

Western Alliance continued...

US Department of Education, services are offered free of charge to people with all types disabilities. In addition to a resource library, WACIL maintains a data base of information on housing, health services, and other topics of interest to consumers. Through its Cyber Pals Program, donated computers with e-mail access are placed into the homes of people with disabilities, enabling them to keep in touch with friends and family. The Center offers free self-help and computer classes as well as a monthly potluck.

Mountain Area Residential Facilities

PO Box 5514
Asheville, NC 28813
(828) 299-3636
marfinc108@charterinternet.com

A private agency providing residential and other services to adults with developmental disabilities (DD), Mountain Area Residential Facilities offers a support group for women with DD who function at a mild-moderate level. The group meets Tuesdays, 3:30 p.m., for one hour at the Cathedral of All Souls, Biltmore Village, Asheville. Sessions focus on social skills and strategies for problem solving plus artwork activities and periodic social outings. Meetings led by a licensed social worker or qualified professional. The group is open to women in the community; members referred by case managers. Fee determined by client resources.

DEVELOPMENTAL DISABILITIES

MADISON COUNTY

Autism Society of North Carolina Asheville Office

239 South French Broad Avenue
Asheville, NC 28801
(828) 236-1547 X14 Parent advocate
(828) 236-3675 Fax
(800) 442-2762 Autism Society of North Carolina
www.autismsociety-nc.org

The Autism Society is a major advocate nationwide for increased options



DIRECTORY OF SUPPORT CONNECTIONS

Helping one another on the road to recovery

Mental Health · Developmental Disabilities · Substance Abuse



**BUNCOMBE • HENDERSON • MADISON
MITCHELL • POLK • RUTHERFORD
TRANSYLVANIA • YANCEY
COUNTIES**

MENTAL HEALTH / ADULTS & CHILDREN

BUNCOMBE COUNTY

Family Support Network of WNC

Mission Children's Hospital
11 Vanderbilt Park Dr
Asheville, NC 28803
(828) 213-0033
(888) 810-2800 X2
roxann.colwell@msj.org
www.FamilySupportNetworkWNC.org

The Family Support Network offers support for families of children with special needs— hearing or visual impairment; chronic illness; problems related to premature birth; brain disorders; and other health- or learning-related disorders. Its outreach extends to Buncombe, Henderson, Madison, Mitchell, Yancey and Transylvania Counties.

Awareness brings understanding. FSN works to support and increase parents' understanding or raising a child with special needs and to educate citizens on ways to support those families. FSN provides:

- Specialty Resource Lending Library
- Community Resource Guide
- Educational workshops
- Quarterly Newsletter

F.I.R.S.T

PO Box 802
Asheville, NC 28802
(828) 277-1315 OR (877) 633-3178 Toll Free
(828) 277-1321 Fax
janet@FIRSTwnc.org OR firstwnc@aol.com
www.FIRSTwnc.org

F.I.R.S.T is a nonprofit, family-driven organization, a resource center for families of children with developmental disabilities and children with mental illness. The organization received Community Parent Resource Center funding from the US Department of Education for parent training and the dissemination of information about children's educational rights under the Individuals with Disabilities Education Act.

The organization partners with the Asheville Parks and Recreation Department and Mars Hill College Special Education Program for some

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Hearing Loss Association of America (HLAA)

103 Jackson's Run
Morganton, NC 28665
diattaway@juno.com

Through its programs of support, education, and advocacy, HLA helps open the world of communication for people with hearing loss. Although it has no face-to-face support groups in our area, HLA does offer the following online support programs:

www.myhearingloss.org Chat rooms
www.hearingloss.org Click on "E-newsletter"

If you would like to start a face-to-face support group, you can get help by contacting the state chapter coordinator at number above.

Western Alliance Center for Independent Living (WACIL)

1070 Tunnel Road, Suite 20
Asheville, NC 28805
Kathy Hollingsworth, Associate Director
khollingsworth@westernalliance.org
(828) 298-1977 (Voice/TTY)
(828) 298-0875 Fax
www.westernalliance.org

Western Alliance Center for Independent Living helps person's with disabilities learn the skills needed to live independently. Funded by the

Autism Society continued...

variety of services to those affected with the disorder and their families. At the Asheville office, a parent advocate helps parents start support groups throughout the western part of the state. Current Henderson County support groups are:

The Henderson Support Group

828-696-7347, 687-7608, or 236-1547
Second Tuesday, 6:30 p.m.
Balfour Baptist Church
2502 Asheville Highway
Hendersonville

Family Support Network of WNC

Mission Children's Hospital
11 Vanderbilt Park Dr
Asheville, NC 28803
(828) 213-0033
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F.I.R.S.T continued...

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In Our Own Voice

(828) 215-3444
namiwc.voice@charter.net

This is a group of people recovering from mental illness who give free education programs about recovery to community groups. The purpose of the program is to dispel stigma and eliminate discrimination.

Magnetic Minds

(828) 232-0438
www.magneticminds.org

Magnetic Minds Bipolar Disorder Support Group is for people with bipolar disorder/manic depression only. It meets the first and third Wednesdays at 7 p.m., Mountainhouse, 225 East Chestnut Street, Asheville, (828) 258-9655.

NAMI Western Carolina

National Alliance on Mental Illness
PO Box 8046
Asheville, NC 28814
(828) 687-6901
(828) 298-1847
Information help line
(800) 950-6264
namiwesterncarolina@msn.com
www.naminc.org NAMI North Carolina
www.nami.org NAMI National

NAMI WC is dedicated to improving the lives of people with brain disorders through support, education, and advocacy. It meets the first Saturday of the month, 9:30 a.m., and third Tuesday, 7 p.m., at Mountainhouse, 225 East Chestnut Street, Asheville. Support sessions are part of every meeting.

NAMI continued...

There are three groups— one for family members, one for consumers, and one mixed. NAMI WC support meetings are led by trained members, not by mental health professionals. Some meetings also feature speakers from mental health and related fields. NAMI WC’s membership includes family members, consumers, friends, advocates, and professionals. Individual/family membership is \$35 a year. Open-door membership is \$3 a year for consumers and families of limited means. Members receive free local and state NAMI newsletters and the national magazine. NAMI WC sponsors the following free support groups:

Family-to-Family
(828) 299-9596

NAMI’s Family-to-Family Education Program is a free 12-week course for family members and friends of people with serious mental illness. The program provides support plus comprehensive information about brain disorders and their treatment, tips on coping, and advocacy training. The course is offered periodically at various locations. Pre-registration is required. Classes fill up quickly and class size is limited. Call the number above to sign up for the next available session.

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Smokey Mountain Brain Injury Support Group

115 Sleepy Forest Drive
Leicester, NC 28748
(828) 683-8788

Western Alliance continued...

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DEVELOPMENTAL DISABILITIES

HENDERSON COUNTY

Autism Society of North Carolina Asheville Office

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Asheville, NC 28801
(828) 236-1547 X14 Parent advocate
(828) 236-3675 Fax
(800) 442-2762 Autism Society of North Carolina
www.autismsociety-nc.org

The Autism Society is a major advocate nationwide for increased options and opportunities for people on the autism spectrum. It provides a

F.I.R.S.T continued...

