

SELF HELP GROUPS IN SAN DIEGO COUNTY

Alcoholics Anonymous (AA)

Central: (619) 265-8762
North County: (760) 758-2514
El Centro: (760) 352-0807
www.aasandiego.org

Alcoholicos Anonimos (AA Español)

Central: (619) 280-7224
North County: (760) 758-6905
South Bay: (619) 476-0288
Tijuana: (011) 5266-855-880
<http://aasandiego.org/espanol.html>

Cocaine Anonymous (CA)

San Diego County: (866) 242-2248
www.casandiego.org

The Most Excellent Way

San Diego County: (858) 357-5645
National Headquarters: (800) 548-8854
www.mostexcellentway.org

Marijuana Anonymous (MA)

San Diego County: (619) 685-2808
www.marijuana-anonymous.org

Narcotics Anonymous (NA)

San Diego County: (619) 584-1007
Or (800) 479-0062
www.sandiegona.org

Narcoticos Anonimos (NA Espanol)

Condado de San Diego: (619) 491-1984

Self-Management and Recovery Training (SMART)

San Diego County: (858) 546-1100 option 3
www.SmartRecovery.org

Women for Sobriety (Women Only)

San Diego County: (760) 735-6385
sandiegowfs@gmail.com
www.womenforsobriety.org