



WAKEFIELD AREA SELF-HELP MEETINGS AND PEER-RECOVERY RESOURCES

This document provides an updated list of self-help meeting schedules, support groups and recovery-related resources in Wakefield and surrounding communities. To learn more about the Wakefield Health and Human Services team and the resources available in our area, visit us at wakefield.ma.us/health-and-human-services.

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Local Alcoholics Anonymous (AA) Meetings

Sundays

- » 9:00 a.m. (Saugus): Serenity (open). VFW, 190 Main Street
- » 10:00 a.m. (Wakefield): Peace of Mind (Open). Masonic Temple, 370 Salem Street
- » 10:00 a.m. (online): Melrose Wakefield Sunday Morning, Zoom Meeting ID: 880 003 370 69 (no password)
- » 7:00 p.m. (Reading): Sunday Night (open). Congregational Church, 25 Woburn Street
- » 7:00 p.m. (Melrose and online): Sunday Night Hybrid. Unitarian Universalist Church, 70 W Emerson St, Zoom Meeting ID: 874 6350 8629 Passcode: 613324
- » 8:00 p.m. (Wakefield) Twelve Steps to Recovery (Open, Big Book). Kelly House, 202 Main Street

Mondays

- » 10:00 a.m. (Melrose): Mid-Morning Drop In. (Closed, Discussion) First Baptist Church, 561 Main Street
- » 12:00 p.m. (Reading): Breath of Life (Closed, Step Meeting) St. Agnes Church, 186 Woburn Street
- » 1:00 p.m. (Stoneham): 2 for 1. (Closed, Discussion). First Baptist Church, 457 Main Street
- » 4:30 p.m. (Melrose): How It Works. (Open, Discussion) Congregational Church, 121 W. Foster Street
- » 7:00 p.m. (Stoneham): Fresh Start by the Book (Closed, Big Book). First Baptist Church, 457 Main Street
- » 7:00 p.m. (North Reading): Ladies Night. (Closed, Big Book). Trinity Evangelical Church, 105 Haverhill Street
- » 7:30 p.m. (Wakefield): Hiker Monument. (Open Discussion). Congregational Church, 1 Church Street
- » 7:30 p.m. (Melrose): Step Sisters (women only). (Closed, Step). St. Mary's Convent, 9 Herbert Street
- » 8:00 p.m. (Melrose): Wrought Iron (Open, Step Meeting). Trinity Church, 131 W. Emerson Street

Tuesdays

- » 10:00 a.m. (Melrose): Mid-Morning Drop In. (Closed, Discussion). First Baptist Church, 561 Main Street
- » 12:00 p.m. (Wakefield): Breath of Life (Closed, Discussion). Congregational Church, 1 Church Street,
- » 1:00 p.m. (Stoneham): 2 for 1. (Closed, Discussion). First Baptist Church, 457 Main Street
- » 4:30 p.m. (Melrose): 12 Step. (Open, Step). Congregational Church, 121 W. Foster Street
- » 7:00 p.m. (Melrose): Road to Recovery Beginners (Open, Speaker-Discussion), First Baptist Church, 561 Main St.
- » 7:00 p.m. (Melrose) Haven for the Hopeless (Open, Big Book). Congregational Church, 121 W. Foster Street
- » 7:00 p.m. (Melrose) Melrose Young People (Open, Speaker Discussion). Trinity Church, 131 W. Emerson Street
- » 7:30 p.m. (Lynnfield): Birds of a Feather (Open, Step). St. Maria Goretti Church, 112 Chestnut Street

Wednesdays

- » 10:00 a.m. (Wakefield): Sisters in Step (women only). (Open, Step). Emmanuel Episcopal Church, 5 Bryant Street
- » 10:00 a.m. (Melrose): Mid-Morning Drop In. (Closed, Discussion) First Baptist Church, 561 Main Street
- » 1:00 p.m. (Stoneham): 2 for 1. (Closed, Discussion). First Baptist Church, 457 Main Street
- » 4:30 p.m. (Melrose): The Promises (Open, Discussion). Congregational Church, 121 W. Foster Street
- » 7:00 p.m. Lynnfield): On the Beam (women only). (Closed, step). Congregational Church, 5 Summer St.
- » 7:00 p.m. (Melrose): The Mayor's Meeting. (Closed, Big Book/Step). First Baptist Church, 561 Main Street
- » 7:00 p.m. (Stoneham): Dim Lights, Wednesday Nights. (Open, Discussion). First Baptist Church, 457 Main St.
- » 7:00 p.m. (Reading): Big Book Gratitude (Closed, Big Book). St. Agnes Church, 186 Woburn Street
- » 7:30 p.m. (Melrose): By the Book (Open). Congregational Church, 121 W. Foster Street