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Asheville, NC 28805
Kathy Hollingsworth, Associate Director
khollingsworth@westernalliance.org
(828) 298-1977 (Voice/TTY)
(828) 298-0875 Fax
www.westernalliance.org

Western Alliance Center for Independent Living helps person's with disabilities learn the skills needed to live independently. Funded by the US Department of Education, services are offered free of charge to

Brain Injury Association of North Carolina (BIANC)

Box 10912
Raleigh, NC 27605
(800) 377-1464 Family help line
bianc@bianc.net
www.bianc.net

Smokey Mountain Brain Injury Support Group is one of more than 30 affiliates of the Brain Injury Association of NC (BIANC). Founded in 1982 by families and professionals, the group works to create a better future for child, adolescent, and adult survivors of brain injury.

Adult Support Meetings
(828) 683-8788 Call to confirm meetings

Survivors, families, friends, caregivers, and other interested people meet fourth Tuesdays, 6 -8:30 p.m., Harvest House, 205 Kenilworth Road, Asheville. These meetings feature guest speakers and refreshments. Members of the group also enjoy various other activities such as bowling, camping, and movies.

- **Teens-plus**

(800) 544-7489
(828) 674-6469 cell Karen Harrington (work)
(828) 225-4611 days
(828) 681-0313 evenings

Teens and families meet the first Tuesday of the month at 7 p.m. in the Seymour Auditorium, Thomas Rehabilitation Hospital, 68 Sweeten Creek Rd, Asheville.

- **Hospital support.** Members of the Smokey Mountain BIANC are available at area hospitals to give support and information to families of individuals who have sustained brain injury.
 - **Information pack.** The BIANC packet for families contains information about brain injury, tips on coping, and strategies for the future (Download at www.bianc.net/skillpack.htm pages are in PDF Adobe Acrobat format. It also may be ordered from BIANC at the above address. A packet for professionals is available.
-

Recovery International

Wendy Bell
(828) 253-5873
(312) 337-5661 International
inquiries@recovery-inc.org
www.recovery-inc.org

Struggling with fears, panic, anxiety, frustration, anger, depression, and/or addiction? Recovery International helps people recover from disorders like these using a self-help method of will training.

Recovery International is not a substitute for professional care or medication nor does it provide diagnosis, treatment, or counseling. Members are expected to follow the advice of their own physicians or other professionals.

T.H.E. Center for Disordered Eating

The Treatment, Healing & Education Center for Disordered Eating
Woman's Resource Center
Mission Hospital
50 Doctors Drive, West Annex
Asheville, NC 28801
(828) 337-4685
THECenterNC@hotmail.com

Established and operated by volunteers, T.H.E. Center provides free support, education, and resources for individual women and men as well as families dealing with disordered eating and/or body image issues.

If you or someone you know needs help with these issues, T.H.E. Center will welcome your call or e-mail. Keep in mind that the volunteers who maintain this new center do not have regular office hours. They do, however, check their phone and online messages daily and respond. T.H.E. Center's support groups are:

- **Disordered Eating Community Support Group**
(828) 712-7797
Wednesdays 7-8:30 p.m.
Women's Resource Center
-

Autism Society continued...

- Evening group for families of children of all ages with autism
(828) 275-5778 or 236-1547
 - Mondays, 6-8 p.m., at the Society. Child care is provided.
Drop-in session for parents of 3 to 5-year-olds
(828) 713-7217 or 236-1547
 - Third Tuesdays, 12:30-2:30 p.m., at food court of the Asheville Mall near play area.
 - Spanish-speaking support group
(828) 251-6319 or 236-1547
 - Third Monday, 6-7 p.m., at society headquarters.
Interpreter and child care provided.
-

Family Support Network of WNC

Mission Children's Hospital
11 Vanderbilt Park Dr
Asheville, NC 28803
(828) 213-0033
(888) 810-2800 X2
roxann.colwell@msj.org
www.FamilySupportNetworkWNC.org

The Family Support Network offers support for families of children with special needs— hearing or visual impairment; chronic illness; problems related to premature birth; brain disorders; and other health- or learning-related disorders. Its outreach extends to Buncombe, Henderson, Madison, Mitchell, Yancey and Transylvania Counties. Awareness brings understanding. FSN works to support and increase parents' understanding or raising a child with special needs and to educate citizens on ways to support those families. FSN provides:

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F.I.R.S.T

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(828) 277-1315 OR (877) 633-3178 Toll Free
(828) 277-1321 Fax
janet@FIRSTwnc.org OR firstwnc@aol.com
www.FIRSTwnc.org

DEVELOPMENTAL DISABILITIES

BUNCOMBE COUNTY

The Arc of Buncombe County

50 South French Broad Avenue
Suite 257
Asheville, NC 28802
(828) 253-1255 Tel
(828) 253-1250 Fax
arcbc@bellsouth.net
www.arcnc.org

The Arc's focus is advocacy for policies and services to benefit people with mental retardation and related developmental disabilities. It also provides support for family members by appointment, and volunteers work with clients with semi-independent lives to manage their finances.

- **Resources.** The Arc maintains a lending library for families and professionals. In addition, nearly 40 publications in English and Spanish on a range of topics can be downloaded free at www.arcbc.org.
- **Emergency Assistance.** The Arc can sometimes provide financial assistance to families of people with mental retardation and/or developmental Disabilities.

Autism Society of North Carolina Asheville Office

239 South French Broad Avenue
Asheville, NC 28801
(828) 236-1547 X14 Parent advocate
(828) 236-3675 Fax
(800) 442-2762 Autism Society of North Carolina
www.autismsociety-nc.org

The Autism Society is a major advocate nationwide for increased options and opportunities for people on the autism spectrum. It provides a variety of services to those affected with the disorder and their families. At the Asheville office, a parent advocate helps parents start support groups throughout the western part of the state. Current Buncombe County support groups are;

The Telephone Network

NAMI North Carolina
(800) 451-9682

Can't come to support meetings but would like to give and get support? NAMI North Carolina's telephone network may be just what you need! Made up of consumers and families across the state, the network is coordinated with the NAMI Helpline. For example, if a troubled NC mental health consumer or family member wants to talk with someone who has similar problems, he or she calls the number above and a NAMI staffer matches the caller with a network member for continued phone support. The telephone network is available to all adults involved with mental illness - adult consumers, their families, and the parents of children with mental health problems - whether they are members of NAMI or not!

Western Alliance Center for Independent Living (WACIL)

1070 Tunnel Road, Suite 20
Asheville, NC 28805
Kathy Hollingsworth, Associate Director
khollingsworth@westernalliance.org
(828) 298-1977 (Voice/TTY)
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www.westernalliance.org

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WNC Families CAN

PO Box 665
Arden, NC 28704
wncfamilies@bellsouth.net
www.wncfamiliescan.org

WNC Families continued ...

WNC Families CAN, through mutual support and community collaboration, provides resources, referrals, education, and advocacy for families of children with challenging behavior and serious emotional disorders. Meetings are held the first Tuesday of the month, 5:30 p.m., Friends Meeting House, 227 Edgewood Road (west off Merrimon Avenue), Asheville. There are no fees.

