Outpatient Other Chemotherapy ^{CC}

CC – Denotes treatment service contracted with Chester County SCA

Name and Contact Information	Treatment Services Offered by Provider
Gaudenzia, Inc. (West Chester) Outpatient 110 Westtown Road Suite 115 West Chester, PA 19382 (610) 429-1414	<ul style="list-style-type: none"> • Intake, Evaluation and Referral ^{CC} • Outpatient Drug-Free ^{CC} • Outpatient Other Chemotherapy ^{CC}
Holcomb Behavioral Health, Inc. 920 East Baltimore Pike Kennett Square, PA 19348 (610) 388-9225	<ul style="list-style-type: none"> • Intake, Evaluation and Referral ^{CC} • Outpatient Drug-Free ^{CC} • Outpatient Other Chemotherapy ^{CC}
Malvern Institute 1161 East Lancaster Avenue Berwyn, PA 19312 (610) 647-0330	<ul style="list-style-type: none"> • Outpatient Drug-Free • Outpatient Other Chemotherapy • Partial Hospitalization Drug-Free • Partial Hospitalization Other Chemotherapy
Mirmont Outpatient Services 825 Springdale Drive Exton, PA 19341 (484) 565-1130	<ul style="list-style-type: none"> • Intake, Evaluation and Referral ^{CC} • Outpatient Drug-Free ^{CC} • Outpatient Other Chemotherapy ^{CC} • Partial Hospitalization Drug-Free
Pathway Counseling Services 811 West Chester Pike West Chester, PA 19382 (610) 269-8396	<ul style="list-style-type: none"> • Outpatient Drug-Free
Pennsylvania Recovery Center, LLC 710 Wheatland Street First Floor Phoenixville, PA 19460 (610) 233-4342	<ul style="list-style-type: none"> • Outpatient Drug-Free
Recovery Centers of America at Devon 235 West Lancaster Avenue Devon, PA 19333 (610) 944-2928	<ul style="list-style-type: none"> • Outpatient Drug-Free • Partial Hospitalization Drug-Free
Rehab After Work 400 Franklin Avenue Suite 240 Phoenixville, PA 19460 (610) 644-6464	<ul style="list-style-type: none"> • Outpatient Drug-Free
Rehab After Work 491 John Young Way Suite 300 Exton, PA 19341 (610) 889-9939	<ul style="list-style-type: none"> • Outpatient Drug-Free
Rehab Management, Inc. 1440 Russell Road Paoli, PA 19301 (610) 889-9939	<ul style="list-style-type: none"> • Outpatient Drug-Free • Outpatient Other Chemotherapy • Partial Hospitalization Drug-Free

CC – Denotes treatment service contracted with Chester County SCA

Name and Contact Information

**Samara House of Community Youth
And Women's Alliance (CYWA)**
423 East Lincoln Highway
Coatesville, PA 19320
(610) 384-9591

Sanare Today, LLC
151 Woodbine Road
Downingtown, PA 19335
(610) 269-2600

Seabrook House, Inc.
17 Industrial Blvd.
Suite 204 B
Paoli, PA 19301
(610) 200-5985

Treatment Services Offered by Provider

- Outpatient Drug-Free
- Outpatient Drug-Free
- Outpatient Drug-Free
- Partial Hospitalization Drug-Free

Intensive Outpatient Treatment Facilities

Below are some organizations that provide intensive outpatient services, listed in alphabetical order. **Inclusion in this list is not an endorsement of any particular provider.**

Bowling Green Brandywine
Kennett Square, PA 19348
Call Mr. Damon McCaulley
(570) 503-7619

Sanare Today, LLC
917 Old Fern Hill Road
Suite 100
West Chester, PA 19380
Call Dr. Louis Bevilacqua
(610) 624-8432

Recovery Centers of America at Devon
235 West Lancaster Avenue
Devon, PA 19333
Call Mission Center
(610) 947-4161

For uninsured/under-insured, assessments are available at the following outpatient providers:

Advanced Treatment Systems (Methadone)
1825 E. Lincoln Highway
Coatesville, PA 19320
(610) 466-9250
(610) 466-9254 (Fax)

Gaudenzia Coatesville
31 South 10th Avenue, Suite 6
Coatesville, PA 19320
(610) 383-9600
(610) 383-4811 (Fax)

Creative Health Services
100 1st Avenue
Phoenixville, PA 19460
(610) 933-1223
(610) 933-1208 (Fax)

Gaudenzia, Inc.
West Chester Plaza
110 Westtown Road, Suite 115
West Chester, PA 19382
(610) 429-1414
(610) 429-1833 (Fax)

Holcomb Behavioral Health Systems
920 E. Baltimore Pike
Kennett Square, PA 19348
(610) 388-9225
(888) 388-6723 (Toll Free)
(484) 770-9290 (Fax)

Mirmont Outpatient Services
825 Springdale Drive
Exton, PA 19341
(484) 565-1130
(484) 565-8219 (Fax)

Transitional/Sober Living Residences

Pennsylvania offers a broad selection of transitional/sober living homes from which to choose. While all homes have some similar requirements, such as periodic drug-testing, it is important to appreciate that “one size does not fit all.” Levels of support vary according to support level and most recovery residences serve specific populations and recovery pathways. The Pennsylvania Alliance of Recovery Residences (PARR) provides certification of recovery residences in the state. Here is PARR’s contact information:

Pennsylvania Alliance of Recovery Residences (PARR)

5113 Torresdale Avenue
Philadelphia, PA 19124
(215) 821-2470
Email: fredway75@gmail.com
Web: <https://www.parronline.org>

We include a list of PARR-certified residences located in Chester and Montgomery counties. For a locations of all PARR-certified recovery residences in Pennsylvania, [click here](#). *Inclusion in this list is not an endorsement of any particular provider.*

PARR Certified Recovery Residence in Chester County

Fresh Start Veterans Program (PARR)

Coatesville, PA 19320
Contact: Douglas Spegal, Director
Phone: 610-380-1285
Email: dspegal@merakey.org
Website: www.merakey.org
(Male Residence)

BridgeWay House Inc. (PARR)

Coatesville PA, 19320
Contact: Bernard Mewhort, President
Phone: 610-220-2997
Email: skip2997@gmail.com
Website: www.thebridgewayhouse.org
(Male Residence)

Synergy Houses (One Day at a Time) (PARR)

111 W. Lafayette St., Unit #1
West Chester, PA 19380
Phone: (610) 233-6348
Email: www.synergyhouses.com
(Male Residence)

PARR Certified Residences in Montgomery County

At Home Sweet Home Care (PARR)

Blue Bell, PA 19422
Contact: Brandon Woodruff, Co-Owner
Phone: (267) 904-9737
Email: bwoodruff521@yahoo.com
Website: www.athomesweetrecovery.com
(1 Male & 1 Female Residence)

Blue Mountain Recovery (PARR)

Lansdale, PA 19446
Contact: Sean Barry, Co-Founder
Phone: (215) 554-8198
Email: seanb@bluemountainrecovery1.com
Website: www.bluemountainrecovery1.com
(Male Residence)

Helping Helps in Recovery (PARR)

Perrkasie, PA 18944
Contact: Ralph Snyder, Owner
Phone: (215) 852-4300
Email: helpinghandsinrecovery.pa@gmail.com Website: www.helpinghandsinrecovery.com
(2 Male Residences)

Junction House Recovery Residences (PARR)

Huntingdon Valley, PA 19006
Contact: Debbie Arnon, Executive Director
Phone: (215) 815-0113
Email: info@junctionhouserecovery.com
Website: www.junctionhouserecovery.com
(3 Female Residences & 1 MAT Female residence)

Sunlight of the Spirit House (PARR)

Harleysville, PA 19438
Hatfield, PA 19440
Lansdale, PA 19446
Hatfield, PA 19459
Contact: Matthew Bartelt
Phone: (215) 407-6880
Email: thematthbartelt@gmail.com
Website: www.sunlightofthespirithouse.com
(4 Male Residences)

Synergy Houses (One Day at a Time) (PARR)

Pottstown, PA 19464
Contact: Gail Osborne
Phone: (610) 312-3669

Way of Life (PARR)

Lansdowne, PA 19050
Contact: Barbara Williamson, Owner
Phone: (267) 980-7069
Email: bwilliamson517@gmail.com
Website: www.hustlehope.com
(3 Male Residences; 1 Female Residence)

Family Support/Mutual Aid Groups

Below are support organizations operating in Chester County listed in alphabetical order. *The descriptions of the services they offer are from their website. Inclusion in this list is not an endorsement of any particular organization.*

Adult Children of Alcoholics (ACA)

<https://adultchildren.org>

(310) 534-1815

Adult Children of Alcoholics (ACA)/Dysfunctional Families is a Twelve Step, Twelve Tradition program of men and women over 18 who grew up in alcoholic or otherwise dysfunctional homes.

