

## North Platte Area Recovery Groups

**\*\*If there are groups not included in this list, please email [f1pcomcord@fam-1st.org](mailto:f1pcomcord@fam-1st.org) with information!\*\***

### **12 Step of Recovery**

**Location:** New Life Church 601 E Francis St North Platte, NE 69101

**Schedule:** Meets weekly on Fridays from 7-9pm (group at 6:30pm, meeting starts at 7pm)

**Leaders:** Bryan Mathew

**Details:** There is nothing easy about recovery from any type of addiction, although, with the assistance and love of Jesus Christ, a better life of service and happiness is always possible. All addicts who want to make a change will need to commit to an honest admission of defects and take the steps necessary before God and man to better these faults of character and live a happier life without the pain of abuse.

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### **Chain Breakers Group - NA**

**Location:** 310 North Buffalo Bill Ave, North Platte, NE 69101

#### **Schedule**

**Monday, 06:30 PM - 07:30 PM**

Type: Open, discussion, literature study, Q&A

**Tuesday, 06:30 PM - 07:30 PM**

Type: Open, Just for Today, topic

**Thursday, 06:30 PM - 07:30 PM**

Type: Open, Just for Today, topic

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### **Ties That Bind Group - NA**

**Location:** Alano Club, 620 West 6<sup>th</sup> Street, North Platte, NE 69101

#### **Schedule:**

Wednesday, 06:30 PM - 07:30 PM

Saturday, 06:30 PM - 07:30 PM

Sunday, 06:30 PM - 07:30 PM  
Sunday, 10:00 PM - 11:00 PM

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### **12X12 - AA**

**Location:** Upstairs Alano Club, 620 West 6<sup>th</sup> Street, North Platte, NE 69101

**Schedule:** Mondays 12:00pm-1:00pm

**Type:** 12 Steps & 12 Traditions, Discussion, English, Open

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### **The Shack's Thirsty Thursdays – AA**

**Location:** 901 Ave I, Gothenburg, NE 69138

**Schedule:** Sundays 7pm, Thursdays 7pm

**Details:** In-person, discussion, English, Open. Open meetings are available to anyone interested in Alcoholics Anonymous' program of recovery from alcoholism. Nonalcoholics may attend open meetings as observers.

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### **SMART Recovery**

**Location:** The Connection, 414 East 6<sup>th</sup> Street, North Platte, NE 69101

**Schedule:** Every Thursday, 7:30pm – 8:30pm

**Facilitator:** Ashley. Email: [directorshelter@gmail.com](mailto:directorshelter@gmail.com). Phone: 308-532-5050

**Details:** Cost: Free, no registration required

Program: 4-Point Recovery

SMART Recovery's 4-Point Program is the organization's flagship secular program serving those with an addictive behavior, including both substance and activity/process addictions. Trained volunteer facilitators lead effective mutual support group discussions on these topics:

1. Building and maintaining motivation
2. Coping with urges and cravings
3. Managing thoughts, feelings, and behaviors
4. Living a balanced life

Related tools consistent with evidence-based motivational and cognitive behavioral theories are also offered and discussed.

Specific audiences: Adults Welcome

Anyone 18 and over fitting the purpose of the above program is welcome to join the meeting. Please read the program description to make sure it's the right meeting for you.

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### **Celebrate Recovery**

**Location:** Harvest Christian Fellowship, 1501 S. Dewey St., North Platte, NE 69101

**Schedule:** Sundays 6:30pm – 8:30pm. Childcare is provided. A meal is served the 1<sup>st</sup> Sunday of every month at 5:30pm

**Details:** Celebrate Recovery (CR) is for people to fellowship with others and celebrate God's healing power in their lives through the 12 steps and 8 recovery principles. As they progress through the program, they discover their personal, loving, and forgiving Higher Power - - Jesus Christ.

For more information, please call: Harvest Office 308-534-4563

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### **North Platte Group – AA**

**Location:** 620 West 6<sup>th</sup> Street, North Platte, NE 69101

**Schedule:**

- Sundays 12pm – 1pm
  - Mondays 12pm – 1pm/8pm – 9pm
  - Tuesdays 12pm – 1pm/8pm – 9pm
  - Wednesdays 12pm – 1pm
  - Thursdays 12pm – 1pm/6:30pm – 7:30pm
  - Fridays 12pm – 1pm/8pm – 9pm
  - Saturdays 12pm – 1pm
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### **4<sup>th</sup> Street Group – AA**

**Location:** 1720 W. 4<sup>th</sup> Street, North Platte, NE 69101

**Schedule:**

- Mondays 12:15pm – 1:15pm/6:30pm – 7:30pm/8pm – 9pm
- Saturdays 12:15pm – 1:15pm/8pm – 9pm
- Sundays 12:15pm – 1:15pm/8pm – 9pm
- Thursdays 12:15pm – 1:15pm/8pm – 9pm
- Tuesdays 12:15pm – 1:15pm/6:30pm – 7:30pm/8pm – 9pm