Support sessions are part of every meeting. Special programs feature speakers from mental health and related fields. Dinner and child care provided. No meeting in December. Dial for support!

- **Dial for support!** Families CAN also provides telephone support. Just call the support coordinator at number above. She will give your name and number to a member with concerns similar to yours. That person will call you.
- **Ongoing education.** Families CAN provides e-mail updates on children's mental health issues. To have your name added to the mailing list, send your e-mail address to bauknight@bellsouth.net. Families CAN maintains a library with titles of interest to families. Its Web site offers information on a wide range of topics.

MENTAL HEALTH / ADULTS & CHILDREN

Henderson County

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Asheville, NC 28803
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Family Support continued...

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NAMI Four Seasons (FS)

National Alliance on Mental Illness
PO Box 2108
Hendersonville NC 28793
www.naminc.org NAMI North Carolina
www.nami.org NAMI National

NAMI Four Seasons is a grassroots organization providing support, education, and advocacy for the families and friends of people with serious and persistent mental illness. NAMI members work together to find mutual support and solutions to problems.

Most meetings are held in Hendersonville at either Grace Lutheran Church, Sixth Avenue and Blythe Street, or Pardee Hospital Health Education Center, Blue Ridge Mall, Four Seasons Boulevard, near the

NAMI continued...

Hendersonville exit of I-26.

Self-help support sessions for family members are the second Thursday of the month, 5 p.m., at the Pardee Center and the fourth Saturday, 10 a.m., Grace Lutheran Church. Trained family members serve as facilitators.

General meetings are held the third Saturday, 9:30 a.m., Grace Lutheran Church, followed by an educational meeting at 10:30 a.m.

Regular dues are \$35; open-door membership for people with limited means, \$3. Membership is not required to attend meetings. NAMI FS sponsors the following free self-help support/education groups:

Family-to-Family

(828) 891-2234

The Family-to-Family Education Program is for families of adults with severe and persistent mental illness. Classes provide support along with comprehensive information about brain disorders and their treatment, tips on coping, and opportunities for advocacy. The program is taught by trained facilitators. Class size is limited; registration required.

NAMI Young Families

(828) 696-2628

nami_mommy@mchsi.com

Sponsored by NAMI Four Seasons

Support group for parents and families of children with severe behavior problems and brain disorders meets first Thursday, 6:30 p.m., at the center, and fourth Wednesday, Early Bird 8:30 a.m., at Denny's of Hendersonville, 1550 Four Seasons Boulevard, Hendersonville.

NAMI CARE

(828) 883-2953

Sponsored by NAMI FS, NAMI CARE is a free self-help support group for adult consumers with mental illness. Meetings are the second and fourth Tuesdays of the month, 4:30 p.m., at the Sixth Avenue West Clubhouse, 714 Sixth Avenue West, Hendersonville. Participants do not have to be NAMI or clubhouse members. Marcia Weber, MSW, a consumer, is facilitator. Use double doors at side of building.

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Can't come to support meetings but would like to give and get support? NAMI North Carolina's telephone network may be just what you need! Made up of consumers and families across the state, the network is coordinated with the NAMI Helpline. For example, if a troubled NC mental health consumer or family member wants to talk with someone who has similar problems, he or she calls the number above and a NAMI staffer matches the caller with a network member for continued phone support. The telephone network is available to all adults involved with mental illness - adult consumers, their families, and the parents of children with mental health problems - whether they are members of NAMI or not!

Hearing Loss Association of America (HLAA)

103 Jackson's Run
Morganton, NC 28665
diattaway@juno.com

Through its programs of support, education, and advocacy, HLA helps open the world of communication for people with hearing loss. Although it has no face-to-face support groups in our area, HLA does offer the following online support programs:

www.myhearingloss.org Chat rooms
www.hearingloss.org Click on “E-newsletter”

If you would like to start a face-to-face support group, you can get help by contacting the state chapter coordinator at number above.

The Telephone Network

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Pardee Hospital Health Education Center

Blue Ridge Mall
1800 Four Seasons Boulevard
Hendersonville, NC 28792
(828) 692-4600
www.pardeehospital.org

Pardee Hospital continued...

One of the first mall-based hospital education centers in the country when it opened in 1989, the Pardee Hospital Health Education Center provides a wide range of support and educational services and has hundreds of free brochures for visitors.

The Center is the meeting place for many local support groups—its own and those of other health-related organizations. A calendar of activities is available at the Web site above.

Pardee ADHD Support Group

(828) 692-4600

This support group is for adults with attention deficit hyperactivity disorder (ADHD) and families of children with the disorder. It meets the fourth Tuesday, 7- 8:30 p.m., at the center and is facilitated by a licensed psychologist.

Pardee Consumer Bipolar Disorder Support

(828) 692-4600

Provides an understanding atmosphere, emotional support, and education for adult consumers with depression and bipolar disorder/manic depression. Meets first and third Tuesdays, 7 p.m., at the center.

Western Alliance Center for Independent Living (WACIL)

1070 Tunnel Road, Suite 20

Asheville, NC 28805

Kathy Hollingsworth, Associate Director

khollingsworth@westernalliance.org

(828) 298-1977 (Voice/TTY)

(828) 298-0875 Fax

www.westernalliance.org

Western Alliance Center for Independent Living helps person's with disabilities learn the skills needed to live independently. Funded by the US Department of Education, services are offered free of charge to people with all types disabilities.

In addition to a resource library, WACIL maintains a data base of information on housing, health services, and other topics of interest to consumers. Through its Cyber Pals Program, donated computers with

Family Support Network of WNC

Mission Children's Hospital

11 Vanderbilt Park Dr

Asheville, NC 28803

(828) 213-0033

(888) 810-2800 X2

roxann.colwell@msj.org

www.FamilySupportNetworkWNC.org

The Family Support Network offers support for families of children with special needs— hearing or visual impairment; chronic illness; problems related to premature birth; brain disorders; and other health- or learning-related disorders. Its outreach extends to Buncombe, Henderson, Madison, Mitchell, Yancey and Transylvania Counties. Awareness brings understanding. FSN works to support and increase parents' understanding or raising a child with special needs and to educate citizens on ways to support those families. FSN provides:

- Specialty Resource Lending Library
- Community Resource Guide
- Educational workshops
- Quarterly Newsletter

NAMI Young Families

(828) 696-2628

nami_mommy@mchsi.com

Sponsored by NAMI Four Seasons

Support group for parents and families of children with severe behavior problems and brain disorders.

Second Monday, 6:00 p.m.

Children's Center of Transylvania County

105 South Johnson Street, Brevard.

Hearing Loss Association of America (HLAA)

103 Jackson's Run

Morganton, NC 28665

diattaway@juno.com

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Western Alliance continued...

consumers. Through its Cyber Pals Program, donated computers with e-mail access are placed into the homes of people with disabilities, enabling them to keep in touch with friends and family. The Center offers free self-help and computer classes as well as a monthly potluck.

Recovery International

Wendy Bell
(828) 253-5873
(312) 337-5661 International
inquiries@recovery-inc.org
www.recovery-inc.org

Struggling with fears, panic, anxiety, frustration, anger, depression, and/or addiction? Recovery International helps people recover from disorders like these using a self-help method of will training.