ACA provides a safe, nonjudgmental environment that allows us to grieve our childhoods and conduct an honest inventory of ourselves and our family—so we may (i) identify and heal core trauma, (ii) experience freedom from shame and abandonment, and (iii) become our own loving parents. [Click here](#) to find an ACA meeting.

Al-Anon Family Groups

www.pa-al-anon.org

Al-Anon Information Service of the Delaware Valley <http://wwwaisdv.org/>

In Al-Anon and Alateen, members share their own experience, strength, and hope with each other. They will meet others who share feelings and frustrations, if not your exact situation. We come together to learn a better way of life, to find happiness whether the alcoholic is still drinking or not.

Al-Anon members do not give direction or advice to other members. Instead, they share their personal experiences and stories, and invite other members to “take what they like and leave the rest”—that is, to determine for themselves what lesson they could apply to their own lives.

Caron Parent and Family Groups

<https://www.caron.org/support-after-treatment/support-groups/caron-parent-and-family>

The Caron Parent and Family Groups are designed to meet the needs of those with loved ones who are currently in treatment, are using alcohol and/or drugs in a problematic manner or are in recovery. To read more on Caron Family Groups, click [here](#).

Celebrate Recovery

<https://www.celebraterecovery.com>

Celebrate Recovery is a Christ-Centered ministry where people can find God’s healing and strength to face and move beyond their hurts, habits, or hang ups. This ministry is for anyone struggling with past or current dysfunctions or compulsions, whether they are affecting their own life or the lives of those around them. To learn more about Celebrate Recovery, click [here](#). Celebrate Recovery holds meetings at various churches in Chester County six nights a week.

Center for Families, Malvern

101 Phoenixville Pike

Malvern, PA 19355

Website: www.centerfams.com

The Center for Families, a group of clinicians and parents, provides two free parent-to-parent support groups that offer guidance, education, and increased awareness of teen mental health and substance abuse struggles:

Foundations for Parents

Mondays 7:00 pm-8:30 pm

Contact: Bill R (610) 716-5608 or WARolite@aol.com

Peer-facilitated education program for parents of children struggling with substance use and related disorders. Learn about addiction and recovery from a parent's perspective, with emphasis is on exploring solutions.

Serenity for Parents

Wednesdays from 7:00 to 8:30 pm

Contact: Kim Porter (267) 629-2214 or kim@conversation.zone

Mutual support group for parents of children with mental health and emotional challenges. Emphasis is on navigating healthy boundaries, facing stigma, self-care, and adapting parental expectations.

Christ's Healing Hands: A Substance Abuse Ministry-Prayer Service

St. Joseph Parish

460 Manor Avenue

Downington, PA 19335

Meetings:

1st Sunday at 7:00 pm (Addiction Prayer Service)

3rd Sunday at 7:00 pm (Finding Christ Spirituality & the 12 Steps)

Cornerstone Addiction Recovery

426 W. Gay St.

West Chester, PA 19382

Recovery Group Meeting (Youth Room) every Wednesday at 7:00 pm

Contact Rich Mollica (610) 809-9641

Kacie's Cause

Rich@kingdomrecoverynow.com

This group offers Peer Support, Information, Referrals, Speakers,12 Step Groups. It is bible-based, Christ-centered, open, honest, real and a safe place for all members to attend without judgement.

Grandfamilies Support Groups

Government Services Center

601 Westtown Road, Room 250

West Chester, PA 19382

Register:

Jenna Giersch 610-344-5770

jgiersch@chesco.org or

Shandell Quinones 610-344-5670

squinones@chesco.org

The Chester County Government also publishes a resource guide with information and a list of additional resources to help grandfamilies both inside and outside the foster care system impacted by opioids or other substance use. To access the guide, click [here](#).

Kacie's Cause

www.kaciescause.com

PO BOX 333

Kennett Square, PA. 19348

Email: andy.rumford@kaciescause.org

Kacie's Cause is an organization of businesspersons and concerned parents seeking to educate our communities of the widespread use of heroin, substance use disorders, and to suggest resources that may provide treatment and recovery support. Kacie's Cause sponsors parent support groups around Chester County.

Main Line Parent Support Group

St. Thomas Rosemont Chapel

1229 E Lancaster Ave

Bryn Mawr, PA 19010

(All meeting will be located in the Auditorium)

Meetings: every Wednesday 7:00 - 8:30 pm

Contact: rportonova@yahoo.com or

theloneh@gmail.com

Nar-Anon

<https://www.nar-anon.org>

The Nar-Anon Family Groups is primarily for those who know or have known a feeling of desperation concerning the addiction problem of someone very near to them. The Nar-Anon is a 12-step program designed to help relatives and friends of addicts recover from the effects of living with an addicted relative or friend. The program of recovery uses Nar-Anon's Twelve Steps and Twelve Traditions. The only requirement to be a member and attend Nar-Anon meetings is that there is a problem of drugs or addiction in a relative or friend.

Parenting Prodigals/Mending Hearts

95 W. Devon Drive

Downington, PA 19335

Meetings: the 2nd & 4th Monday 7:00 - 9:00 pm

Contact: Cindy Wanamaker

Phone: (484) 753-2604

Email: wanamaker1@comcast.net

Website: www.cfdownington.com

Pennsylvania Department of Drug and Alcohol Services

The state Department of Drug and Alcohol Services provides a list of organizations that provide support services or additional information for individuals in recovery and for the families impacted by this disease. You may view it here: <https://www.ddap.pa.gov/Pages/Support-Services.aspx>

PRO-ACT Chester County

16 Mystic Lane, Ste. 100

Malvern, PA 19335

Email: proactchesco@gmail.com

Website: <https://www.facebook.com/proactchesco/>

PRO-ACT offers a three-week Family Education Program for family members (age 14 and older) who have loved ones struggling with substance use disorder. The three-week program is held on the first through third Wednesday of the month, 7:00-9:00 pm at its offices, 16 Mystic Lane, Ste. 100, Malvern, PA. Call 1-800-221-6333 to register.

SMART Recovery for Family & Friends

<https://www.smartrecovery.org/family/>

Top contact the national organization, click [here](#)

SMART Recovery for Family & Friends is a science-based support program based on the SMART Recovery and CRAFT (Community Reinforcement & Family Training) cognitive skills tools. In our free group discussion meetings, participants learn from one another using a self-empowering approach based on the most current science of recovery. SMART recovery holds two meetings in Chester County.

Facilities/Organizations that Offer Family Education and Support

Caron Foundation

<https://www.caron.org/>

Center for Families

<https://www.centerforfamilies.com/>

Center for Motivation/Change - CRAFT

<https://motivationandchange.com/>

Pro-Act Chester County

<https://www.facebook.com/proactchesco/>

Recovery Centers of America

<https://recoverycentersofamerica.com/programs/family-program/>

Recovery Support/Mutual Aid Groups

Below are support organizations operating in Chester County listed in alphabetical order. *The descriptions of the services they offer are from their website. Inclusion in this list is not an endorsement of any particular organization.*

Alcoholics Anonymous

<https://www.aa.org>

Southeast Pennsylvania region: <https://www.aasepia.org>

Perhaps one of the most well-known 12-Step programs is Alcoholics Anonymous (AA), essentially a support group for individuals in recovery from alcoholism. Alcoholics Anonymous is an international fellowship of men and women who have had a drinking problem. It is nonprofessional, self-supporting, multiracial, apolitical, and available almost everywhere. There are no age or education requirements. Membership is open to anyone who wants to do something about his or her drinking problem. Even though AA is not based on a specific religion, the 12-Step model does have religious, or at least spiritual, undertones.

Narcotics Anonymous

<https://www.na.org>

Eastern PA Region: <https://eparna.org>

Narcotics Anonymous is a global, community-based organization with a multi-lingual and multicultural membership. Founded in 1953, NA offers recovery from the effects of addiction through working a twelve-step program, including regular attendance at group meetings. The group atmosphere provides help from peers and offers an ongoing support network for addicts who wish to pursue and maintain a drug-free lifestyle. The name, Narcotics Anonymous, is not meant to imply a focus on any particular drug; NA's approach makes no distinction between drugs including alcohol. Membership is free, and we have no affiliation with any organizations outside of NA including governments, religions, law enforcement groups, or medical and psychiatric associations.

