

AOD Resources:

Alcohol Abuse:

- National Council on Alcoholism and Drug Dependence:
 - <https://ncadd-ra.org/>
 - <https://ncadd-ra.org/services/individualized-alcohol-and-other-drug-education-class/>

- Strong Recovery
 - <https://www.urmc.rochester.edu/mental-health-wellness/addiction-services.aspx>

- NYS Office of Addiction Services and Supports
 - <https://oasas.ny.gov/treatment/types>
- Recovery Fitness
 - <https://www.recoveryfitness.org/recovery-resources.html>
- SAMHSA
 - <https://www.samhsa.gov/find-help/national-helpline>
- Alcoholic Anonymous – Rochester Area
 - <https://www.rochesteraa.org/>
- Rochester Regional Health
 - 585-723-7233 – Safeline
 - 585-922-9900 – Book appointment
- Rochester LGBTQ AA
 - 585-232-6720
 - **Young and Reckless (Young Peoples Meeting)** – Wednesday 8.15pm St. Pau’s Episcopal Church, 25 Westminster Rd, Rochester
 - **Open Hearts** – Sunday 3pm, Zoom Meeting ID: 990 8559 2220 PW: 743912
 - **Let’s get better together** – Friday 7.30pm, Immanuel Baptist Church, 815 Park Ave Rochester
 - **Saturday Night Special** – Saturday 6.30pm, Rochester Area Intergroup (behind Al Sigl Center) 1000 Elmwood Ave Rochester
- Y12SR Yoga 12 Step Recovery Meetings
 - TruYoga – 638 South Ave (at the corner of Gregory St) Rochester, NY 14620
 - 585-563-6120
 - Lizz.y4agh@gmail.com
- Recovery Dharma
 - Wednesday – 8-9pm South Wedge Mission, 125 Caroline Street
 - Friday – 12.15pm-1.15pm South Wedge Mission, 125 Caroline Street
 - Sunday – 7pm-8.15pm Kavod Offices 25 Circle Street 1st Floor
- Refuge Recovery Rochester Meetings
 - Wednesdays 7.30pm – ROcovery Fitness 1035 Dewey Ave Rochester NY

- Fridays 7pm – Immanuel Baptist Church 815 Park Ave Rochester NY
- CoDA – Codependence Anonymous
 - New Directions CoDA group – Mondays 7pm – Christ Episcopal Church 36 S Main St., Pittsford NY 14534
 - In the moment group – Thursdays 1pm - Christ Episcopal Church 36 S Main St., Pittsford NY 14534
- Adult Children of Alcoholics and Dysfunctional Families
 - Thursday Night Recovering Survivors – Thursday 6pm – 25 Westminster Rd, Rochester 14607, Asbury First United Methodist Church
 - Stepping Up – Saturday 10am – 1050 East Ave, Rochester 14607
 - Release the Raising – Monday 4pm – 5188 Bristol Rd, Canandaigua 14424, Zion Church
 - Outside Issues (LGBTQ Focus) – Monday 5pm – 134 Main St, Dansville 14427 – Zoom ID 503 685 8737 PW: 123123
 - Recovering Survivors – Monday 7pm – St. Paul’s Episcopal Church, 25 Westminster Rd Rochester 14607
 - Coming Home (LGBTQ/BIPOC/Secular/Agnostic/Atheist focus) – Wednesday 7pm – 1775 East Ave Rochester 14610
- AL-ANON Family Group of Greater Rochester Area
 - <http://www.aisrochester.org>
 - 585-288-0540
- Recovery All Ways
 - 585-310-0729
 - 158 Hollenbeck St Rochester 14621

Smoking:

- Wilmot Cancer Institutes Community Outreach Smoking sensation program.
 - Nicotine Dependence Treatment → <https://www.urmc.rochester.edu/cancer-institute/patients-caregivers/wellness/nicotine-dependence-treatment.aspx>

Gambling:

- National Problem Gambling Helpline
 - <https://www.ncpgambling.org/help-treatment/about-the-national-problem-gambling-helpline/>