Recovery International is not a substitute for professional care or medication nor does it provide diagnosis, treatment, or counseling. Members are expected to follow the advice of their own physicians or other professionals.

MENTAL HEALTH / ADULTS & CHILDREN

TRANSYLVANIA COUNTY

Transylvania Advocates for Mental Health (TAMH)

Newland Conference Room
Transylvania Community Hospital
Brevard, NC
(828) 884-4738

The Transylvania Advocates for Mental Health (TAMH) provides support and advocacy for consumers with mental illness, developmental disabilities, and substance abuse disorders, their families, and friends. Meetings are the first Thursday, 7:00pm in the Newland Conference Room at the hospital. Support Groups for Families meets on the second Thursday, 7:00pm at Unitarian.

Western Alliance continued...

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MENTAL HEALTH / ADULTS & CHILDREN

MADISON COUNTY

Family Support Network of WNC

Mission Children’s Hospital
11 Vanderbilt Park Dr
Asheville, NC 28803
(828) 213-0033
(888) 810-2800 X2
roxann.colwell@msj.org
www.FamilySupportNetworkWNC.org

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F.I.R.S.T

PO Box 802
Asheville, NC 28802
(828) 277-1315 OR (877) 633-3178 Toll Free
(828) 277-1321 Fax
janet@FIRSTwnc.org OR firstwnc@aol.com
www.FIRSTwnc.org

F.I.R.S.T is a nonprofit, family-driven organization, a resource center for families of children with developmental disabilities and children with

F.I.R.S.T continued...

mental illness. The organization received Community Parent Resource Center funding from the US Department of Education for parent training and the dissemination of information about children's educational rights under the Individuals with Disabilities Education Act.

The organization partners with the Asheville Parks and Recreation Department and Mars Hill College Special Education Program for some projects. It serves families in Buncombe, Henderson, Madison, and Yancey Counties, targeting rural and Latino populations. Staff members conduct IEP clinics monthly in Madison and Yancey Counties.

Homeschoolers Family Support Group

(828) 649-3346 Elizabeth

itchpeople@verizon.net

Newly-forming support group. Contact via telephone number or e-mail address above for meeting time and place.

The Lunch Group

4847 Big Laurel Road

Marshall, NC 28753

(828) 656-2018

Parents of older children with mental health and/or substance abuse problems meet at noon on various days. Members bring lunch. Call or e-mail to get dates of specific meetings.

The Telephone Network

NAMI North Carolina

(800) 451-9682

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The Telephone Network continued...

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www.hearingloss.org Click on "E-newsletter"

If you would like to start a face-to-face support group, you can get help by contacting the state chapter coordinator at number above.

Foothills Grandparents Raising Grandkids

(828) 287-6010 Tracy Davis

(877) 252-8066 Joan Keupr

(828) 287-6020

Call for details about meetings.

Western Alliance Center for Independent Living (WACIL)

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MENTAL HEALTH / ADULTS & CHILDREN

RUTHERFORD COUNTY

The Telephone Network

NAMI North Carolina
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MENTAL HEALTH / ADULTS & CHILDREN

MITCHELL COUNTY

Family Support Network of WNC

Mission Children’s Hospital
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Asheville, NC 28803
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roxann.colwell@msj.org
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Family Support continued...

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MENTAL HEALTH / ADULTS & CHILDREN

POLK COUNTY

NAMI Young Families Support

(828) 696-2628
nami_mommy@mchsi.com
Sponsored by NAMI Four Seasons

Support group for parents and families of children with severe behavior problems and brain disorders meets third Tuesday, 9:30 a.m., in the Isothermal Building, Columbus.

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North Carolina Mountain Central Office
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Asheville, NC 28801
(828) 254-8539 Buncombe County
(800) 524-0465

www.ashevilleaa.org

AA is a fellowship of men and women who share their experience, strength, and hope in order to help one another recover. The only requirement for membership is a desire to stop drinking. There are no dues or fees; the organization is self-supporting through members' contributions. AA is not allied with any sect, denomination, political belief, organization, or institution nor does it endorse or oppose any cause.

Autism Society continued...

and opportunities for people on the autism spectrum. It provides a variety of services to those affected with the disorder and their families. At the Asheville office, a parent advocate helps parents start support groups throughout the western part of the state.

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Asheville, NC 28802
(828) 277-1315 OR (877) 633-3178 Toll Free
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janet@FIRSTwnc.org OR firstwnc@aol.com

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F.I.R.S.T continued...

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In addition to a resource library, WACIL maintains a data base of information on housing, health services, and other topics of interest to

Adult Children of Alcoholics continued...

Meeting Packet contains material for starting a group and literature samples. For information contact literaure@adultchildren.org.

Al-Anon Family Groups

World Service Office
1600 Corporate Landing Parkway
Virginia Beach, Virginia 23454-5617
(757) 563-1600 Tel
(757) 563-1655 Fax
wso@al-anon.org
www.al-anon.alateen.org
(800) 286-1326 District One (WNC)
(888) 425-2666 Face-to-face support groups
(919) 787-1653 Literature (NC)

The problems of each individual with alcoholism are said to affect at least four other people—alcoholism is truly a family disease. Al-Anon Family Groups, which includes Alateen for younger members, helps families and friends recover from the effects of living with the disease. We do not know of any Al-Anon face-to-face groups in Yancey County, but the organization's electronic support programs are becoming increasingly popular. The programs below can be accessed at www.ola-is.org/.

- **E-mail "meetings."** Probably the easiest way to participate in online Al-Anon is to access its e-mail support meetings—open to anyone who can send and receive e-mail. Typically, a member e-mails a message to an address on the group's list. There, it is automatically forwarded to all other members on the list, who may send their responses in a similar way. Meetings are conducted in six languages—English, French, German, Japanese, Portuguese, and Spanish.
- **Chat rooms.** In these "meetings," participants "talk" with one another on their computer screens in real time. Message typed on a member's keyboard appears instantly on the screens of all others in the "room" at the time.
- **Lone members.** For people who cannot attend face-to-face meetings because of travel distance (25 miles or more to get to a meeting), physical impairment, or illness, Al-Anon has a lone member service. These members receive support via written correspondence with members who attend regular meetings. For more information, call 1(757) 563-1600.

Al-Anon continued...

correspondence with members who attend regular meetings. For more information, call 1(757) 563-1600.

Alcoholics Anonymous (AA)
North Carolina Mountain Central Office
107 Park Place Office Building
70 Woodfin Place
Asheville, NC 28801

(828) 254-8539 Buncombe County
(800) 524-0465
www.ashevilleaa.org

AA is a fellowship of men and women who share their experience, strength, and hope in order to help one another recover. The only requirement for membership is a desire to stop drinking. There are no dues or fees; the organization is self-supporting through members' contributions. AA is not allied with any sect, denomination, political belief, organization, or institution nor does it endorse or oppose any cause.

SUBSTANCE ABUSE
YANCEY COUNTY

Adult Children of Alcoholics & Dysfunctional Families (ACA)
World Service Organization
PO Box 3216
Torrance, CA 90512
(310) 534-1815
info@adultschildren.org
www.adultchildren.org

ACA is a program for men and women who have grown up in alcoholic or otherwise dysfunctional homes. In the mutually respectful, safe environment of ACA meetings, they learn how to free themselves from the past and improve their lives today. If you would like to start a group, the ACA may be able to help you find other people in your area with the same idea. The organization's New

Western Alliance continued...