SMART Recovery

<https://www.smartrecovery.org>

Self-Management And Recovery Training (SMART) is an abstinence-oriented, not-for-profit organization for individuals with addictive problems. SMART Recovery is a global community of mutual-support groups. At its self-empowering, free mutual support meetings, participants help one another resolve problems with any addiction (to drugs or alcohol or to activities such as gambling or over-eating, focusing on ideas and techniques to help you change your life from one that is self-destructive and unhappy to one that is constructive and satisfying. SMART Recovery does not use labels like "addict" or "alcoholic." We teach scientifically validated methods designed to empower you to change and to develop a more positive lifestyle. In SMART we focus on learning coping skills that work well short- and long-term. We base our ideas on what addiction science has shown to be effective. We have adapted these ideas into SMART's tools for change.

Other Substance Abuse Support Groups in Chester County

In addition to the recovery support groups listed above, many private behavioral therapists and addiction counselor practices offer support groups and group therapy sessions, at various price points. You can access a directory of Chester County private support groups by visiting the *Psychology Today* website, www.psychologytoday.com/us/groups/addiction/pa/chester-county or by clicking [here](#).

Support/Mutual Aid Group Meeting Schedules

For your convenience, we have included schedules of meetings held in and near Chester County for the family and recovery support and mutual-aid groups listed on the previous pages. These schedules are taken from the organizations' websites and, while we have made every effort to be accurate and current, the information may change. We encourage you to check with the contact listed for the group or its website to confirm meeting times, dates, and locations.

AL-ANON MEETING SCHEDULE

Access online meeting locator [here](#).

Day and Time	Location	Day and Time	Location
<i>Sundays:</i>			
5:00 pm Open ¹	West Chester Twilight Meeting of Al-Anon 307 Clubhouse 700 South Bradford Ave., West Chester	10:00 am Open	Boot Road AFG Sts. Peter & Paul Church 1325 East Boot Road, West Chester
8:00 pm Closed ²	Red Fox Sunday AFG Willowdale Chapel 675 Unionville Road, Kennett Square	7:00 pm Open; Beginners	Courage to Change St John's Lutheran Church 355 Saint Johns Circle, Phoenixville
<i>Mondays:</i>			
9:30 AM (1 st Monday, Open and Step Meeting)	Courage to Change AFG Central Presbyterian Church 100 West Uwchlan Avenue, Downingtown	8:00 pm Open	Red Fox Wednesday AFG First Baptist Church 415 West State Street, Kennett Square
10:45 am Beginners meeting		6:30 pm Closed	Unionville Wednesday Night AFG St. Michael Lutheran Church 109 East Doe Run Road, Kennett Square
7:00 pm Beginners meeting	Malvern Line Road AFG Christ Memorial Lutheran Church 89 Line Road, Malvern	7:30 pm Open; Step Meeting	Hope for Today of West Brandywine AFG St. Peters Church 2835 South Manor Road West Brandywine
Monday 8:00 pm Closed		<i>Fridays:</i>	
8:00 pm Open	One Day at a Time AFG Assumption BVM 300 State Road, West Grove	7:30 pm Closed	Berwyn Butterfly AFG Trinity Presbyterian Church 640 Berwyn Avenue, Berwyn
<i>Tuesdays:</i>			
6:00 pm Beginners meeting	Malvern Center AFG Shops at Great Valley Malvern Center	8:00 pm Closed	Downingtown Friday Night St. James Episcopal Church 409 East Lancaster Avenue, Downingtown
7:00 pm Open	10 Liberty Blvd., Malvern	<i>Saturdays:</i>	
6:30 pm Beginners meeting	Serenity Tuesday Night AFG Holy Trinity Episcopal Church South High Street, West Chester	9:00 am Open	Saturday Serenity AFG The 5 Points Center 11 North 5 Points Road, West Chester
7:30 pm Closed		3:00 pm Closed	Saturday Step AFG Ashbridge Manor 971 East Lancaster Avenue, Downingtown
		5:00 pm Open	Berwyn AFG Malvern Institute Outpatient Building 1161 Lancaster Avenue, Berwyn

1 Open meetings are open to anyone interested in the family disease of alcoholism. Some groups invite members of the professional community to hear how the Al-Anon program aids in recovery.

2 Closed meetings are limited to members and prospective members. These are persons who feel their lives have been or are being affected by alcoholism in a family member or friend.

AA MEETING SCHEDULE IN CHESTER COUNTY

Day and Time	Meeting Location	Day and Time	Meeting Location
Sundays: 6:30 am	<u>Wake Up</u> Malvern Center 225 Lancaster Ave 225 Lancaster Avenue Malvern	6:30 pm	<u>Set Aside Group</u> Honey Brook United Methodist Church 4510 Horseshoe Pike (Rt 322 & Maple Ave) Honey Brook
7:00 am	<u>Morning Start Group</u> Goshen Groups at 9 North Five Points Rd. 9 North 5 Points Road (2 nd Floor) West Chester	6:30 pm	<u>Kennett Step</u> Kennett Friends Meeting House 125 West Sickle Street Kennett Square
7:00 am	<u>Hair of the Dog</u> The Melton Center 501 East Miner St 501 East Miner Street West Chester	6:30 pm	<u>Oxford Conscious Contact</u> Sacred Heart Church Hall 203 Church Road Oxford
8:00 am	<u>Change or Die</u> Malvern Center 225 Lancaster Ave 225 Lancaster Avenue Malvern	7:00 pm	<u>Gay and Sober Aa</u> 307 Club 307 Bradford Avenue West Chester
9:00 am	<u>Phoenixville</u> Clubhouse 131 Gay St 131 Gay Street Phoenixville	7:00 pm	<u>Paoli</u> Baptist Church in Great Valley 945 North Valley Forge Road Devon
9:00 am	<u>Came to Believe</u> Goshen Groups at 9 North Five Points Rd. 9 North 5 Points Road (2 nd Floor) West Chester	7:00 pm	<u>Thorndale Sunday Night</u> Brandywine Hospital (Cafeteria) 201 Reeceville Road Coatesville
9:30 am	<u>Chester Springs Speaker Group</u> Ludwig's Village 2904 Conestoga Rd. 2904 Conestoga Road Glenmoore	7:00 pm	<u>Big Book Step Study of Frazer</u> Frazer Mennonite Church 57 Maple Linden Lane Malvern
10:00 am	<u>GOD AS I UNDERSTAND HIM (West Chester)</u> 307 Club 700 South Bradford Avenue West Chester	7:00 pm	<u>Landenberg</u> Landenberg United Methodist Church 205 Penn Green Road Landenberg
10:00 am	<u>God as I Understand Him</u> Malvern Center 225 Lancaster Avenue Malvern	7:00 pm	<u>Darte La Oportunidad</u> Mission Santa Maria Avondale Center 29 Gap Newport Pike Avondale
11:00 am	<u>Phoenixville</u> Clubhouse 131 Gay Street Phoenixville	7:00 pm	<u>Meeting House</u> Schuylkill Meeting House 37 North Whitehorse Road Phoenixville
Noon	<u>Noon Big Book</u> 307 Club 700 South Bradford Avenue West Chester	7:30 pm	<u>Phoenixville</u> Clubhouse 131 Gay Street Phoenixville
Noon	<u>God as I Understand Him</u> Malvern Center 225 Lancaster Avenue, Malvern	7:30 pm	<u>Westtown Beginner's</u> SS Simon & Jude Church 8 Cavanaugh Court (Rt 352 & Rt 3) West Chester
5:00 pm	<u>Sober Sunday</u> Malvern Center 225 Lancaster Ave 225 Lancaster Avenue, Malvern	8:00 pm	<u>Red Fox Sunday Night</u> Willowdale Chapel 675 Unionville Road, Kennett Square

Access Online Meeting Locator [here](#).

AA MEETING SCHEDULE IN CHESTER COUNTY

Access Online Meeting Locator [here](#).

