



February 2015

ADDICTION AND DEPENDENCY GROUPS

This list of addiction and dependency self-help groups in and around Champaign County is prepared by the staff and volunteers of the Self-Help Center of Family Service. If you don't find the group you are looking for, or if you want to start a group, please contact the Self-Help Center at 352-0099 or by e-mail at lliss@familyservicecc.org.

The following is a key to the coded information that appears before group descriptions: 1. Year group was formed 2. A=Affiliated with a state, national or international group; F=Freestanding group 3. L=Lay run/organized group; P/L=Professional and Lay persons share facilitation/organizational roles in group; P=Professional facilitates and/or organizes group meetings.

Inclusion in this list does not constitute an endorsement or evaluation.

Alcohol Abuse

Champaign County

Al-Anon Family Group (Champaign) (1983 A,L) This group is a fellowship of relatives and friends of alcoholics. Teens and adults share their experiences, strengths, and hopes for overcoming their common problems with alcoholism. **Call:** Al-Anon (866) 794-8515 **E-mail:** contact@district12afg.org **Local Website:** district12afg.org **National Website:** al-anon.org **Write:** AFG-District 12, P.O. Box 12, Champaign, IL 61820


Alateen (A,L) This fellowship is for young Al-Anon members, usually teenagers, whose lives have been affected by someone else's drinking. Meets Fri., 7:00 p.m., Emmanuel Episcopal Church, State and University, Champaign. Additional local meetings are also available. **Call:** Champaign-Urbana Al-Anon/Alateen Answering Service (866) 794-8515 **E-mail:** aa-ecior@aa-eci.org **Local Website:** aa-eci.org **National Website:** al-anon.alateen.org **Write:** AFG - District 12, P.O. Box 3351, Champaign, IL 61826-3351

Alcoholics Anonymous (AA) - Champaign (1935 A,L) This group brings together men and women who share strengths, experiences, and hopes to overcome problems with alcoholism. The hotline number has information on individual meetings, such as smoking or child care. Child care is available some mornings. Group literature is available. **Call:** AA Hotline (217) 373-4200 **E-mail:** aa-ecior@aa-eci.org **Local Website:** aa-eci.org **National Website:** alcoholics-anonymous.org

Celebrate Recovery (Windsor Road Christian Church) (2009 A,L) This 12-step, Christ-centered, recovery program addresses all types of habits, hurts, and inhibitions. It is based on the fellowship of a caring community. It includes large-group sharing and small, separate-gender groups related to chemical dependency, and men's and women's issues. Meets Fri., 6:00-9:00 p.m., Windsor Road Christian Church, 2501 Windsor Rd., Champaign. **Call:** Windsor Road Christian Church (217) 359-2122 **E-mail:** gwackerlin@comcast.net **Website:** celebraterecovery.com **Write:** Windsor Road Christian Church, 2501 Windsor Rd., Champaign, IL 61822

No Longer Bound (1998 F,L) This Christian support group is for people, ages 18 and older, who want to learn new behavior patterns for any unwanted habits. The group uses biblical principles and emphasizes self-understanding and the unchanging love of God for all humanity. It offers tools to restore the fruit of the Spirit, provides a workable formula for confronting the past, provides a model for surrendering one's life to God, reaffirms God's right and power to rule over all of life, and emphasizes the relationship between the 12 steps and the practices of Christian living. The group includes discussion, learning, self-awareness, and sharing of life experiences. Call Evangelist Eloris Nash for schedule, information, and preregistration. **Call:** Evangelist Eloris Nash (217) 352-9527 or (217) 390-2813 **E-mail:** ladyenash@aol.com

Self-Help Center, 405 S. State St., Champaign, IL 61820 Phone: (217) 352-0099 Website: selfhelp.famservcc.org

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ADDICTION AND DEPENDENCY

Restore (The Vineyard Church) (1999 A,L) This program is based on the teachings of Jesus Christ and is loosely based on a 12-step program. It is for people who are building healthy relationships and finding hope, strength, and freedom from hurts, habits, and inhibitions. Meets Tues., 6:45-9:00 p.m., The Vineyard Hope Center, 1802 N. Lincoln Ave., Urbana. **Call:** Eddie Lutz or Dan Putman (217) 384-3070 **E-mail:** daniel.putman@thevineyardchurch.us **Website:** thevineyardchurch.us **Write:** Daniel Putman, The Vineyard Church, 1500 N. Lincoln Ave., Urbana, IL 61801

