South Peninsula Behavioral Health Services Support Groups

These supportive process groups for adults are facilitated by a therapist, and include a short intake process. Cost can be billed to Medicaid, all forms of insurance or paid for on a sliding scale.

Call (907) 235-7701or inquire at: 3948 Ben Walters Ln., Homer

Anger Management & Addiction

Developing the skills to fight addiction & manage the issues of anger that surround it.

Tuesdays, 4:30pm - 6:00pm

Depression & Anxiety

Developing the skills to overcome symptoms of depression & anxiety.

Wednesdays, 3:00pm - 4:30pm

LGBTQ Support Group

Support & discussion in a safe environment for adults.

Thursdays, 3:30pm - 5:00pm

Women Struggling with PTSD & Addiction

Trauma, addiction & recovery focused. Women only.

Tuesdays, 4:30pm - 6:00pm

South Peninsula Haven House

3776 Lake St #100, Homer

(907) 235-7712

Emergency shelter, crisis intervention and resources including legal advocacy for women affected by domestic violence/sexual assault & their children. Services for men available: call (907) 235-7712

24-hour Confidential Help Line:

(907) 235-8943

havenhousealaska.org

CICADA (Cook Inlet Council for Alcohol and Drug Abuse)

1230 Ocean Drive, Homer

(907) 235-8319

Treatment services for alcohol and drug abuse for adults and adolescents. Offices in Homer and Kenai.

More info at www.alaskacicada.org

Opioid-Related Resources

The Exchange

*Safe & confidential resource for clean needles, safe used needle disposal, **free** naloxone kits & **free** HIV and Hepatitis C testing.*

Phone: (907) 235-3436
Email: homerexchange@gmail.com

1st & 3rd Tuesdays monthly, 5:00pm - 7:00pm
SPH Training Center, 203 W. Pioneer Ave, Homer

Narcotics Anonymous Meeting (Homer)

Contact: (907) 299-3693

Thursdays & Saturdays, 7:00pm - 8:00pm
Homer Christian Church, 865 E End Road, Homer

Ninilchik Narcotics Anonymous Meeting

Contact: (907) 631-8912

Mondays & Wednesdays, 7:00pm - 8:00pm
St. Peter the Fishermen United Methodist Church
15811 Sterling Hwy., Ninilchik

NTC Recovery Outreach

(907) 740-3330

Offices in Homer and Ninilchik

Medication Assisted Treatment Programs (MAT) for adults experiencing **opioid use disorder and alcohol abuse.** Intake assessment required.
Contact Annette at **(907) 740-3330**

Southern Kenai Peninsula Opioid Task Force

All are invited. Please email **skpopioidtaskforce@gmail.com** to participate.

More info: (907) 756-3780

mappofskp.net/opioid-task-force/

Nar-Anon Family Groups

Worldwide fellowship & 12-step program for those affected by someone else's addiction.

www.nar-anon.org

Parent-to-Parent Support Group

For those affected by their child's or grandchild's opiate addiction.

Contact: (907) 299-0541

Please call for meeting times/location.

Homer Area Support Group & Resources Guide

CARELINE ALASKA: 877-266-HELP (4357)

Alaska's Suicide Prevention & "someone to talk to" 24-hour confidential free helpline.

***More info:* carelinealaska.com**

CALL 911 IN AN EMERGENCY

Created and distributed for general information.
South Peninsula Hospital Health & Wellness Department.

To request a PDF or printed copies, and to add or change info contact: wellness@sphosp.org or (907) 235-0970

updated: September 2019

12-Step Groups

Free to attend. **Most** meetings are open to anyone unless noted as "Closed".
Please contact them for more information.