Day and Time	Meeting Location	Day and Time	Meeting Location
Mondays:			
6:30 am	Wake Up Malvern Center 225 Lancaster Avenue Malvern	12:00 pm	Malvern Malvern Center 225 Lancaster Avenue Malvern
7:00 am	Day Starters New London New London Presbyterian Church Christian Life Ctr 125 Saginaw Road Lincoln University	5:30 pm	West Chester New Beginnings 307 Club 700 South Bradford Avenue West Chester
7:00 am	Chester Springs St Matthew's UCC 2350 Conestoga Road (Rt 401 & St Matthews Rd.) Chester Springs	5:30 pm	Happy Hour Clubhouse 131 Gay Street Phoenixville
7:00 am	Hair of the Dog The Melton Center 501 East Miner Street West Chester	5:30 pm	Malvern Happy Hour Malvern Center 225 Lancaster Avenue Malvern
9:00 am	Morning Miracles Malvern Center 225 Lancaster Avenue Malvern	6:30 pm	Chester Springs Speaker Group St Andrew's Episcopal Church 7 Saint Andrews Lane Glenmoore
10:00 am	New Hope 307 Club 700 South Bradford Avenue West Chester	6:30 pm	Take Action St Christopher's Episcopal Church 116 Lancaster Pike Oxford
Noon	Big Book 101 307 Club 700 South Bradford Avenue West Chester	6:30 pm	S.O.S. Group Women West Grove United Methodist Church 300 North Guernsey Road West Grove
Noon	How It Works in Parkesburg Schneider Parish Center 2995 Cemetery Road Parkesburg	7:00 pm	Kimberton Centennial Evangelical Lutheran Church 1330 Hares Hill Road Phoenixville
Noon	Hershey's Mill United Church of Christ East Goshen 1201 North Chester Road West Chester	7:00 pm	Monday's Message Downingtown United Methodist Church 751 East Lancaster Avenue (Rt 30) Downingtown
Noon	Serenity at Noon Clubhouse 131 Gay Street Phoenixville	7:00 pm	Thanks for Sharing Beginners Goshen Groups at 9 North Five Points Rd., 2nd Floor 9 North 5 Points Road West Chester
Noon	Mid-Day Miracles First Baptist Church 415 West State Street Kennett Square	7:00 pm	Darte La Oportunidad Mission Santa Maria Avondale Center 29 Gap Newport Pike Avondale
Noon	Nooners Open Topic Goshen Groups at 9 North Five Points Rd. 2nd Floor 9 North 5 Points Road West Chester	7:00 pm	Bonnie Brae Zion Lutheran Church 39 Bonnie Brae Road (& Schuylkill) Spring City

AA MEETING SCHEDULE IN CHESTER COUNTY

Access Online Meeting Locator [here](#).

Day and Time	Meeting Location	Day and Time	Meeting Location
7:30 pm	Phoenixville Clubhouse 131 Gay St Phoenixville	9:05 am	Phoenixville Clubhouse 131 Gay Street Phoenixville
7:30 pm	Daylesford Abbey Daylesford Abbey 220 South Valley Rd. Paoli	10:00 am	Sobriety First in West Chester 307 Club 700 South Bradford Avenue West Chester
7:30 pm	Back to Basics First United Church of Christ 145 Chestnut St Spring City	Noon	Big Book 101 307 Club 700 South Bradford Avenue West Chester
7:30 pm	New London New London Presbyterian Church Christian Life Ctr. 125 Saginaw Rd. Lincoln University	Noon	Serenity at Noon Clubhouse 131 Gay Street Phoenixville
7:30 pm	Chesterbrook Monday Nighters St Isaac Joques Church 50 Walker Rd. (& Valley Forge) Wayne	Noon	Mid-Day Miracles First Baptist Church 415 West State Street Kennett Square
7:30 pm	Berwyn Beginners Trinity Presbyterian Church 640 Berwyn Ave (& Waterloo) Berwyn	Noon	Nooners Open Topic Goshen Groups 9 North 5 Points Road, 2nd Floor West Chester
8:00 pm	Men of New Garden Men Friends Meeting House 875 Newark Rd. Toughkenamon	Noon	Malvern Malvern Center 225 Lancaster Avenue Malvern
Tuesdays:			
6:30 am	Wake Up Malvern Center 225 Lancaster Avenue Malvern	Noon	Serenity Now Malvern Institute 17 Ravine Road Malvern
7:00 am	Day Starters New London New London Presbyterian Church Christian Life Center 125 Saginaw Road Lincoln University	5:30 pm	Life on Life's Terms 307 Club 700 South Bradford Avenue West Chester
7:00 am	Hair of the Dog The Melton Center 501 East Miner Street West Chester	5:30 pm	Happy Hour Clubhouse 131 Gay Street Phoenixville
7:30 am	Red Fox Sunday Night Willowdale Chapel 675 Unionville Road Kennett Square	5:30 pm	Malvern Happy Hour Malvern Center 225 Lancaster Avenue Malvern
9:00 am	Morning Miracles Malvern Center 225 Lancaster Avenue Malvern	6:00 pm	Sober at Six United Methodist Church 81 Devon Road Paoli

AA MEETING SCHEDULE IN CHESTER COUNTY

Day and Time	Meeting Location	Day and Time	Meeting Location
7:00 pm Closed	Kimberton Centennial Evangelical Lutheran Church 1330 Hares Hill Road Phoenixville	8:00 pm	Landenberg Landenberg United Methodist Church 205 Penn Green Road Landenberg
6:30 pm Closed	Get a Life Willowdale Chapel Jennersville Campus 111 Vineyard Way West Grove	8:00 pm	Big Book Question & Answer Group Malvern Center 225 Lancaster Avenue Malvern
7:00 pm	Step Sisters Women Frazer Mennonite Church 57 Maple Linden Lane Malvern	8:30 pm	Church Street 307 Club 700 South Bradford Avenue West Chester
7:00 pm	Women Seeking Serenity Women Goshen Groups 9 North 5 Points Road, 2nd Floor West Chester	8:30 pm Closed	Sober and Free Fennario's Coffee Shop (Upstairs) 111 North Church Street West Chester
7:00 pm	Darte La Oportunidad Mission Santa Maria Avondale Center 29 Gap Newport Pike Avondale	Wednesday: 6:30 am	Wake Up Malvern Center 225 Lancaster Ave Malvern
7:00 pm	Downington Big Book Step Study Ashbridge Manor 971 East Lancaster Avenue Downington	7:00 am	Day Starters New London New London Presbyterian Church Christian Life Ctr. 125 Saginaw Rd. Lincoln University
7:30 pm	Phoenixville Clubhouse 131 Gay Street Phoenixville	7:00 am Closed	Hair of the Dog The Melton Center 01 East Miner St West Chester
7:30 pm Closed	Great Valley Great Valley Baptist Church 943 North Valley Forge Road Devon	9:00 am	Morning Miracles Malvern Center 225 Lancaster Ave Malvern
7:30 pm	Grove Group Grove United Methodist Church (2nd Fl) 490 West Boot Road West Chester	10:00 am	West Chester Ten 307 Club 700 South Bradford Ave West Chester
7:30 pm	West Chester Holy Trinity Church 212 South High Street West Chester	Noon	Big Book 101 307 Club 7 00 South Bradford Ave West Chester
7:30 pm Closed	Oxford Simple Solutions Nottingham Presbyterian Church 497 West Christine Road Nottingham	Noon	Serenity at Noon Clubhouse 131 Gay St Phoenixville
7:30 pm Closed	Chester Springs St Mathew's UCC 2350 Conestoga Rd. (Rt 401 & St Matthews Rd.) Chester Springs	Noon	Mid-Day Miracles First Baptist Church 415 West State St Kennett Square
8:00 pm	Parkesburg Program for Progress Church of the Ascension 406 West 2nd Avenue, Parkesburg	Noon	Nooners Open Topic Goshen Groups 9 North Five Points Rd. 2nd Floor, West Chester

Access Online Meeting Locator [here](#).

AA MEETING SCHEDULE IN CHESTER COUNTY

Access Online Meeting Locator [here](#).

