

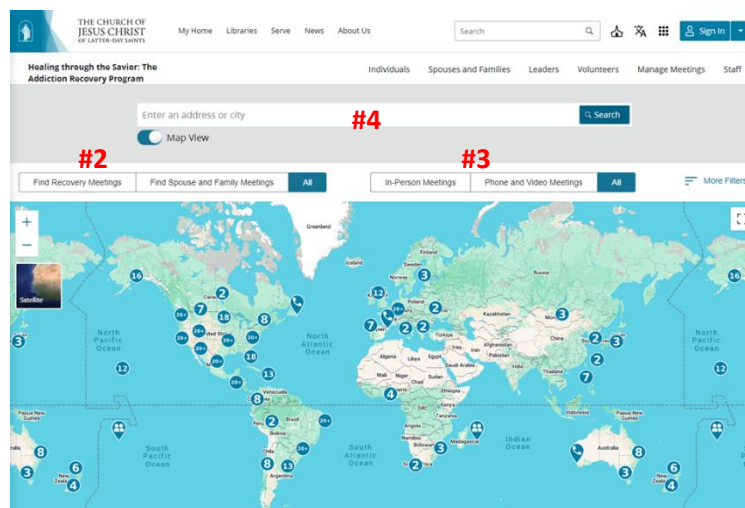
# Steps for Finding 12-Step Addiction Recovery Meetings (& Family Support)

Compiled by Laura M. Brotherson, LMFT, CST - The Marital Intimacy Institute (Feb 2025)

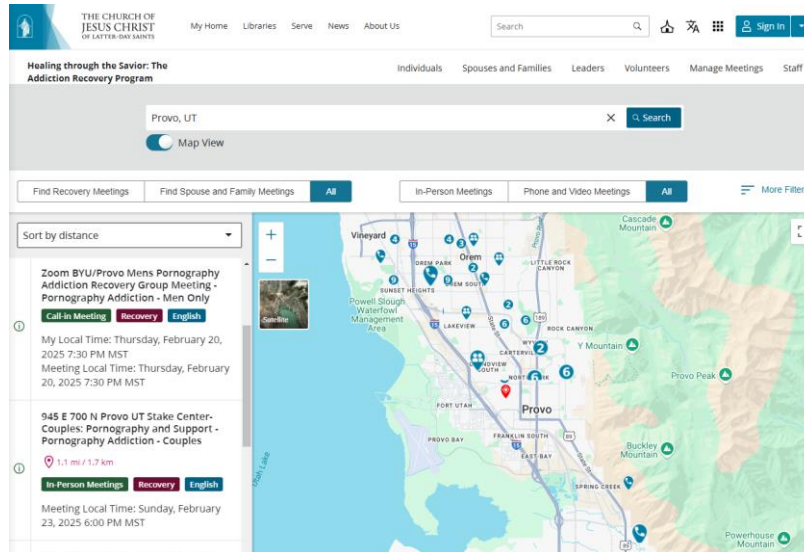


Use the following steps to find LDS online and in-person addiction recovery and family support meetings.

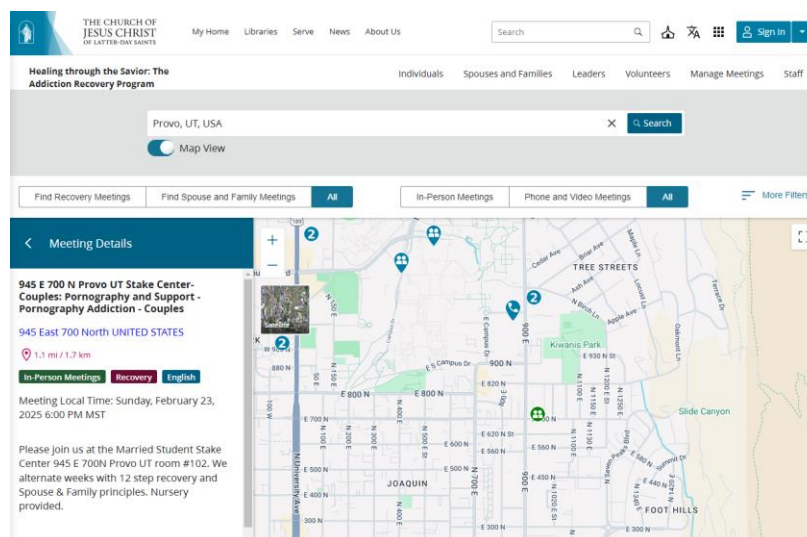
1. Follow [this link](#) to The Church's 12-Step Addiction Recovery Program (ARP) website.
2. This will take you to a page where you can see a map of the world. Above the map to the left, you'll see an option to indicate what type of 12-step support meeting you'd like. Select either "Find Recovery Meetings" (for addiction recovery) or "Find Spouse and Family Meetings" (for spouse/family support).
3. Then, above the map to the right, you'll see an option to indicate if you'd like a local "in-person meeting" or an online "phone and/or video meeting." Click which one you'd prefer. (I always suggest that clients start with an online meeting where they can be a little more anonymous.)
4. Above that at the top, you'll see a search bar to insert your address or city. Enter your "city" (or your address) then select the popup of your city and state or your address then click on "Search."



5. This will take you to a page where you'll see a map of the area you entered and, on the left, you'll see a list of the meetings in your area. This list shows what type of meeting it is (in-person/online) and who the meeting is for (recovery/spouses/family) and when it is. If you choose "Phone and Video Meetings," it will show those meetings.



6. When you find a meeting you'd like to learn more about, you can click on it. This will open up a tab that explains the date, time, address, and where to meet. There is usually a contact person associated with that meeting if you have additional questions.



*Please also reach back out to us if needed (801-709-0253).*