Alcoholics Anonymous:

24-Hour Kenai Peninsula AA Info/Helpline:
(907) 283-5722

Anchor Point Alcoholics Anonymous
Contact: (907) 299-3317
Sundays, 2:00pm-3:00pm,
Wednesdays & Fridays, 7:00pm-8:00pm
Chamber of Commerce Building
34358 Old Sterling Hwy., Anchor Point

Homer End of the Road Group
Contact: (907) 283-5722
Daily, Noon-1pm & 8:00pm-9:00pm
(Some closed meetings—please contact them for more information)
126 W. Pioneer Ave Suite #1, Homer

Homer Unity Group
Contact: (907) 283-5722
Tues, Thurs, & Fri, 6:30pm-7:30pm
Homer United Methodist Church
770 E End Rd.

Living in the Solution Women's AA Meeting
Contact: (907) 299-4073
Mondays, 5:30pm-6:30pm (Open Meeting)
Wednesdays, 6:30-7:30pm (Closed Meeting)
Homer United Methodist Church
770 E End Rd.

Ninilchik Group
Contact: (907) 953-0273
Tues. & Thurs., 7:00-8:00pm
St. Peter the Fisherman Methodist Church
15811 Sterling Hwy., Ninilchik

Seldovia Group
Contact: (202) 839-7053
Wednesdays, 5:30-6:30pm
Seldovia Bible Chapel
357 Iliamna St., Seldovia

Al-Anon Family Groups

For friends & families of alcoholics.
Contact: (907) 299-2028
Tuesdays, Noon - 1:00pm
Thursdays, 5:30 - 6:30pm
Homer United Methodist Church
770 E End Rd.

Co-Dependents Anonymous

An anonymous fellowship whose common purpose is to develop healthy relationships.
Contact: (907) 756-3104
Wednesdays, Noon - 1:00pm
Homer United Methodist Church
770 E End Rd.

Narcotics Anonymous:

Alaska Region of Narcotics Anonymous
Statewide Info/Helpline:
(866) 258-6329

Ninilchik Group
Contact: (907) 631-8912
Mon. & Wed., 7:00-8:00pm
St. Peter the Fisherman Methodist Church
15811 Sterling Hwy, Ninilchik

North Pioneer Group
Contact: (907) 299-3693
Thurs. & Sat., 7:00-8:00pm
Homer Christian Church,
865 E. End Road, Homer

Overeaters Anonymous

For people with problems related to food.
Contact: (907) 235-5253
Fridays, Noon - 1:00pm
Homer United Methodist Church
770 E End Rd.

Sex and Love Addicts Anonymous

A 12-step program for living life without acting out.
Please contact for location/information:
By phone: (907) 843-1290
or email: safehavenhomer@gmail.com
Thursdays, 7:00pm - 8:00pm (Closed Meeting)

Non 12-Step Support Groups

Free to attend; led by fellow members.
Please contact them for more information.

Bereavement/Grief Support Group

For anyone suffering loss or experiencing bereavement.
Contact: (907) 235-6899
Tuesdays, 12:00pm (NEW TIME—subject to change, please call for more info).
Hospice of Homer - 265 E. Pioneer Avenue, #3

Caregiver Support Group

For family members involved in caring for loved ones.
Contact: (907) 235-4555
2nd & 4th Thursdays monthly, 2:00 - 3:30pm
Homer Senior Center – 3935 Svedlund St.

Parent-to-Parent Support Group

For people affected by their child's or grandchild's opiate addiction.
Contact: (907) 299-0541
Call for meeting times/location.

Parkinson's Support Group

For people diagnosed with Parkinson's & their caregivers.
Contact: (907) 235-6349
1st Friday monthly, 1:00pm
Homer Senior Citizens Center - 3935 Svedlund St.

Postpartum Mothershare

Support group for all postpartum mothers (& babies).
Contact: (907) 299-7133
Mondays, 3:30pm - 5:00pm
Homer Birth & Wellness Center - 3902 Shelford St.

Widows Support Group

For women who have lost their spouse or life partner.
Contact Pam: (907) 235-3698
2nd & 4th Saturdays monthly
10:30am - 11:30am
Hospice of Homer - 265 E Pioneer Ave. #3

"It takes a community to maintain a human"

- Earon Davis, JD, MPH