Day and Time	Meeting Location	Day and Time	Meeting Location
Noon	Malvern Malvern Center 225 Lancaster Ave Malvern	7:00 pm	Chadds Ford St Cornelius Catholic Church Parish Life Ctr. 160 Ridge Rd. (& Hayburn off 202) Chadds Ford
5:30 pm	Tools of Sobriety 307 Club 700 South Bradford Ave West Chester	7:00 pm	There Is a Solution Thorndale United Methodist Church 3503 Lincoln Highway Thorndale
5:30 pm	Happy Hour Clubhouse 131 Gay St Phoenixville	7:00 pm	Exton Women's Meeting Women United Methodist Church 181 Sharp Ln Exton
5:30 pm	Malvern Happy Hour Malvern Center 225 Lancaster Ave Malvern	7:30 pm Closed	Phoenixville Clubhouse 131 Gay St Phoenixville
6:00 pm Closed	West Chester Big Book Step Study Goshen Groups 9 North Five Points Rd. 2nd Floor West Chester	7:30 pm	Wednesday Winners Exton Community Baptist Church 114 East Swedesford Rd. Exton
6:30 pm Closed	Steps to Freedom - Women's Berwyn United Methodist Church 140 Waterloo Ave Berwyn	7:30 pm Closed	Wednesday Night Men's Men Malvern Center 225 Lancaster Ave Malvern
6:30 pm Closed	Old School Speakers St Michael Lutheran Church 109 East Doe Run Rd. Kennett Square	7:30 pm	Ludwig's Corner Wednesday Night St Andrew's Episcopal Church 7 St Andrew's Lane (W of Rt 100 & 401) Glenmoore
7:00 pm Closed	Wednesday Night Big Book Step Church of the Nazarene 424 South Darlington St West Chester	7:30 pm Closed	A Vision for You Trinity Presbyterian Church 640 Berwyn Ave (& Waterloo) Berwyn
7:00 pm	Marshallton Marshallton United Methodist Church 1282 West Strasburg Rd. West Chester	8:00 pm	Brandywine Big Book First Baptist Church 415 West State St Kennett Square
7:00 pm	Paoli 7 Paoli Presbyterian Church 225 South Valley Rd. Paoli	8:00 pm Closed	Malvern Men's Frazer Mennonite Church 52 Maple Linden Lane Malvern
7:00 pm	Spring City Sisters at Seven Women People First Company 111 North Main St Spring City	8:00 pm Closed	Men of New Garden Men Friends Meeting House 875 Newark Rd. Toughkenamon
7:00 pm	Team Sobriety Salvation Army 101 East Market Street West Chester	8:00 pm	Honey Brook Honey Brook Presbyterian Church 4331 Horseshoe Pike Honey Brook
8:30 pm Close			

AA MEETING SCHEDULE IN CHESTER COUNTY

Access Online Meeting Locator [here](#).

Day and Time	Meeting Location	Day and Time	Meeting Location
8:00 pm	Take Action St Christopher's Episcopal Church 116 Lancaster Pk. Oxford	Noon Closed	West Chester Big Book Step Study Goshen Groups 9 North Five Points Rd. 2nd Floor West Chester
8:30 pm Closed	Broken Barriers 307 Club 700 South Bradford Ave West Chester	Noon	Malvern Mid-Day Step Malvern Center 225 Lancaster Ave, Malvern
Thursdays: 6:30 am	Wake Up Malvern Center 225 Lancaster Ave Malvern	5:30 pm	Happy Hour Clubhouse 131 Gay St 131 Gay Street Phoenixville
6:45 am	Morning Promises 307 Club 700 South Bradford Ave West Chester	5:30 pm	Happy Hour 307 Club 700 South Bradford Ave. West Chester
7:00 am	Morning Start Group Goshen Groups 9 North Five Points Rd. 2nd Floor West Chester	5:30 pm	Women's Steps for Change Women Calvary Lutheran Church 730 South New Street West Chester
7:00 am	Day Starters New London New London Presbyterian Church Christian Life Ctr. 125 Saginaw Rd. Lincoln University	5:30 pm	Malvern Happy Hour Malvern Center 225 Lancaster Ave. Malvern
7:00 am Closed	Hair of the Dog The Melton Center 501 East Miner St West Chester	6:30 pm	Lost and Found Thorndale United Methodist Church 3503 Lincoln Highway Thorndale
9:00 am	Morning Miracles Malvern Center 225 Lancaster Ave Malvern	7:00 pm Closed	Paoli Baptist Church in Great Valley 945 North Valley Forge Rd. Devon
9:05 am	Phoenixville Clubhouse 131 Gay St Phoenixville	7:00 pm	What's the Point? Highgate Assisted Living Facility 600 Paoli Pointe Drive Paoli
10:00 am	New Hope 307 Club 700 South Bradford Ave West Chester	7:00 pm	Sisters in Sobriety Women Malvern Center 225 Lancaster Ave. Malvern
Noon	Big Book 101 307 Club 700 South Bradford Ave West Chester	7:00 pm	Darte La Oportunidad Mission Santa Maria Avondale Center 29 Gap Newport Pike Avondale
Noon	Serenity at Noon Clubhouse 131 Gay St, Phoenixville	7:00 pm	Friends of Bill W Our Lady of Consolation Church Social Hall 603 West 2nd Ave. Parkesburg
Noon	Mid-Day Miracles First Baptist Church 415 West State St, Kennett Square	7:00 pm Closed	Men's Stag Men Trinity Assembly of God Church 1022 Pottstown Pike West Chester

AA MEETING SCHEDULE IN CHESTER COUNTY

Day and Time	Meeting Location	Day and Time	Meeting Location
7:00 pm	Twisted Sisters Women Willowdale Chapel Jennersville Campus 111 Vineyard Way West Grove	7:00 am Closed	Hair of the Dog The Melton Center 501 East Miner St West Chester
7:30 pm	Phoenixville Clubhouse 131 Gay St Phoenixville	9:00 am	Morning Miracles Malvern Center 225 Lancaster Ave Malvern
7:30 pm	One Day at a Time Jay's Place Community Center at RCA Devon 235 W Lancaster Ave Devon	10:00 am	West Chester Ten 307 Club 700 South Bradford Ave West Chester
7:30 pm Closed	Chester Springs St Matthew's UCC 2350 Conestoga Rd. (Rt 401 & St Matthews Rd.) Chester Springs	Noon	Big Book 101 307 Club 700 South Bradford Ave West Chester
8:00 pm	Assets Exton Community Baptist Church 114 East Swedesford Rd. Exton	Noon	Serenity at Noon Clubhouse 131 Gay St Phoenixville
8:00 pm	THURSDAY NIGHT BEGINNERS (Kennett Square) First Baptist Church 415 West State St Kennett Square	Noon	Mid-Day Miracles First Baptist Church 415 West State St Kennett Square
8:30 pm	Thursday Night Serenity St Peter Catholic Church 2835 Manor Rd. Coatesville	Noon	Beginners at Noon Goshen Groups at 9 North Five Points Rd. 2nd Floor West Chester
8:30 pm Closed	West Chester Young People 307 Club 700 South Bradford Ave West Chester	5:30 pm	Malvern Malvern Center 225 Lancaster Ave Malvern
8:30 pm	Big Book Question & Answer Group Malvern Center 225 Lancaster Ave Malvern	5:30 pm	Attitude Adjustment 307 Club 700 South Bradford Ave West Chester
8:30 pm Closed	French Creek St Peter UCC 1920 Ridge Rd. Pottstown	5:30 pm	Happy Hour Clubhouse 131 Gay St Phoenixville
Fridays: 6:30 am	Wake Up Malvern Center 225 Lancaster Ave Malvern	6:00 pm	Malvern Happy Hour Malvern Center 225 Lancaster Ave Malvern
7:00 am	Morning Start Group Goshen Groups 9 North Five Points Rd. 2nd Floor West Chester	6:00 pm	Landenberg Landenberg United Methodist Church 205 Penn Green Rd. Landenberg
7:00 am	Day Starters New London New London Presbyterian Church Christian Life Ctr. 125 Saginaw Rd., Lincoln University	6:30 pm	Happy Hour There Is a Solution Main Line Unitarian Church Basement 816 South Valley Forge Rd. (Dorset & Maplewood) Devon
			Sassy Sisters Seeking Serenity Women Honey Brook United Methodist Church 4510 Horseshoe Pike (Rt 322 & Maple Ave) Honey Brook

Access Online Meeting Locator [here](#).