Spanish Recovery Support Group - Grupo de Apoyo y recuperación (2008 F,L) Spanish 12-step support groups for men and women seeking help from hurt, habits, abuse and hang ups. Child care available. Hablamos español. Este grupo es para hombre y mujeres que buscan ayuda a superar heridas, malos hábitos de alcohol, drogas, abusos, y complejos. La meta es vivir humildemente, un día a la vez, tomando decisiones sanas y sabias. Hombre y mujeres. Guarderia disponible. Meets: Tuesdays/Martes 7:00 - 8:30 p.m., Stone Creek Church Cafe, 2502 S. Race St., Urbana. **Call:** /llame: Nelson Cuevas, counselor/consejero (217) 369-9155 **E-mail:** cultivadores@stonecreekwired.com **Website:** stonecreekwired.com **Write:** Nelson Cuevas, El Centro Café (at Stone Creek), 2502 S. Race St., Urbana, IL 61801

Women for Sobriety (W.F.S.) (1998 A,L) This group provides meetings and phone support to help women recover from problems with alcoholism and/or chemical addictions. This is an alternative recovery program to AA. Meets Mon., 7:00-8:00 p.m. at New Covenant Fellowship, 124 W. White Street, Champaign. **Call:** Sue (217) 355-3921 or W.F.S. national office (215) 536-8026 **E-mail:** newlife@nni.com **Website:** womenforsobriety.org

Macon

Al-Anon Family Group (Macon) (1952 A,L) This group provides aid to family members of alcoholics and is open to everyone. Child care is available for Sun. and Tues. meetings. Meets in Decatur Sun., 6:00 p.m.; Tues., 7:00 p.m.; Thurs., 10:00 a.m.; Fri 7:00 p.m.; and in Mt. Zion Thurs., 8:00 p.m. Call for meeting locations. **Call:** Hotline (217) 423-8214 **Website:** al-anon.org

Alcoholics Anonymous (AA) - Macon (1935 A,L) This group brings together men and women who share strengths, experiences, and hopes to overcome their common problems with alcoholism. **Call:** AA Hotline (217) 422-3766 **Website:** alcoholics-anonymous.org **Write:** Alcoholics Anonymous, P.O. Box 2484, Decatur, IL 62524

Codependency / Dysfunctional Families and Behaviors

Champaign County

Al-Anon Family Group (Champaign) See Alcohol Abuse above.

Celebrate Recovery (Windsor Road Christian Church) See Alcohol Abuse above.

Co-Dependents Anonymous (CoDA) (2005 A,L) This 12-step fellowship is for men and women whose common purpose is to recover from codependence and to develop and maintain healthy relationships. Group literature is available. Donations are requested to cover literature and expenses. Meets Mon., 7:00-8:00 p.m., The Pavilion, Lecture Rm., 809 W. Church St., Champaign; and Tues., 7:00-8:00 p.m., Serenity Shack, 117 Ohio St., Rantoul. **Call:** Kathy for Champaign (217) 979-2847 or Stan for Rantoul (217) 493-6429 **E-mail:** codakathy1@gmail.com **or:** creation1957@gmail.com **Website:** coda.org

No Longer Bound See Alcohol Abuse above.

Restore (The Vineyard Church) See Alcohol Abuse above.

Spanish Recovery Support Group - Grupo de Apoyo y recuperación See Alcohol Abuse above.

Macon

Al-Anon Family Group (Macon) See Alcohol Abuse above.

Compulsive Overeating

Champaign County

Overeaters Anonymous (OA) - Champaign County (1960 A,L) This 12-step, self-help group is for compulsive overeaters and people with anorexia or bulimia. **Call:** (888) 216-8458 for local meetings (automated message) or (505) 891-2664 for national office **E-mail:** ciig@region5oa.org **Website:** oa.org **Write:** Overeaters Anonymous, P.O. Box 44020, Rio Rancho, NM 87174

TOPS (Take Off Pounds Sensibly) - East Central Illinois (1948 A,L) This group's mission is to support members as they take and keep off pounds sensibly. TOPS Club, Inc. is a nonprofit, noncommercial weight-loss support organization, with chapters located worldwide. Its two-fold objective is to encourage healthy lifestyles through weight management support groups and by sponsoring obesity research. TOPS publishes educational materials to help its members understand the dynamics of behavior change, good nutrition, and increased activity in developing a healthy new lifestyle. Annual membership, which includes a member magazine, is \$32 plus nominal chapter fees to cover operating expenses – usually less than \$5 per month. There are meetings in Coles, DeWitt, Douglas, Iroquois, McLean, Piatt, and Vermilion counties. For meeting information, check the website, e-mail, or call. To start a chapter near you, gather four people, a scale, and have a place to meet, then call Sharon Dines and she will help get you started. **Call:** Sharon Dines (815) 698-2098 **E-mail:** sharondines712@yahoo.com **Website:** www.tops.org **Write:** Sharon Dines, 2353 N. 1250 East Rd., Danforth, IL 60930