- Wednesdays 12:15pm – 1:15pm/8pm – 9pm
- Fridays 12:15pm – 1:15pm/8pm – 9pm

**Details:** English, discussion, open

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### **Women's Meeting – AA**

**Location:** Upstairs Alano Club, 620 W 6<sup>th</sup> Street, North Platte, NE 69101

**Schedule:** Mondays, Tuesdays, Thursdays and Saturdays 6:30pm – 7:30pm

**Details:** English, discussion, open, women.

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### **Big Book – AA**

**Location:** Upstairs Alano Club, 620 W 6<sup>th</sup> Street, North Platte, NE 69101

**Schedule:**

- Tuesdays 12pm – 1pm
- Thursdays 8pm – 9pm

**Details:** English, open, discussion. Nebraska AA centers frequently inspire clients through the Big Book. The Big Book is a collection of stories about real people who successfully controlled alcohol use disorder.

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### **Sutherland Group – AA**

**Location:** 410 Poplar St., Sutherland, NE 69165

**Schedule:** Thursdays 8pm – 9pm

**Details:** English, discussion, open

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### **Uptown Group – AA**

**Location:** 709 W 2<sup>nd</sup> Street, McCook, NE 69001

**Schedule:**

- **Friday, 12:00 pm - 1:00 pm**
  - Closed

- Daily Reflections
- English
- Wheelchair Access
  
- **Monday, 12:00 pm - 1:00 pm**
  - Discussion
  - English
  - Open
- **Monday, 7:30 pm - 8:30 pm**
  - Closed
  - Daily Reflections
  - English
  - Wheelchair Access
- **Sunday, 7:30 pm - 8:30 pm**
  - Discussion
  - English
  - Open
- **Thursday, 12:00 pm - 1:00 pm**
  - Closed
  - Daily Reflections
  - English
  - Wheelchair Access
- **Thursday, 7:30 pm - 8:30 pm**
  - Discussion
  - English
  - Open
- **Tuesday, 12:00 pm - 1:00 pm**
  - Closed
  - Daily Reflections
  - English
  - Wheelchair Access
- **Tuesday, 7:30 pm - 8:30 pm**
  - Closed
  - Daily Reflections
  - English
  - Wheelchair Access
- **Wednesday, 12:00 pm - 1:00 pm**
  - Closed

- Daily Reflections
  - English
  - Wheelchair Access
  
  - **Wednesday, 7:30 pm - 8:30 pm**
    - Closed
    - Daily Reflections
    - English
    - Wheelchair Access
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### **Open Group: Bridge to Recovery**

- **Meeting Time:** Every Tuesday from 4-5 PM
  - **First Meeting:** November 5th, 4-5 PM
  - **Location:** Upstairs conference room at Region II-North Platte
  - **Details:** This is a drop-in support group open to anyone at any time. Subject matter will meet the needs of group members present that day. Family members or friends seeking better education and support to help their loved ones are also welcome. Individuals can simply go to the front desk and inform the support staff if they are attending. Attendees will have a chance to earn an incentive (gift cards randomly drawn from a bowl) at the end of each group.
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### **Structured Group: Strength and Support in Recovery**

- **Meeting Time:** Every Wednesday from 4-5 PM
- **First Meeting:** November 6th, 4-5 PM
- **Location:** Upstairs conference room at Region II-North Platte
- **Details:** This group requires prior approval to join and is initially limited to 10 participants. We require participation in 3 out of 4 sessions each month to remain in the group. As an incentive, participants will receive a free membership to the Nebraska Athletic Club or a gift card to Wild Bill's Bowling. This will follow a Seeking Safety format, but will have a lot of other material brought in.

## **Group Participation Requirements for Structured Group (Strength and Support in Recovery):**

### **Eligibility for Incentive:**

- Must attend for 1 month before being eligible for an incentive.

### **Attendance Requirements:**

- Attend at least 3 out of the 4 scheduled meetings each month.
- If you miss a meeting, join an alternative support group session like AA, NA, or a church group.
- One-on-one meetings are also available if that's more your style.
- We want to ensure everyone has the support they need in a format that works best for them.

### **Verification Process:**

- Use a meeting card to get initialed by the meeting leader to verify attendance.

### **Excused Absences:**

- Judgments can be made on excused absences. Facilitators will decide if participants are still eligible for rewards.

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## **Deborah's Legacy**

**Location:** 705 N. Poplar Street, North Platte, NE 69101

**Schedule:** Monday through Saturday, 8:30am

**Description:** Gather with other women to enjoy a cup of coffee/tea, check in with each other, and explore a simple prompt from a book. Time together ends with a simple prayer, which is optional.