AA MEETING SCHEDULE IN CHESTER COUNTY

Day and Time	Meeting Location	Day and Time	Meeting Location
7:00 pm	Eleventh Step Meeting Church of the Good Samaritan 212 West Lancaster Ave, Paoli	8:30 pm Closed	Friday Night Step 307 Club 700 South Bradford Ave, West Chester
7:00 pm	Lionville Women's Step Women Marshcreek Community Church 101 Crump Rd. Lionville	8:30 pm	Westtown Night Advent Lutheran Church 1601 Green Lane, West Chester
7:00 pm	Friday Night Fortunates Unionville Presbyterian Church 815 Wollaston Rd. (Off of Rt 82) Unionville	Midnight	Sobriety Never Sleeps Malvern Center 225 Lancaster Ave Malvern
7:30 pm	Night Sobriety Meeting 1st Presbyterian Church 511 Main St Parkesburg	Saturdays: 6:30 am	Wake Up Malvern Center 225 Lancaster Ave Malvern
7:30 pm	Kimberton Centennial Evangelical Lutheran Church 1330 Hares Hill Rd. Phoenixville	7:00 am	Morning Start Group Goshen Groups 9 North Five Points Rd. 2nd Floor West Chester
7:30 pm	Kimberton Centennial Evangelical Lutheran Church 1330 Hares Hill Rd. Phoenixville	7:00 am Closed	Hair of the Dog The Melton Center 501 East Miner St West Chester
7:30 pm	Just What I Needed to Hear Holy Trinity Church 212 South High St West Chester	8:00 am	Change or Die Malvern Center 225 Lancaster Ave Malvern
7:30 pm	Honey Brook Big Book Step Study Living God Lutheran Church 3200 Horse Shoe Pk. Honey Brook	9:30 am Closed	Devon Saturday Morning St Luke Evangelical Church 203 North Valley Forge Rd. (& Conestoga) Devon
7:30 pm Closed	Singleness of Purpose St Matthew's UCC 2350 Conestoga Rd. (Rt 401 & St Matthews Rd.) Chester Springs	10:00 am Closed	No More Tears 307 Club 700 South Bradford Ave West Chester
7:30 pm	Butterfly Trinity Presbyterian Church 640 Berwyn Ave (& Waterloo) Berwyn	10:00 am	Happy Hour Clubhouse 131 Gay St Phoenixville
7:30 pm	Thank God I'm Free (Tgif) Willowdale Chapel Jennersville Campus 111 Vineyard Way West Grove	10:00 am	Malvern Big Book Step Study Malvern Center 225 Lancaster Ave Malvern
8:00 pm	Downington Night Downington United Methodist Church 751 East Lancaster Ave (Rt 30) Downington	10:00 am	Daily Reflections West Grove United Methodist Church 300 North Guernsey Rd. (& West Harmony) West Grove

Access Online Meeting Locator [here](#).

AA MEETING SCHEDULE IN CHESTER COUNTY

Day and Time	Meeting Location	Day and Time	Meeting Location
Noon	Big Book Study 307 Club 700 South Bradford Ave West Chester	7:00 pm	Downington Young People's Meeting St Joseph's CCD Meeting Rooms 340 Manor Avenue Downington
Noon	Serenity at Noon Clubhouse 131 Gay St Phoenixville	7:30 pm	Phoenixville Clubhouse 131 Gay Street Phoenixville
Noon	Mid-Day Miracles First Baptist Church 415 West State St Kennett Square	7:30 pm	Chester Springs St Matthew's United Church 2350 Conestoga Road Chester Springs
Noon	Saturday Lunch Bunch Malvern Center 225 Lancaster Ave Malvern	8:00 pm	Manor of Living Jennersville Church of the Brethren 653 Old Baltimore Pike West Grove
5:00 pm	Malvern Malvern Center 225 Lancaster Ave Malvern	8:30 pm	Any Length Group 307 Club 700 South Bradford Avenue West Chester
6:30 pm	Mindful Meditation 307 Club 700 South Bradford Avenue West Chester	9:00 pm	Great Reality Group St John's United Church of Christ 315 Gay Street Phoenixville
6:30 pm	The Only Requirement Kennett Friends Meeting House 125 West Sickle Street Kennett Square		
6:30 pm	Take Action St Christopher's Episcopal Church ... 116 Lancaster Pike Oxford		
6:30 pm	Growth and Gratitude St James Episcopal Church 409 East Lancaster Avenue Downington		
6:30 pm	Freedom of Choice St Luke Evangelical Church 203 North Valley Forge Road Devon		
7:00 pm	FRENCH CREEK BONFIRE May to October French Creek State Park 843 Park Road Elverson		
7:00 pm	BROAD HIGHWAY (Agnostic/Atheist-Friendly) Malvern Center 225 Lancaster Ave Malvern		
7:00 pm	Darte La Oportunidad Mission Santa Maria Avondale Center 29 Gap-Newport Pk. Avondale		

Access Online Meeting Locator [here](#).

CARON PARENT SUPPORT GROUPS MEETING SCHEDULE

Meeting/Location	Time	Group Contact
Exton Parent Support Exton Baptist Church 114 East Swedesford Road Exton, PA 19341	Every Wednesday 7:00 – 8:00 pm	Kevin K 484-888-2711 Kevin1kelly@msn.com
Exton Sibling Support (must be 18 yrs. and older) Exton Baptist Church 114 East Swedesford Road Exton, PA 19341	Second Wednesday of every month 7:00-8:30 pm	Kevin K 484-888-2711 Kevin1kelly@msn.com
Westminster Presbyterian Church (Newcomers) 10 West Pleasant Grove Road West Chester, PA 19382	Every Tuesday 7:00-9:00 pm	Lyle and Deidre F. 610-793-3446 (home) 302-668-8118 (cell)
Westminster Presbyterian Church 10 West Pleasant Grove Road West Chester, PA 19382	Every Monday 7:00-8:30 pm	Dave P. 610-420-8427
The New Leaf Club 1225 Montrose Avenue Bryn Mawr, PA 19010	Every Wednesday 7:00-8:30 pm	Pam and Bill R. 610-716-5608 Lori Q. 215-242-1716
First Baptist Church 415 West State Street Kennett Square, PA 19348	Every Thursday 7:00-9:00 pm	Luis 484-888-9682 luis.kaciescause@gmail.com
Caron Philadelphia Interchange Corporate Center 450 Plymouth Road, Suite 301 Plymouth Meeting, PA 19462	Every Monday and Thursday 7:00-8:30 pm	Marijayne M. 610-608-8528 teamwenk@aol.com
Limerick Parent Support Group Crossroads Church N. Lewis and Cherry Streets Limerick, PA	Every Tuesday & Wednesday, 7:00 - 8:30 pm	Cindy Seigafuse, (484) 332-4952 cseigafuse@gmail.com Lisa Sabrick, (610) 324-7004 Lisa.sabrick@gmail.com Joyce W., (484) 995-2556

CELEBRATE RECOVERY MEETING SCHEDULE

Mondays:

Christ Community Church - 7:00 pm
1190 Phoenixville Pike,
West Chester, PA
610-431-0300
Scott Allen
sallen@visitecc.com

Willowdale Chapel - 7:00 pm
675 Unionville Rd.
Kennett Square, PA (childcare)
610-444-2670
Nance Weber
cr@willowdalechapel.org

New Life - 6:00 pm
1 South Fifth Avenue
Coatesville, PA
610-384-3344
Jay Johnston
johnsonjry@verizon.net

Tuesdays:

Hopewell United Methodist Church - 6:00 pm
The Well 107 W. Lancaster Ave.
Downington, PA
610-269-1545
John Neider celebraterecovery@hopewellumc.org

Bethany Presbyterian Church - 7:00 pm
2483 Baltimore Pike
Oxford, PA
484-614-1458
Sandi Touchton
celebraterecovery@bethanypca.org

Wednesdays:

Christian Life Center (CLC) - 6:00 pm
125 Saginaw Rd.
New London Township, PA 19352
610-869-2140, x104
Gary ArnTessoni
garntessoni@gmail.com

Thursdays:

Westminster Presbyterian Church - 7:00 pm
10 W. Pleasant Grove Rd.
West Chester, PA
610-399-3377
Chris McCool
Christine.mccool@lyb.com

Fridays:

Coatesville Gap Area Simple Church - 7:00 pm
160 Cowan Rd.
Parkesburg, PA
610-410-7563
Janet Winski janetwinski@yahoo.com

KACIE'S CAUSE MEETING SCHEDULE

Parkesburg Parent Support Group
Upper Octorara Presbyterian Church
1121 Octorara Trail (Route 10)
Parkesburg, PA 19365
Meetings: every Tuesday from 7:00 - 8:00 pm and allows time afterwards for networking

Kennett Square Parent Support Group
First Baptist Church
415 West State Street
Kennett Square, PA 19348
Meetings: every Thursday, 7:00-9:00