Vermilion

TOPS (Take Off Pounds Sensibly) - Vermilion (1948 A,L) This group's mission is to support members as they take and keep off pounds sensibly. TOPS Club, Inc. is a nonprofit, noncommercial weight-loss support organization, with chapters located worldwide. Its two-fold objective is to encourage healthy lifestyles through weight management support groups and by sponsoring obesity research. Annual membership, which includes a member magazine, is \$28 plus nominal chapter fees to cover operating expenses – usually less than \$5 per month. There are several weekly meetings in Vermilion County. For meeting information, check the website, e-mail, or call. **Call:** Area Captain, Tuck Miller (217) 497-4506 or Coordinator, Sharon Dines (815) 698-2098 **E-mail:** topsac6419@gmail.com **or:** sharondines712@yahoo.com **Website:** www.tops.org **Write:** TOPS, 807 Franklin, Danville, IL 61832

Drug Abuse

Champaign County

Celebrate Recovery (Windsor Road Christian Church) See Alcohol Abuse above.

Restore (The Vineyard Church) See Alcohol Abuse above.

No Longer Bound See Alcohol Abuse above.

Spanish Recovery Support Group - Grupo de Apoyo y recuperación See Alcohol Abuse above.

Women for Sobriety (W.F.S.) See Alcohol Abuse above.

Champaign County and East Central IL

Narcotics Anonymous (NA) (1953 A,L) This group provides support for any individual who wishes to live a drug-free life. It provides education about NA to interested groups in the community. For meeting times and places in Champaign, Coles, McLean, Macon, Peoria, Sangamon and Vermilion Counties, contact the Helpline. **Call:** Helpline (800) 539-0475 **E-mail:** pi@ppana.org **Website:** ppana.org **Write:** Primary Purpose Area of NA, P.O. Box 1332, Champaign, IL 61824-1332

Gambling

Champaign County

Champaign-Urbana Gamblers Anonymous (1984 A,L) This group provides a 12-step group for recovering gamblers. Meets Sun., 7:00 p.m., The Pavilion, Group Rm. D, 809 W. Church St., Champaign. **Call:** Whit (217) 714-5760 or Sheldon (217) 352-3632 **E-mail:** sjtolsj@gmail.com **Website:** gamblersanonymous.org **Write:** Gamblers Anonymous, The Pavilion, 809 W. Church St., Champaign, IL 61820

Sex / Love Addiction

Champaign County

Men's Freedom Support Group (Vineyard Church) This Christ-based group is for men who struggle with sexually addictive behaviors. It helps men to live lives of sexual sobriety and wholeness. Meets Wed., 6:30-7:30 p.m., at the Prayer House, 1401 N. Coler, Urbana. **Call:** Dale Petre (217) 419-4080 **E-mail:** dmp74@att.net

Sex Addicts Anonymous (SAA) (A,L) This 12-step fellowship is for men and women who have the desire to stop their addictive sexual behaviors and to help others recover from sexual addiction. Group literature is available. Meets Mon., 12:00 noon; Tues., 7:00 p.m.; and Thurs., 7:00 p.m. There is a related style meeting Sat., 12:00 noon. E-mail or call for meeting locations. **Call:** (800) 557-9052 to leave a message **E-mail:** saainfo@champaign-saa.org **Local Website:** champaign-saa.org **National Website:** saa-recovery.org

Smoking

Champaign County

Freedom From Smoking Program This stop-smoking program is sponsored by the Champaign-Urbana Public Health District. Cost is \$20 (fee may be waived for those who qualify) for eight sessions; includes program materials and a Quit Kit. Complete 6 sessions, and receive a \$10 refund. Seating is limited and pre-registration is required. Program is available for Champaign County residents only. Call Talia Oakley for meeting dates and to register. **Call:** Talia Oakley (217) 531-4540 **E-mail:** toakley@c-uphd.org **Website:** c-uphd.org **Write:** Talia Oakley, Champaign-Urbana Public Health District, 201 W. Kenyon Rd., Champaign, IL 61820

*For a complete listing of area support groups, visit the Self-Help Center website at
selfhelp.famservcc.org*