Ruth & Norman Rales Jewish Family Services (JFS) offers affordable counseling and mental health services to individuals and families in a caring, comfortable and therapeutic environment. Our outpatient level of care requires that individuals are emotionally and physically stable enough to engage in weekly psychotherapy and not actively abusing substances. We are committed to helping the family understand and cope with the issues and stress that coincide with substance use within the family. JFS is committed, along with community leaders and our partners, to addressing the needs of the community through education, awareness and prevention programs surrounding substance use. For more information call: Sharon Burns-Carter, JFS Substance Use Outreach Coordinator at 561-702-7603 or e-mail: SharonB@ralesjfs.org.
**SUPPORT GROUPS - NATIONAL CONTACT INFORMATION**

**Alcoholics Anonymous (AA)**
AA is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. The only requirement for membership is a desire to stop drinking.

*National website: www.aa.org. National phone number: 212-870-3400*

*In Palm Beach County: www.aainpalmbeach.org. 24 Hour Hotline – 561-276-4581*

**Al-Anon & Alateen**
Al-Anon and Alateen are mutual support programs for people whose lives have been affected by someone else’s drinking. By sharing common experiences and applying the Al-Anon principles, families and friends of alcoholics can bring positive changes to their individual situations, whether or not the alcoholic admits the existence of a drinking problem or seeks help.

*Phone: 888-425-2666; www.southfloridaal-anon.org or national WWW.AFG.ORG*

**Families Anonymous**
Families Anonymous is a 12 Step fellowship for the families and friends who have known a feeling of desperation concerning the destructive behavior of someone very near to them, whether caused by drugs, alcohol, or related behavioral problems.

*Contact: 800-736-9805. Visit: www.familiesanonymous.org*

**Narcotics Anonymous (NA)**
NA is a fellowship of men and women for whom drugs had become a major problem. We are recovering addicts who meet regularly to help each other stay clean. This is a program of complete abstinence from all drugs. There is only one requirement for membership, the desire to stop using.


**Nar-Anon**
Nar-Anon is a fellowship for families and friends of addicts whose lives have been or are being affected by someone else's addiction. The Nar-Anon Family Group is primarily for those who know or have known a feeling of desperation concerning the addiction problem of someone near to you. When you come into the family group, you are no longer alone but among friends who understand your problem as few others could.

*Contact: 888-947-8885. Visit: www.nar-anon.org*

**S.M.A.R.T. Recovery**
SMART Recovery (Self-Management and Recovery Training) helps people recover from all types of addictive behaviors by teaching how to change self-defeating thinking, emotions and actions; and to work towards long-term satisfactions and quality of life.

*Contact: 866-951-5357. Visit: www.smartrecovery.org*

**J.A.A.N.**
(Jewish Addiction Awareness Network)
Understanding addiction from a Jewish perspective. Connecting Jewish Communities nationally through education, prevention and awareness.

*Visit: www.jaanetwork.org*

**S.A.M.H.S.A.**
(Substance Abuse and Mental Health Services Administration)
Features a comprehensive website focusing on substance use and mental illness resources.

*Visit: www.samhsa.gov*