NAR-ANON & NARATEEN MEETING SCHEDULES

Day and Time	Location	Day and Time	Location
Sundays: 7:00 pm (Open) ¹	Norwood Sunday St. Gabriel's Church 233 Mohawk Avenue Norwood, PA 19074 (Meets in Thomas Room (entrance in rear) Child friendly)	Thursdays: 7:00 pm (Open)	Courage to Change St. John's Lutheran Church 355 Saint Johns Circle Phoenixville, PA 19460
7:00 pm	Sunday Night Serenity at Eagleville Hospital Eagleville Hospital 100 Eagleville Road Eagleville, PA 19403 (In admissions building.)	7:30 pm	Thursday Night Narateen Willow Grove United Methodist Church (Fellowship Hall) 34 York Road (York Road at Church Street) Willow Grove, PA 19090
Mondays: 7:00 pm (Closed) ²	Keep Coming Back St. Luke's United Methodist Church 568 Montgomery Avenue (corner of Pennswood Rd. & Montgomery Ave) Bryn Mawr, PA 19010	7:30 pm (Closed)	On The Right Track Willow Grove United Methodist Church 34 York Road Willow Grove, PA 19090 (Meets in 1st floor lounge.)
7:30 pm	Serenity Through Recovery Church of Our Saviour Episcopal Church 821 Homestead Road Jenkintown, PA 19046 (Homestead Hall Common Room Off of Old York Road) Newcomers meeting at 7:15 pm)	Fridays: 7:30 pm (Open)	Circle of Friends Grace Bible Fellowship Church 723 South Providence Road Wallingford, PA 19086
Tuesdays: 7:00 pm	"No Longer Alone" NFG Church of the Nazarene 424 South Darlington St. West Chester, PA 19382	7:30 pm	Friday Night NaraTeen Meeting (Narateen) Grace Bible Fellowship Church 723 South Providence Road Room 205 Wallingford, PA 19086 (Please use the Rear Entrance, Double Door Entrance.)
7:00 pm (Closed)	You Gotta Believe Gateway Community 708 South Old Middletown Road Media, PA 19063	Saturday: 4:00 pm (Closed)	We Learn Together Bethany Collegiate Presbyterian Church 5 North Concord Avenue Havertown, PA 19083 (Please use N. Ormond Avenue entrance.)
Wednesdays: 10:00 am (Closed)	Courage To Live Saint Rose of Lima Church 1901 Chester Pike Eddystone, PA 19013		
7:00 pm	Alone No More EP Beth Sholom Congregation / Goldman Pre-School Entrance 8231 Old York Road Elkins Park, PA 19027		
7:00 pm	Claymont NFG Holy Rosary Church 3200 Philadelphia Pike Claymont, Delaware 19703		
7:30 pm (Closed)	Together We Grow Church on the Mall 500 West Germantown Pike Plymouth Meeting, PA 19462		

NA MEETING SCHEDULE

Access online meeting locator [here](#).

Day and Time	Location	Day and Time	Location
Sundays: 11:30 am Closed ¹	Meditation Study Lincoln Court Shopping Center 225 Lancaster Avenue Frazer, PA 19355-1875 (Around back behind ReVive Studio by Malin Rd.)	7:30 pm Open	VA Medical Center, Building 6-LZ 1400 Blackhorse Hill Road Coatesville, PA 19320-2040
12:30 pm Open ²	Open Arms Transformation Center 645 East Lincoln Highway Coatesville, PA 19320-3531	8:00 pm Open	Church of The Redeemer 230 Pennswood Road (New Gulf & Pennswood Roads) Bryn Mawr, PA 19010
5:00 pm Open	Salvation Army 533 Swede Street Norristown, PA 19401-4806	8:00 pm Closed	Middletown Presbyterian Church 273 South Old Middletown Road Media, PA 19063-4854
5:00 pm Open	Community Youth & Women's Alliance 423 East Lincoln Highway Coatesville, PA 19320-3411	Tuesdays: 10:00 am Open	New Life Church Annex (Main Room) 19 West Marshall Street Norristown, PA 19401-4746
6:30 pm Open	Lincoln Court Shopping Center 225 Lancaster Avenue Frazer, PA 19355-1875 (Around back behind ReVive Studio by Malin Rd.)	12:00 pm	Atkinson Shelter 822 East Chestnut Street Coatesville, PA 19320 (Rear Entrance on Diamond Avenue Between 8th and 9th Avenue.)
6:30 pm Open	Saint John's Church 576 Concord Road Glen Mills, PA 19342-1402	7:00 pm Open	Fenn's Coffee 111 North Chruch Street West Chester, PA 19380-3008 (Use side entrance, upstairs)
7:00 pm Open	First United Methodist Church 350 West State Street Media, PA 19063	7:00 pm Open	First United Methodist Church 414 East High Street Pottstown, PA 19464-5678 (Use Rear Entrance on Apple Street)
7:00 pm Open	First United Methodist Church 414 East High Street Pottstown, PA 19464-5678 (Use Rear Entrance on Apple Street)	7:00 pm Open	521 Church Road Norristown, PA 19403-1113 (side entrance)
8:00 pm Open	Hari Om Yoga Center 348 Boot Road Downington, PA 19335-3404 (Use side entrance by pavilion)	7:30 pm Open	VA Medical Center, Building 6-B 1400 Blackhorse Hill Road Coatesville, PA 19320-2040
Mondays: 12:00 pm Open	Atkinson Shelter 822 East Chestnut Street Coatesville, PA 19320 (Rear Entrance on Diamond Avenue Between 8th and 9th Avenue.)	8:00 pm Open	Middletown Presbyterian Church 273 South Old Middletown Road Media, PA 19063-4854
7:00 pm Open	United Methodist Church of West Chester 129 South High Street West Chester, PA 19382-3226 (Ring the bell. Red door closer to High St.)	Wednesdays: 12:00 pm Open	First United Methodist Church 414 East High Street Pottstown, PA 19464-5678 (Use Rear Entrance on Apple Street)
7:00 pm Open	Church of the Nazarene 1810 North Providence Road Media, PA 19063-1907	12:00 pm Open	Grace Lutheran Church 506 Haws Avenue (Haws Ave & West Airy Street) Norristown, PA 19401-4543
7:00 pm Open	Lincoln Court Shopping Center 225 Lancaster Avenue Frazer, PA 19355-1875 (Around back behind ReVive Studio by Malin Rd.)	12:00 pm Open	Atkinson Shelter 822 East Chestnut Street Coatesville, PA 19320 (Rear Entrance on Diamond Avenue Between 8th and 9th Avenue.)

NA MEETING SCHEDULE

		<i>Access online meeting locator here.</i>	
Day and Time	Location	Day and Time	Location
Wednesdays: <i>(Cont'd)</i>		Fridays:	
6:00 pm Open	Saint Paul's United Church of Christ 101 Worthington Road Exton, PA 19341	12:00 pm Open	Saint Peter's Episcopal Church 121 Church Street Phoenixville, PA 19460-3438
6:00 pm Open	Community Youth & Women's Alliance 423 East Lincoln Highway Coatesville, PA 19320-3411	12:00 pm Open	First United Methodist Church 414 East High Street Pottstown, PA 19464-5678 (Use Rear Entrance on Apple Street)
7:00 pm Open	Church of the Holy Trinity 212 South High Street West Chester, PA 19382-3404	7:30 pm Open	Atkinson Shelter 822 East Chestnut Street Coatesville, PA 19320
7:00 pm Open	First Baptist Church 301 King Street (King & Charlotte Streets) Pottstown, PA 19464-5516	7:30 pm Open	Church of the Nazarene 1810 North Providence Road Media, PA 19063-1907
7:00 pm Open	Valley View Community Church 778 Sunnyside Avenue Norristown, PA 19403-1741	7:30 pm Open	All Saints Church 535 Haws Avenue Norristown, PA 19401-4542
7:30 pm Open	First Baptist Church 415 West State Street Kennett Square, PA 19348-3026	8:00 pm Open	Saint Simon & Jude Church 6 Cavanaugh Court (Route 3 & Route 352) West Chester, PA 19382-7905
8:00 pm Open	Church of The Redeemer 230 Pennswood Rd. (New Gulf & Pennswood Rds.) Bryn Mawr, PA 19010	8:00 pm Open	Phoenixville Hospital, Med. Bldg. II, 3rd fl, Conf. Center 140 Nutt Road Phoenixville, PA 19460-3906
Thursdays:		Saturdays:	
12:00 pm Open	Lincoln Court Shopping Center 225 Lancaster Avenue Frazer, PA 19355-1875 The Malvern Center, Suite 5C	11:00 pm Open	Messiah Lutheran Church 46 West Lancaster Avenue Downington, PA 19335
12:00 pm Open	Atkinson Shelter 822 East Chestnut Street Coatesville, PA 19320	10:00 am Open	Trinity Assembly of God 1022 Pottstown Pike West Chester, PA 19380-4136
7:00 pm Open	New Life in Christ Fellowship 1 South 5th Avenue Coatesville, PA 19320-3415	10:30 am Open	Episcopal Church of the Trinity 323 East Lincoln Highway Coatesville, PA 19320-3409
7:00 pm Open	Christ Church of the Valley 1560 Yeager Road Royersford, PA 19468-3131	7:00 pm Open	Lincoln Court Shopping Center 225 Lancaster Avenue Frazer, PA 19355-1875
7:00 pm Open	Lincoln Court Shopping Center 225 Lancaster Avenue Frazer, PA 19355-1875 (Around back behind ReVive Studio by Malin Rd.)	7:00 pm Open	Media Presbyterian Church 30 East Baltimore Avenue Media, PA 19063-3701
7:00 pm Open	Episcopal Church of the Advent 401 North Union Street Kennett Square, PA 19348-2427	7:00 pm Open	Charles A Melton Arts & Education Center 501 E Miner St West Chester, PA 19382-3431
7:00 pm Open	Charles A Melton Arts & Education Center 501 E Miner St West Chester, PA 19382-3431	7:30 pm Open	Friends Meeting Hall 900 Swede Street Norristown, PA 19401-3958
		11:00 pm	Trinity Assembly of God 1022 Pottstown Pike West Chester, PA 19380-4136

SMART RECOVERY MEETING SCHEDULE

PRO-ACT Montgomery County

622 Swede Street, Norristown, PA 19401 USA

Main Contact: Claudia Herrman, Facilitator

(215) 429-1524

cherman@councilsepa.org

Meetings: Monday at 5:00 pm to 6:00 pm

Open to everyone.