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DEVELOPMENTAL DISABILITIES
MITCHELL COUNTY

Autism Society of North Carolina Asheville Office
239 South French Broad Avenue
Asheville, NC 28801
(828) 236-1547 X14 Parent advocate
(828) 236-3675 Fax
(800) 442-2762 Autism Society of North Carolina
www.autismsociety-nc.org

The Autism Society is a major advocate nationwide for increased options and opportunities for people on the autism spectrum. It provides a variety of services to those affected with the disorder and their families. At the Asheville office, a parent advocate helps parents start support groups throughout the western part of the state.

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(828) 213-0033
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www.FamilySupportNetworkWNC.org

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Family Support continued...

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Adult Children of Alcoholics continued...

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It is estimated that the problems of each individual with alcoholism affect at least four other people. Al-Anon Family Groups, which includes Alateen for younger members, helps families and friends recover from the effects of living with the disease.

Al-Anon's electronic support programs have proved useful to many people who cannot attend face-to-face meetings and to those who wish to use the electronic meetings as supplements to regular meetings. Both the programs below can be accessed at www.ola-is.org/.

- **E-mail "meetings."** Probably the easiest way to participate in online Al-Anon is to access its e-mail support meetings—open to anyone who can send and receive e-mail. Typically, a member e-mails a message to an address on the group's list. There, it is automatically forwarded to all other members on the list, who may send their responses in a similar way. Meetings are conducted in six languages—English, French, German, Japanese, Portuguese, and Spanish.
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SUBSTANCE ABUSE

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Adult Children of Alcoholics continued...

the past and improve their lives today. If you would like to start a group, the ACA may be able to help you find other people in your area with the same idea. The organization's New Meeting Packet contains

Autism Society continued...

groups throughout the western part of the state. Current local group:

Rutherford/Polk Parent Support Group

(828) 248-2663

Second Monday, 7 p.m., choir room of Adaville Baptist Church, 805 Oakland Road, Spindale.

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www.westernalliance.org

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In addition to a resource library, WACIL maintains a data base of information on housing, health services, and other topics of interest to consumers. Through its Cyber Pals Program, donated computers with e-mail access are placed into the homes of people with disabilities, enabling them to keep in touch with friends and family. The Center offers free self-help and computer classes as well as a monthly potluck.

DEVELOPMENTAL DISABILITIES

RUTHERFORD COUNTY

Autism Society of North Carolina Asheville Office

239 South French Broad Avenue
Asheville, NC 28801

(828) 236-1547 X14 Parent advocate

(828) 236-3675 Fax

(800) 442-2762 Autism Society of North Carolina

www.autismsociety-nc.org

The Autism Society is a major advocate nationwide for increased options and opportunities for people on the autism spectrum. It provides a variety of services to those affected with the disorder and their families. At the Asheville office, a parent advocate helps parents start support groups throughout the western part of the state.

Hearing Loss Association of America (HLAA)

103 Jackson's Run
Morganton, NC 28665

diattaway@juno.com

Through its programs of support, education, and advocacy, HLA helps open the world of communication for people with hearing loss. Although it has no face-to-face support groups in our area, HLA does offer the following online support programs:

www.myhearingloss.org Chat rooms

www.hearingloss.org Click on "E-newsletter"

If you would like to start a face-to-face support group, you can get help by contacting the state chapter coordinator at number above.

Western Alliance Center for Independent Living (WACIL)

1070 Tunnel Road, Suite 20
Asheville, NC 28805

Kathy Hollingsworth, Associate Director

khollingsworth@westernalliance.org

(828) 298-1977 (Voice/TTY)

(828) 298-0875 Fax

www.westernalliance.org

Adult Children of Alcoholics continued...

Meeting Packet contains material for starting a group and literature samples. For information contact literaure@adultchildren.org.

Al-Anon Family Groups

World Service Office

1600 Corporate Landing Parkway

Virginia Beach, Virginia 23454-5617

(757) 563-1600 Tel

(757) 563-1655 Fax

wso@al-anon.org

www.al-anon.alateen.org

(800) 286-1326 District One (WNC)

(888) 425-2666 Face-to-face support groups

(919) 787-1653 Literature (NC)

The problems of each individual with alcoholism are said to affect at least four other people—alcoholism is truly a family disease. Al-Anon Family Groups, which includes Alateen for younger members, helps families and friends recover from the effects of living with the disease. Al-Anon has no dues—the groups are supported through voluntary contributions from members.

Al-Anon's electronic support programs have proved useful to many people who cannot attend face-to-face meetings and to those who wish to use the electronic meetings as supplements to regular meetings. All the programs below can be accessed at www.ola-is.org/.

- **E-mail "meetings."** Probably the easiest way to participate in online Al-Anon is to access its e-mail support meetings—open to anyone who can send and receive e-mail. Typically, a member e-mails a message to an address on the group's list. There, it is automatically forwarded to all other members on the list, who may send their responses in a similar way. Meetings are conducted in six languages—English, French, German, Japanese, Portuguese, and Spanish.
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- **Lone members.** For people who cannot attend face-to-face meetings because of travel distance (25 miles or more to get to a

Alcoholics Anonymous continued...

AA is a fellowship of men and women who share their experience, strength, and hope in order to help one another recover. The only requirement for membership is a desire to stop drinking. There are no dues or fees; the organization is self-supporting through members' contributions. AA is not allied with any sect, denomination, political belief, organization, or institution nor does it endorse or oppose any cause.

Co-Dependents Anonymous (CoDa)

World Service Organization
www.coda.org International

CoDa helps adults who have grown up in alcoholic and other types of dysfunctional homes develop fulfilling relationships. It helps them build a sense of self-worth, which, typically, failed to be developed during their chaotic upbringing and the lack of which now hinders them in developing lasting relationships.

SUBSTANCE ABUSE

RUTHERFORD COUNTY

Adult Children of Alcoholics & Dysfunctional Families (ACA)

World Service Organization
PO Box 3216
Torrance, CA 90512
(310) 534-1815
info@adultschildren.org
www.adultchildren.org

Adult Children of Alcoholics continued...

ACA is a program for men and women who have grown up in alcoholic or otherwise dysfunctional homes. In the mutually respectful, safe environment of ACA meetings, they learn how to free themselves from the past and improve their lives today.

If you would like to start a group, the ACA may be able to help you find other people in your area with the same idea. The organization's New

Western Alliance continued...

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DEVELOPMENTAL DISABILITIES

TRANSYLVANIA COUNTY

Autism Society of North Carolina Asheville Office

239 South French Broad Avenue
Asheville, NC 28801
(828) 236-1547 X14 Parent advocate
(828) 236-3675 Fax
(800) 442-2762 Autism Society of North Carolina
www.autismsociety-nc.org

The Autism Society is a major advocate nationwide for increased options and opportunities for people on the autism spectrum. It provides a variety of services to those affected with the disorder and their families. At the Asheville office, a parent advocate helps parents start support groups throughout the western part of the state.

