

*Community-University  
Health Care Center*

**Alternative Chemical Health Resource List**

<b>Resource</b>	<b>Description</b>	<b>Details</b>
HAMS: Harm Reduction for Alcohol	A website with support and information for those interested in safer drinking reduced drinking, or quitting altogether.	<a href="http://www.hamsnetwork.org">www.hamsnetwork.org</a> Free
The Wellness Center	Reiki, a holistic tool which helps body, mind and spirit to heal itself by promoting deep relaxation and stress relief. It is gentle, can be used with or without touch, and complements other healing methods. It can relieve anxiety and other emotional concerns, relieve pain, release traumatic body memories, promote self-esteem and create awareness of new possibilities. Post-Trauma Healing supports healing for survivors of sexual, mental, verbal, emotional, physical, and spiritual abuse, including PTSD.	Phone: 612- 827-2877 barbarasimmonds@ bmsreiki.com <a href="http://www.bmsreiki.com">www.bmsreiki.com</a> Sliding fee: \$45—\$150 per session, 75 minutes Does not accept Insurance.
The Recovery Church	The mission of the Recovery Church is to provide a spiritual community for people in search of Growth, Healing, and Recovery. They offer Sunday worship, Sunday School for children ages 4-12, spiritual growth, and fellowship and service opportunities. Both 12 step and 12 step alternative meetings are offered on site.	Phone: 651-291-1371 253 State Street St. Paul, MN Free
Moderation Management	A behavioral change program and support group network. Free for people concerned about their drinking and who desire to make positive lifestyle changes.	<a href="http://www.moderation.org">www.moderation.org</a> Free
Smart Recovery	SMART Recovery uses a 4-Point Program to help people recover from all types of addictions and addictive behaviors. SMART Recovery sponsors face-to-face meetings, daily online meetings, and message boards.	<a href="http://www.smartrecovery.org">www.smartrecovery.org</a> Free
Women for Sobriety	Support Group specifically for Women in recovery offering face-to-face meetings as well as online chat meetings.	<a href="http://www.womenforsobriety.org">www.womenforsobriety.org</a> Free
Celebrate Recovery	Celebrate Recovery is a biblical and balanced program that helps us overcome our hurts, hang-ups, and habits. It is based on the actual words of Jesus rather than psychological theory.	<a href="http://www.celebraterecovery.com">www.celebraterecovery.com</a> Free

# UNIVERSITY OF MINNESOTA

---

## *Community-University Health Care Center*

Minnesota Zen Meditation Center	Welcoming all who want to learn more about Zen Buddhist meditation. Our vibrant community is committed to Zen practice and teachings, and offers daily sitting meditation, weekly classes and lectures, and monthly intensive meditation retreats.	<a href="http://www.mnzencenter.org">www.mnzencenter.org</a> Free
SOS (Secular Organizations for Sobriety)	Secular Organizations for Sobriety (also known as Save Our Selves) meetings are for people suffering from either alcoholism or drug addiction. SOS encourages the use of science and reason to further develop insight into the nature of one's own drug addiction, rather than spiritual principles or higher power. They believe that support is critical to helping individuals achieve and maintain sobriety.	<a href="http://www.sossobriety.org">www.sossobriety.org</a>
Addiction Busters Support Group	Support Group for discussing alternative, cognitive approaches that may help you battle your addiction in new and different ways! This is a mixed, open group; both men and women are welcome!	Twin Cities Men's Center 3249 Hennepin Ave. So Minneapolis, MN 55408 <a href="http://www.tcmc.org">www.tcmc.org</a> Men and Women Tuesdays, 7:30-9:30pm
White Bison	White Bison is a proud facilitator of the Wellbriety Movement. Wellbriety means to be sober and well. Wellbriety teaches that we must find sobriety from addictions to alcohol and other drugs and recover from the harmful effects of drugs and alcohol on individuals, families and whole communities. The "Well" part of Wellbriety is the inspiration to go on beyond sobriety and recovery, committing to a life of wellness and healing every day.	<a href="http://www.whitebison.org">www.whitebison.org</a>
Meet Up	Meet others who are committed to an alcohol-free Lifestyle. Gather to participate in social activities such as dining out, beach walks, day trips, golf, card games and board game parties, and more! Make friends with people who know you don't need to drink to have a good time.	<a href="http://www.meetup.com">www.meetup.com</a> Search on keywords (e.g. sober for the group "Minneapolis Alcohol-Free Group") Some activity fees