Coatesville Veterans Administration Center

Building 57, Room 261

1400 Blackhorse Hill Road,

Coatesville, PA 19320

Main Contact: Jerry Cobb, Facilitator

Meetings: Tuesday 11:15 am to 12:15 pm

Open to everyone.

Organizations That Offer Recovery-Based Activities

Below is a list of clubs and community centers that offer sober activities. *The descriptions of the services they offer are from their website. Inclusion in this list is not an endorsement of any particular provider.*

Charles A Melton Arts and Education Center

501 E Miner Street

West Chester, PA 19382

610.692.9290

www.meltoncenter.org

Email: camcinfo@meltoncenter.org

The Mission of the historic Charles A. Melton Arts and Education Center is to contribute to the quality of life for all people of the greater West Chester community by continuing its long commitment of providing educational, recreational, cultural and civic services.

Club Anonymous and The Phoenixville Clubhouse

131 Gay Street

Phoenixville, PA 19460

www.club-a.org

Email: info@club-a.org

Club Anonymous, Inc. became a non-profit organization in 1977. Our purpose is to own and operate a building at 131 Gay Street in Phoenixville, PA 19460 in order to provide a place for conducting Alcoholics Anonymous and other similar 12-step program meetings. Club Anonymous, Inc. is not affiliated with Alcoholics Anonymous World Services, Inc.

Malvern Center

10 Liberty Boulevard

Malvern, PA 19355

www.malverncenter.org

Email: questions@malverncenter.org

Malvern Center (also known as Malvern Clubhouse) hosts Twelve Step recovery groups and meetings ~ helping people from all walks of life achieve independence. We've come a long way since our founding members opened a little space on King Street in 1965. We provide meeting space for Alcoholics Anonymous, Narcotics Anonymous, ACA, OA, Al-Anon and other Twelve Step fellowships. We're open from 6:30 am to 9:30 pm Saturday through Thursday, and until 1 am on Fridays. Malvern Center is a privately held 501(3) nonprofit supported by group rents, meeting collections, and memberships.

New Leaf Club

Montrose Avenue, Rosemont, PA 19010

(610) 525-1711

www.newleafclub

Email: info@newleafclub.org

The New Leaf Club is a non-profit (501c3) community center—located in the heart of the Main Line—dedicated to providing a space for wellness and recovery-related events, activities, lectures, education and support groups. We value mindfulness, openness, diversity, acceptance, balance, collaboration and cooperation.

West Chester 307 Club

East Bradford Shops, 700 South Bradford Avenue
West Chester, PA 19382 (Route 52 & Nields Street)

Website: 307club.org

The 307 Club is a 501(3) non-profit organization. Our purpose is to provide the recovery community of West Chester a clean and safe environment to hold Twelve Step meetings, to gather socially in the spirit of recovery, and to organize and hold ongoing social activities and functions for members and their families. Our operating model is based on the Twelve Traditions of Alcoholics Anonymous and our goal is to use all funds in excess of operating expenses to improve the club.

PRO-ACT Chester County

16 Mystic Lane, Ste. 100
Malvern, PA 19335
Email: proactchesco@gmail.com
Facebook: www.Facebook.com/proactchesco/

Grief Support Groups and Organizations

Below is a list of organizations operating in Chester and nearby counties that offer grief support to families who have lost a loved one to substance use disorder. *The descriptions of the services they offer are from their website. Inclusion in this list is not an endorsement of any particular provider.*

Berks County

Berks County GRASP Chapter

Lori Kuhn 610-334-9845

Meetings held on the 1st and 3rd Tuesday of each month

Still Waters Ministries (No Fee/Grief Counseling)

Conestoga Mennonite Church

2779 Main Street

Morgantown, PA 19543

Contact 610-286-9555

Bucks County

Bucks County GRASP Chapter

Bucks County Office Complex, At PRO-ACT/Southern

Bucks Recover Center

1286 Veterans Hwy (formerly New Rogers Road/ Rt. 413

Bristol, PA 19007

Contact Barbara Hentosh (215) 264-6768 or

Dave Hentosh (215) 264-4943

First and third Thursday of each month, 7:00 pm - 8:30

Chester County

A Path to Healing

8 Week Support Group, March 27 – May 15, 7:00 pm

St. John's Lutheran Church

335 St Johns Circle

Phoenixville, PA 19460

Register/Info Pam Moules (610) 247-1920

At A Loss

First Presbyterian Church of West Chester

130 West Miner St

West Chester, PA 19382

Thursdays, 7:00 pm-9:00 pm, FREE

Family Lives on Foundation

582 Wharton Blvd, Exton, PA 19341

Call (610) 458-1690

<https://www.facebook.com/FamilyLivesOn/>

If Love Were Enough Drop-in Grief Support

Unionville Presbyterian Church (House across the street)

815 Wollaston Rd.

Kennett Square, PA 19348

610-347-2327

Wednesday, 7:30 pm

Delaware County

Delaware County GRASP Chapter

Siloam United Methodist Church

3720 Foulk Road

Garnet Valley, PA 19060

Contact Barbara Bosacco (610) 608-1224

Website: www.grasphelp.org

1st Friday of each month, 6:30 pm to 8

Grief Share

Calvary Chapel of Delaware County

500 Brandywine Drive

Chadds Ford, PA 19317

Contact Fran & Carol Krawiec

<http://ccdelco.com/>

Thursday, 7:00 pm, FREE

Ryan's Hope Program

336 King of Prussia Rd.

Radnor, PA 19087

kim@petersplaceonline.com

8 Weeks – fall & spring sessions

Unity in the Community

Linwood Heights United Methodist Church

1625 Chichester Ave

Linwood, PA 19061

Contact Pastor Ethel F. Guy, Pastor (610) 485-2300

Montgomery County

Life After Loss

New Leaf Club

1225 Montrose Ave

Rosemont, PA 19010

Contact Fran Gerstein, LCSW

Wednesday, 5:30 pm (\$20 per class)

Montgomery County GRASP Chapter

Horsham Clinic - Conference Center

722 Butler Pike

Ambler, PA

Contact Ginny Murray (215) 884-3916

2nd Friday of every month Pre-Registration required

Pottstown YMCA

724 Adams St

Pottstown, PA 19464

Contact Rev. John Smolik (610) 323-7300

Email: lseponski@philaymca.org

1ST & 3RD Wednesday of every month at 6:30 pm

Philadelphia County

Philadelphia Gift of Life Organ Donation Grief Counseling

Contact Jackie 215-557-8090

8 free counseling sessions if victim was an organ donor

Philadelphia, PA (North East) GRASP Chapter

St. Timothy Lutheran Church

7965 Filmore St. (Huntingdon Pike)

Philadelphia, PA 19111

Contact Fran Ciabattoni (215) 745-4591/ 267-968-7792

Meet every Wed. at 7:30 pm to 9:00

Philadelphia, PA GRASP Chapter

PRO-ACT - Pennsylvania Recovery Organization-Achieving Community Together

444 North 3rd Street Suite 307

Philadelphia, PA 19123

Fred Martin - 215-923-1661

Every Wednesday at 7:00 pm – 8:30 pm

Other Grief Support Information

Name	Website
Find different types of grief/loss support	https://www.tcf.org.uk/
Has email support group	www.griefnet.org
Search support groups by county	http://grasphelp.org/community/meetings/
Supportgroup-WestChester (Thursday 7-9 pm)	http://www.firstpreswc.com/
Support group – Wednesdays 5:30 pm	https://www.newleafclub.org/
Family Life Care	https://familylifecarein.org/family-grief-support/
SAMSHA – Grief Tip Sheet Grief Net www.griefnet.org (Has an email support group (loss-from-substances) \$10 a month to join	https://store.samhsa.gov/product/SMA17-5035