Family Support Network of WNC

Mission Children's Hospital
11 Vanderbilt Park Dr
Asheville, NC 28803
(828) 213-0033
(888) 810-2800 X2
roxann.colwell@msj.org
www.FamilySupportNetworkWNC.org

The Family Support Network offers support for families of children with special needs— hearing or visual impairment; chronic illness; problems related to premature birth; brain disorders; and other health- or

Family Support continued...

learning-related disorders. Its outreach extends to Buncombe, Henderson, Madison, Mitchell, Yancey and Transylvania Counties. Awareness brings understanding. FSN works to support and increase parents' understanding or raising a child with special needs and to educate citizens on ways to support those families. FSN provides:

- Specialty Resource Lending Library
 - Community Resource Guide
 - Educational Workshops
 - Quarterly Newsletter
-

Transylvania Advocates for Mental Health (TAMH)

Newland Conference Room
Transylvania Community Hospital
Brevard, NC
(828) 884-4738

The Transylvania Advocates for Mental Health (TAMH) provides support and advocacy for consumers with mental illness, developmental disabilities, and substance abuse disorders, their families, and friends. Meetings are the first Thursday, 7:00pm in the Newland Conference Room at the hospital. Support Groups for Families meets on the second Thursday, 7:00pm at Unitarian.

Hearing Loss Association of America (HLAA)

103 Jackson's Run
Morganton, NC 28665
diattaway@juno.com

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www.myhearingloss.org Chat rooms
www.hearingloss.org Click on "E-newsletter"

If you would like to start a face-to-face support group, you can get help by contacting the state chapter coordinator at number above.

Al-Anon continued...

wso@al-anon.org
www.al-anon.alateen.org
(800) 286-1326 District One (WNC)
(888) 425-2666 Face-to-face support groups
(919) 787-1653 Literature (NC)

The problems of each individual with alcoholism are said to affect at least four other people—alcoholism is truly a family disease. Al-Anon Family Groups, which includes Alateen for younger members, helps families and friends recover from the effects of living with the disease. Al-Anon has no dues—the groups are supported through voluntary contributions from members.

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-

Alcoholics Anonymous (AA)

North Carolina Mountain Central Office
107 Park Place Office Building
70 Woodfin Place
Asheville, NC 28801
(828) 254-8539 Buncombe County
(800) 524-0465
www.ashevilleaa.org

Alcoholics Anonymous continued...
(800) 524-0465 10am-1pm
www.ashevilleaa.org

AA is a fellowship of men and women who share their experience, strength, and hope in order to help one another recover. The only requirement for membership is a desire to stop drinking. There are no dues or fees; the organization is self-supporting through members' contributions. AA is not allied with any sect, denomination, political belief, organization, or institution nor does it endorse or oppose any cause.

SUBSTANCE ABUSE

POLK COUNTY

Adult Children of Alcoholics & Dysfunctional Families (ACA)

World Service Organization
PO Box 3216
Torrance, CA 90512
(310) 534-1815
info@adultschildren.org
www.adultchildren.org

ACA is a program for men and women who have grown up in alcoholic or otherwise dysfunctional homes. In the mutually respectful, safe environment of ACA meetings, they learn how to free themselves from the past and improve their lives today. The Asheville group listed below is the only ACA group in the western part of the state.

If you would like to start a group, the ACA may be able to help you find other people in your area with the same idea. The organization's New Meeting Packet contains material for starting a group and literature samples. For information contact litteraure@adultchildren.org.

Al-Anon Family Groups

World Service Office
1600 Corporate Landing Parkway
Virginia Beach, Virginia 23454-5617
(757) 563-1600 Tel
(757) 563-1655 Fax

DEVELOPMENTAL DISABILITIES

YANCEY COUNTY

Autism Society of North Carolina Asheville Office

239 South French Broad Avenue
Asheville, NC 28801
(828) 236-1547 X14 Parent advocate
(828) 236-3675 Fax
(800) 442-2762 Autism Society of North Carolina
www.autismsociety-nc.org

The Autism Society is a major advocate nationwide for increased options and opportunities for people on the autism spectrum. It provides a variety of services to those affected with the disorder and their families. At the Asheville office, a parent advocate helps parents start support groups throughout the western part of the state.

Family Support Network of WNC

Mission Children's Hospital
11 Vanderbilt Park Dr
Asheville, NC 28803
(828) 213-0033
(888) 810-2800 X2
roxann.colwell@msj.org
www.FamilySupportNetworkWNC.org

The Family Support Network offers support for families of children with special needs— hearing or visual impairment; chronic illness; problems related to premature birth; brain disorders; and other health- or learning-related disorders. Its outreach extends to Buncombe, Henderson, Madison, Mitchell, Yancey and Transylvania Counties. Awareness brings understanding. FSN works to support and increase parents' understanding or raising a child with special needs and to educate citizens on ways to support those families. FSN provides:

- Specialty Resource Lending Library
- Community Resource Guide
- Educational Workshops
- Quarterly Newsletter

F.I.R.S.T
PO Box 802
Asheville, NC 28802
(828) 277-1315 OR (877) 633-3178 Toll Free
(828) 277-1321 Fax
janet@FIRSTwnc.org OR firstwnc@aol.com
www.FIRSTwnc.org

F.I.R.S.T is a nonprofit, family-driven organization, a resource center for families of children with developmental disabilities and children with mental illness. The organization received Community Parent Resource Center funding from the US Department of Education for parent training and the dissemination of information about children's educational rights under the Individuals with Disabilities Education Act.

The organization partners with the Asheville Parks and Recreation Department and Mars Hill College Special Education Program for some projects. It serves families in Buncombe, Henderson, Madison, and Yancey Counties, targeting rural and Latino populations. Staff members conduct IEP clinics monthly in Madison and Yancey Counties.

Hearing Loss Association of America (HLAA)

103 Jackson's Run
Morganton, NC 28665
diattaway@juno.com

Through its programs of support, education, and advocacy, HLA helps open the world of communication for people with hearing loss. Although it has no face-to-face support groups in our area, HLA does offer the following online support programs:

www.myhearingloss.org Chat rooms
www.hearingloss.org Click on "E-newsletter"

If you would like to start a face-to-face support group, you can get help by contacting the state chapter coordinator at number above.

Al-Anon continued...

wso@al-anon.org
www.al-anon.alateen.org
(800) 286-1326 District One (WNC)
(888) 425-2666 Face-to-face support groups
(919) 787-1653 Literature (NC)

The problems of each individual with alcoholism are said to affect at least four other people—alcoholism is truly a family disease. Al-Anon Family Groups, which includes Alateen for younger members, helps families and friends recover from the effects of living with the disease. Al-Anon has no dues—the groups are supported through voluntary contributions from members.

Al-Anon's electronic support programs have proved useful to many people who cannot attend face-to-face meetings and to those who wish to use the electronic meetings as supplements to regular meetings. Both the programs below can be accessed at www.ola-is.org/.

- **E-mail "meetings."** Probably the easiest way to participate in online Al-Anon is to access its e-mail support meetings—open to anyone who can send and receive e-mail. Typically, a member e-mails a message to an address on the group's list. There, it is automatically forwarded to all other members on the list, who may send their responses in a similar way. Meetings are conducted in six languages—English, French, German, Japanese, Portuguese, and Spanish.
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Alcoholics Anonymous (AA)
North Carolina Mountain Central Office
107 Park Place Office Building
70 Woodfin Place
Asheville, NC 28801

Alcoholics Anonymous continued...

