

Addiction Recovery Support Groups In Boston

What starts with a temporary and fake high becomes a challenging addiction very soon. And the next thing you know, this fake high becomes extremely difficult to achieve.

So much so that the individual must increase the consumption in order to counteract the body's resistance; this is clearly the body telling to STOP.

And still, if the person doesn't stop, they stand to face physical and mental impacts, affecting their jobs, relationships, and financial stability...

This is where addiction recovery support groups in Boston come in.

What Are Addiction Recovery Support Groups?

Addiction recovery support groups in Boston are groups of people who have come together to support each other in their recovery from addiction. These groups can provide a safe and supportive space for people to share their experiences, learn from others, and develop coping skills.

The addiction recovery support groups help individuals make a successful recovery from substance use disorders in a number of ways including:

- Providing a safe and supportive space to share experiences and learn from others.
- Offering strong support in an otherwise isolated and a lonely recovery journey.
- Promoting accountability, so the members can remain steadfast in their sobriety.
- Teaching coping skills and relapse prevention strategies.
- Providing a significant financial benefit as most of these are free or much cheaper than expensive addiction treatments.

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Now that you know what addiction recovery support groups are, here are a few operating in Boston:

1. **Alcoholics Anonymous (AA)** – is a 12-step program for those battling alcohol addiction. You can visit the [AA website](#) for info and these meetings are generally held at Copley Square AA Group, MIT AA Group, and Fenway AA Group.
2. **Narcotics Anonymous (NA)** – is also a 12-step program but for individuals recovering from drug addiction. Some popular meeting locations include the NA Boston Area Service Committee, the Boston Freedom Trail Area, and the Serenity in the City Group.
3. **SMART Recovery** – SMART Recovery meetings in Boston offer a science-based approach to overcoming addictive behaviors. Some meeting locations include the SMART Recovery Boston Area, Cambridge SMART Recovery, and Somerville SMART Recovery groups.
4. **Moderation Management (MM)** – MM support groups in Boston focus on responsible drinking and reducing alcohol consumption. Some notable meeting locations include the MM Boston Metro Area Group, Back Bay MM Group, and the South End MM Group.
5. **Secular Organizations for Sobriety (SOS)** – SOS provides a secular approach to recovery from alcohol and drug addiction. Notable meeting locations include the SOS Boston Chapter, Beacon Hill SOS Group, and the Fenway SOS Group.
6. **Celebrate Recovery** – Celebrate Recovery is a Christian-based support group in Boston that combines biblical principles with the 12-step recovery process. Some popular meeting locations include the CR Boston Downtown Group, CR Back Bay Group, and the Beacon Hill CR Group.

Resilience Behavioral Health Support Group

If you are seeking an addiction recovery support group in Boston, Resilience Behavioral Health can help you out. We offer Addiction Recovery Support Group, which is a 12-step program that follows the principles of Alcoholics Anonymous and Narcotics Anonymous.

The Addiction Recovery Support Group at Resilience Behavioral Health is open to anyone who is struggling with addiction to alcohol or drugs. The group meets weekly, and it is led by experienced and qualified facilitators.

But look, that's not all...

The effective treatment for addiction is to address the root cause, so you or your loved one can maintain a lasting recovery.

Let us help you identify this underlying cause by facilitating you in your most preferred support group program.

Contact [Resilience Behavioral Health](#) now or call 888.401.1179.