

South Peninsula Behavioral Health Services Support Groups

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

Please call: (907) 235-7701

Or visit: 3948 Ben Walters Ln., Homer

Anger Management & Addiction

Managing the issues of anger that surround addiction.

Depression & Anxiety

Overcoming symptoms of depression & anxiety.

LGBTQ Support Group

Support & discussion in a safe environment for adults.

Seeking Safety (Women Only)

Trauma, addiction & recovery focused.

South Peninsula Haven House

3776 Lake St #100, Homer

Office: (907) 235-7712

24-hour Confidential Help Line:
(907) 235-8943

Emergency shelter, crisis intervention and resources including legal advocacy for women affected by domestic violence/sexual assault & their children.

havenhousealaska.org

Homer R.E.C. Room

3957 Nielsen Circle, Homer

Youth resource & enrichment co-op currently offering a variety of support to youth ages 12-18. **Safe & trusted REC Room adults always present during virtual hangouts.** Contact them with questions or for an invite to any of these secure, password-protected Zoom meetings.

 [RECRoom.HomerPeerEducators](https://www.facebook.com/RECRoom.HomerPeerEducators)  [recroomhomer](https://www.instagram.com/recroomhomer)

(907) 235-3436 • recroom@kbfpc.org
homerrecroom.org

Middle School Ages Virtual Hangout

Tuesdays, 5:00pm-6:00pm for all 7th & 8th graders.

LGBTQ+ Virtual Hangout

Wednesdays, 4:30pm-5:30pm for LGBTQ+ youth ages 12-18 (with a licensed SPBHS therapist).

General Virtual Hangout

Thursdays, 5:00pm-6:00pm for all local youth ages 12-18 (with REC Room peer educators & adult staff).

Opioid-Related Resources

The Exchange

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

Phone: (907) 841-7204

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) 748-7005

Saturdays, 7:00pm - 8:00pm

Christian Community Church, 3838 Bartlett St., 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

Southern Kenai Peninsula Opioid Task Force

Participate in prevention! All are invited. Email:

skpopioidtaskforce@gmail.com to join.

More info: (907) 756-3780
allthingsaddiction.net

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. **Sundays at 3:00pm via Zoom, contact** Annie: (907) 299-0541 or Jane: (907) 299-0608.

Medication for Addiction Treatment Services

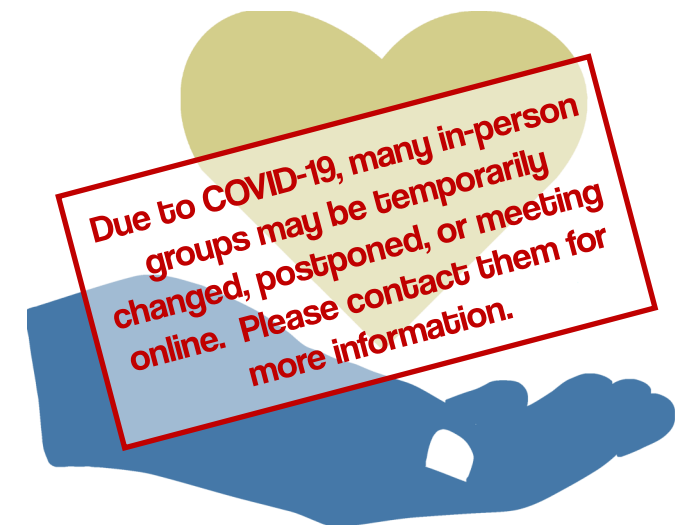
MAT is available for adults experiencing **substance use disorder**, including alcohol, at: **Homer Medical Center MAT Program**

Call or text (confidential): (907) 299-1264
4136 Bartlett Street, Homer

NTC Recovery Outreach

Contact Annette (confidential): (907) 740-3330
Offices in Homer and Ninilchik

Homer Area Support Group & Resources Guide



Due to COVID-19, many in-person groups may be temporarily changed, postponed, or meeting online. Please contact them for more information.

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

12-Step Groups

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

Alcoholics Anonymous:

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

aakenaipeninsula.org - meeting schedule
(including online meetings and how to attend)

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

Meeting in person daily (masks required) and
online via Zoom (info at link above)
Noon - 1:00pm & 8:00pm - 9:00pm
126 W. Pioneer Ave Suite #1, Homer

Homer Unity Group

Contact: (907) 283-5722

Tues, Thurs, & Fri, 6:30pm - 7:30pm
Regular Zoom meetings (info at link above),
contact for in-person meeting information.

Living in the Solution Women's Meeting

Contact: (907) 299-4073

Wednesdays, 6:30pm - 7:30pm (Closed)
Regular Zoom meetings (info at link above),
contact for in-person meeting information.

Ninilchik Group of AA

Contact: (907) 953-0273

Tues. & Thurs., 7:00pm - 8:00pm
St. Peter the Fisherman Methodist Church
15811 Sterling Hwy., Ninilchik

Seldovia Group of AA

Contact: (907) 399-8223

Wednesdays, 5:30pm - 6:30pm
Seldovia Bible Chapel

Al-Anon Family Groups

For friends & families of alcoholics.

Contact: (907) 299-2028

Tuesdays, Noon - 1:00pm

Thursdays, 5:30pm - 6:30pm

Regular online meetings, visit al-anon-ak.org or
contact for more information.

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., Homer

Narcotics Anonymous:

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

akna.org - meeting schedule (including
online meetings and how to attend)

Ninilchik Group of NA

Contact: (907) 631-8912

Mon. & Wed., 7:00pm - 8:00pm

St. Peter the Fisherman Methodist Church
15811 Sterling Hwy, Ninilchik

North Pioneer Group of NA (Homer)

Contact: (907) 748-7005

Sat., 7:00pm - 8:00pm

Christian Community Church
3838 Bartlett Street, Homer

Overeaters Anonymous

For people with problems related to food.

Contact: (907) 299-6404

Fridays, Noon - 1:00pm

Regular Zoom meetings—visit alaskaoa.org or
call for more information.

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.

In-person meetings postponed, contact Hospice
of Homer: (907) 235-6899 for more information.

Caregiver Support Group

For family members involved in caring for loved ones.

Contact: (907) 235-4555 for more information.

Parent-to-Parent Support Group

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

**Meeting regularly on Sundays at 3:00pm via
Zoom, contact for details.**

Annie: (907) 299-0541 or Jane: (907) 299-0608

Parkinson's Support Group

*For people diagnosed with Parkinson's & their
caregivers.*

In-person meetings postponed, contact
Maynard: (907) 235-7330 for more information.

Postpartum Mothershare

Support group for all postpartum mothers (& babies).

In-person meetings postponed, contact: (907)
299-7133 for more information.

Widows Support Group

For women who have lost their spouse or life partner.

In-person meetings postponed, contact Hospice
of Homer: (907) 235-6899 for more information.

**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