AA is a fellowship of men and women who share their experience, strength, and hope in order to help one another recover. The only requirement for membership is a desire to stop drinking. There are no dues or fees; the organization is self-supporting through members' contributions. AA is not allied with any sect, denomination, political belief, organization, or institution nor does it endorse or oppose any cause. Madison County AA groups are:

- **Bone Dry Group.** Sunday, 5 p.m., Church of the Holy Spirit, 433 Bone Camp Road, Mars Hill (OD).
- **Mars Hill Group.** Thursday, 8 p.m, Methodist Church, Main Street (O).
- **Marshall Group.** Friday, 8 p.m., First Presbyterian Church.

SUBSTANCE ABUSE
MITCHELL COUNTY

Adult Children of Alcoholics & Dysfunctional Families (ACA)

World Service Organization
PO Box 3216
Torrance, CA 90512
(310) 534-1815
info@adultschildren.org
www.adultchildren.org

ACA is a program for men and women who have grown up in alcoholic or otherwise dysfunctional homes. In the mutually respectful, safe environment of ACA meetings, they learn how to free themselves from the past and improve their lives today.

If you would like to start a group, the ACA may be able to help you find other people in your area with the same idea. The organization's New Meeting Packet contains material for starting a group and literature samples. For information, contact literaure@adultchildren.org.

Al-Anon Family Groups

World Service Office
1600 Corporate Landing Parkway
Virginia Beach, Virginia 23454-5617
(757) 563-1600 Tel
(757) 563-1655 Fax

SUBSTANCE ABUSE
BUNCOMBE COUNTY

Adult Children of Alcoholics & Dysfunctional Families (ACA)

World Service Organization
PO Box 3216
Torrance, CA 90512
(310) 534-1815
info@adultschildren.org
www.adultchildren.org

ACA is a program for men and women who have grown up in alcoholic or otherwise dysfunctional homes. In the mutually respectful, safe environment of ACA meetings, they learn how to free themselves from the past and improve their lives today. The Asheville group listed below is the only ACA group in the western part of the state.

- Group for men and women
(828) 281-1314 Local contact: Raye
rayerufty@juno.com
- Fridays, 7 p.m., Grace Episcopal Church,
871 Merrimon Avenue, Asheville,
First room on left after entrance from the parking lot

If you would like to start a group, the ACA may be able to help you find other people in your area with the same idea. The organization's New Meeting Packet contains material for starting a group and literature samples. For information contact literaure@adultchildren.org.

Al-Anon Family Groups

World Service Office
1600 Corporate Landing Parkway
Virginia Beach, Virginia 23454-5617
(757) 563-1600 Tel
(757) 563-1655 Fax
wso@al-anon.org
www.al-anon.alateen.org
(800) 286-1326 District One (WNC)
(888) 425-2666 Face-to-face support groups
(919) 787-1653 Literature (NC)

Al-Anon continued...

The problems of each individual with alcoholism are said to affect at least four other people—alcoholism is truly a family disease. Al-Anon Family Groups, which includes Alateen for younger members, helps families and friends recover from the effects of living with the disease. Al-Anon has no dues—the groups are supported through voluntary contributions from members. Buncombe County Al-Anon groups are:

- Sunday Serenity (closed meeting)
- Attitude of Gratitude (Al-Anon and Alateen)
- Keeping the Focus
- Black Mountain Group (open meeting)
- Men Minding Our Own Lives (closed meeting)
- West Asheville Group
- Women’s Meeting (open meeting)
- Lambda (open meeting)
- Black Mountain Beginners (institution)
- Courage to Change (closed meeting)

Al-Anon’s electronic support programs have proved useful to many people who cannot attend face-to-face meetings and to those who wish to use the electronic meetings as supplements to regular meetings. Both the programs below can be accessed at www.ola-is.org/.

- **E-mail “meetings.”** Probably the easiest way to participate in online Al-Anon is to access its e-mail support meetings—open to anyone who can send and receive e-mail. Typically, a member e-mails a message to an address on the group’s list. There, it is automatically forwarded to all other members on the list, who may send their responses in a similar way. Meetings are conducted in six languages—English, French, German, Japanese, Portuguese, and Spanish.
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Al-Anon continued...

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-

Alcoholics Anonymous (AA)

North Carolina Mountain Central Office
107 Park Place Office Building
70 Woodfin Place
Asheville, NC 28801
(828) 254-8539 Buncombe County
(800) 524-0465
www.ashevilleaa.org

SUBSTANCE ABUSE

MADISON COUNTY

Adult Children of Alcoholics & Dysfunctional Families (ACA)

World Service Organization
PO Box 3216
Torrance, CA 90512
(310) 534-1815

info@adultschildren.org
www.adultchildren.org

ACA is a program for men and women who have grown up in alcoholic or otherwise dysfunctional homes. In the mutually respectful, safe environment of ACA meetings, they learn how to free themselves from the past and improve their lives today. The Asheville group listed below is the only ACA group in the western part of the state.

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rayerufty@juno.com
- Fridays, 7 p.m., Grace Episcopal Church,
871 Merrimon Avenue, Asheville,
First room on left after entrance from the parking lot

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Al-Anon Family Groups

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1600 Corporate Landing Parkway
Virginia Beach, Virginia 23454-5617
(757) 563-1600 Tel
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wso@al-anon.org

www.al-anon.alateen.org

(800) 286-1326 District One (WNC)
(888) 425-2666 Face-to-face support groups
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Alcoholics Anonymous (AA)

North Carolina Mountain Central Office
107 Park Place Office Building
70 Woodfin Place
Asheville, NC 28801
(828) 254-8539 Buncombe County
(800) 524-0465

www.ashevilleaa.org

AA is a fellowship of men and women who share their experience, strength, and hope in order to help one another recover. The only requirement for membership is a desire to stop drinking. There are no dues or fees; the organization is self-supporting through members' contributions. AA is not allied with any sect, denomination, political belief, organization, or institution nor does it endorse or oppose any cause.

There are approximately 100 AA groups in Buncombe County. To find the one nearest you, call the number above.

Co-Dependents Anonymous (CoDa)

World Service Organization
www.coda.org International

CoDa helps adults who have grown up in alcoholic and other types of dysfunctional homes develop fulfilling relationships. It helps them build a sense of self-worth, which, typically, failed to be developed during their chaotic upbringing and the lack of which now hinders them in developing lasting relationships. The Asheville group is

- Toward Harmony
(828) 254-5919
Tuesday, 7 p.m., YWCA, 185 South French Broad Street

Dual Recovery Anonymous

World Services Central Office
PO Box 8107
Prairie Village, KS 66208
(877) 883-2332

www.draonline.org

Dual Recovery continued...

Dual Recovery Anonymous (DRA) is an independent, international, self-help fellowship for people with a dual diagnosis—a chemical dependency plus an emotional or psychiatric illness. Members use a 12-step program and share experiences, hope, and strength in a caring environment. No dues or fees but donations are welcome. Buncombe DRA groups are:

- Asheville group for men and women (Open meeting)
(828) 669-1688
amenius@earthlink.net
Friday, 7 p.m., Doctors Building, 445 Biltmore Avenue, Suite 504.
- The Black Mountain groups below meet in the white house with large fenced-in playground at right of Black Mountain Presbyterian Church, 117 Montreat Road.
- Black Mountain group for men and women
Tuesday and Thursday, 8 p.m. (open meeting)
- Black Mountain women's group
Tuesday, 8 p.m. (closed meeting)

Narcotics Anonymous (NA)

PO Box 2066
Asheville, NC 28802
(828) 258-4537 (24-hr WNC)
(888) 370-6262 (24-hour Carolina Regional)
www.crna.org

Narcotics Anonymous is a fellowship of men and women who have a major drug problem. There is only one requirement for membership—the desire to stop using. NA's brochure describes the organization as "a simple spiritual—not religious—program." Buncombe County NA groups are listed below.

- Anonymous (SS TS) (OD)
- Carry the Message (OD)
- Chozen Frozen (OD)
- Conscious Group (OD)
- E-Z Riders (OD)
- First Step

Narcotics Anonymous (NA)

PO Box 2066
Asheville, NC 28802
(828) 258-4537 (24-hr WNC)
(888) 370-6262 (24-hour Carolina Regional)
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- Anonymous (SS TS) (OD)
- Carry the Message (OD)
- Chozen Frozen (OD)
- Conscious Group (OD)
- E-Z Riders (OD)
- First Step
- Grey Eagle (OD SS TS)
- I Don't Know (O BK)
- Inside Group (OD).
- Keep It Simple (OD)
- Living the Steps Women's Meeting (OD BS)
- Lost and Found (BS OD).
- New Hope (OD) (SS)
- No Name (OD)
- No Refills (OD)
- Silver Door (OD) (O Bk) (OD LS SS)
- Spiritual Awakenings (CD)
- Spiritual Solutions (OD)
- Vanderbilt Group (OD)
- Vanderbilt Group (OD)
- We Came to Believe (OD)
- Women's Group (OD women's topic)
- Working Group (C SS TS)

Co-Dependents Anonymous (CoDa)

World Service Organization
www.coda.org International

CoDa helps adults who have grown up in alcoholic and other types of dysfunctional homes develop fulfilling relationships. It helps them build a sense of self-worth, which, typically, failed to be developed during their chaotic upbringing and the lack of which now hinders them in developing lasting relationships. The Asheville group is

- Toward Harmony
(828) 254-5919
Tuesday, 7 p.m., YWCA, 185 South French Broad Street

Dual Recovery Anonymous

World Services Central Office
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Prairie Village, KS 66208
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Friday, 7 p.m., Doctors Building, 445 Biltmore Avenue, Suite 504.
- The Black Mountain groups below meet in the white house with large fenced-in playground at right of Black Mountain Presbyterian Church, 117 Montreat Road.
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Tuesday and Thursday, 8 p.m. (open meeting)
- Black Mountain women's group
Tuesday, 8 p.m. (closed meeting)

Narcotics continued...

- Grey Eagle (OD SS TS)
- I Don't Know (O BK)
- Inside Group (OD).
- Keep It Simple (OD)
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- Spiritual Solutions (OD)
- Vanderbilt Group (OD)
- Vanderbilt Group (OD)
- We Came to Believe (OD)
- Women's Group (OD women's topic)
- Working Group (C SS TS)

SUBSTANCE ABUSE

HENDERSON COUNTY

Adult Children of Alcoholics & Dysfunctional Families (ACA)

World Service Organization
PO Box 3216
Torrance, CA 90512
(310) 534-1815
info@adultschildren.org
www.adultchildren.org

ACA is a program for men and women who have grown up in alcoholic or otherwise dysfunctional homes. In the mutually respectful, safe environment of ACA meetings, they learn how to free themselves from the past and improve their lives today. The Asheville group listed below is believed to be the only ACA group in the western part of the state.

- Group for men and women
(828) 281-1314 Local contact: Raye
rayerufty@juno.com
- Fridays, 7 p.m., Grace Episcopal Church,
871 Merrimon Avenue, Asheville,
First room on left after entrance from the parking lot

Adult Children of Alcoholics continued...

If you would like to start a group, the ACA may be able to help you find other people in your area with the same idea. The organization's New Meeting Packet contains material for starting a group and literature samples. For information contact litteraure@adultchildren.org.

Al-Anon Family Groups

World Service Office
1600 Corporate Landing Parkway
Virginia Beach, Virginia 23454-5617
(757) 563-1600 Tel
(757) 563-1655 Fax
wso@al-anon.org
www.al-anon.alateen.org
(800) 286-1326 District One (WNC)
(888) 425-2666 Face-to-face support groups
(919) 787-1653 Literature (NC)

The problems of each individual with alcoholism are said to affect at least four other people—alcoholism is truly a family disease. Al-Anon Family Groups, which includes Alateen for younger members, helps families and friends recover from the effects of living with the disease. Al-Anon has no dues—the groups are supported through voluntary contributions from members. Buncombe County Al-Anon groups are:

- Sunday Serenity (closed meeting)
- Attitude of Gratitude (Al-Anon and Alateen)
- Keeping the Focus
- Black Mountain Group (open meeting)
- Men Minding Our Own Lives (closed meeting)
- West Asheville Group
- Women's Meeting (open meeting)
- Lambda (open meeting)
- Black Mountain Beginners (institution)
- Courage to Change (closed meeting)

Al-Anon's electronic support programs have proved useful to many people who cannot attend face-to-face meetings and to those who wish to use the electronic meetings as supplements to regular meetings. Both the programs below can be accessed at www.ola-is.org/.

Al-Anon continued...

- **E-mail "meetings."** Probably the easiest way to participate in online Al-Anon is to access its e-mail support meetings—open to anyone who can send and receive e-mail. Typically, a member e-mails a message to an address on the group's list. There, it is automatically forwarded to all other members on the list, who may send their responses in a similar way. Meetings are conducted in six languages—English, French, German, Japanese, Portuguese, and Spanish.
 - **Chat rooms.** In these "meetings," participants "talk" with one another on their computer screens in real time. Message typed on a member's keyboard appears instantly on the screens of all others in the "room" at the time.
 - **Lone members.** For people who cannot attend face-to-face meetings because of travel distance (25 miles or more to get to a meeting), physical impairment, or illness, Al-Anon has a lone member service. These members receive support via written correspondence with members who attend regular meetings. For more information, call 1(757) 563-1600.
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Alcoholics Anonymous (AA)

North Carolina Mountain Central Office
107 Park Place Office Building
70 Woodfin Place
Asheville, NC 28801
(828) 254-8539 Buncombe County
(800) 524-0465
www.ashevilleaa.org

AA is a fellowship of men and women who share their experience, strength, and hope in order to help one another recover. The only requirement for membership is a desire to stop drinking. There are no dues or fees; the organization is self-supporting through members' contributions. AA is not allied with any sect, denomination, political belief, organization, or institution nor does it endorse or oppose any cause.

There are approximately 100 AA groups in Buncombe County. To find the one nearest you, call the number above.