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Thursdays

- » 10:00 a.m. (Melrose): Mid-Morning Drop In. (Closed, Discussion). First Baptist Church, 561 Main Street
- » 12:00 p.m. (Wakefield): (Open, Speaker-Discussion). Congregational Church, 1 Church Street
- » 1:00 p.m. (Stoneham): 2 for 1. (Closed, Discussion). First Baptist Church, 457 Main Street
- » 4:30 p.m. (Melrose): Living Sober (Open, Discussion). Congregational Church, 121 W. Foster Street
- » 7:00 p.m. (Reading): Step Brothers (men only). (Closed, 12/12). Congregational Church, 25 Woburn Street
- » 7:15 p.m. (Wakefield): Our Common Ground (women only). (Open, Big Book). Congregational Church, 1 Church Street
- » 7:30 p.m. (Melrose): Our Second Chance (Open, Speaker/Discussion). Congregational Church, 121 W. Foster Street
- » 7:30 p.m. (Saugus): Kenmore (Open, Speaker). Salvation Army, 209 Broadway (Route 1 South)
- » 8:30 p.m. (Reading and online): Young People's (Open). St. Theresa's Catholic Church, 63 Winter Street or online at: Zoom Mtg. ID: 316 099 083

Fridays

- » 10:00 a.m. (Wakefield): Sisters in Sobriety (women only). (Open, Big Book). Emmanuel Episcopal, 5 Bryant St.
- » 10:00 a.m. (Melrose): Mid-Morning Drop In. (Closed, Discussion) First Baptist Church, 561 Main Street
- » 1:00 p.m. (Stoneham): 2 for 1. (Closed, Discussion). First Baptist Church, 457 Main Street
- » 7:00 p.m. (Reading): Big Book Step Study. (Closed, 12/12). Congregational Church, 25 Woburn Street
- » 7:00 p.m. (Wakefield): Helpful Handful (Open, 12/12). Congregational Church, 1 Church Street
- » 8:00 p.m. (Melrose): Big Book (Closed, Big Book). Congregational Church, 121 W. Foster Street
- » 8:00 p.m. (Stoneham): Young People (Open, Speaker/Discussion). First Baptist Church, 457 Main Street

Saturdays

- » 9:30 a.m. (North Reading): Friends of Bill W. (Open, Discussion). Union Congregational, 148 Haverhill Street
- » 12:00 p.m. (North Reading): Noontime (Open, Step Meeting). Aldersgate Methodist Church, 235 Park Street
- » 1:00 p.m. (Stoneham): 2 for 1. (Closed, Discussion). First Baptist Church, 457 Main Street
- » 3:00 p.m. (Melrose): Talk Of the Town. (Closed, Discussion). Congregational Church, 121 W. Foster Street
- » 7:30 p.m. (Wakefield): Saturday Night (Open). Congregational Church, 5 Church Street

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Local Narcotics Anonymous (NA) Meetings

Sundays

- » 9:00 a.m. (Saugus and online): Spiritual Awakening (Hybrid). (men only) (Open, Speaker). MEG Building, 54 Essex Street or online at: Zoom ID: 595-056-966 Password: freetobeme

Mondays

- » 7:00 p.m. (Saugus): Serenity in Saugus. (Open, Speaker/Discussion). First Congregational Church, 300 Central Street
- » 7:30 p.m. (Medford): No Excuses. (Open, Beginners, Just For Today). Community Baptist Church, 470 Fulton Street (Basement)
- » 7:30 p.m. (Malden): Hope Near The Hill. (Open, Speaker/Discussion). First Parish, 2 Elm Street

Tuesdays

- » 7:00 p.m. (Malden): Surrender Group of NA. (Open, Speaker). First Parish, 2 Elm Street

Wednesdays

- » 6:30 p.m. (Wakefield) Becoming Whole. (Open, Speaker/Discussion, Women). 607 North Ave, #11E
- » 7:00 p.m. (Woburn): It Works How and Why (Open, Step). United Methodist Church, 523 Main Street
- » 7:30 p.m. (Malden): One Step Closer (men only) (Closed, Step Working Guide/Meditation). St. Paul's Parish, 26 Washington Street

Fridays

- » 7:30 p.m. (Medford): Miracle in Medford. (Open). Community Baptist Church, 470 Fulton Street (basement)

Saturdays

- » 11:00 a.m. (Malden) Saturday Morning Live (Open). Club 24, 787 Salem Street (Upstairs)
- » 5:00 p.m. (Malden) 24 Hour Clean Group (Open, Speaker/Discussion). Bridge Recovery Center, 239 Commercial Street
- » 7:00 p.m. (Woburn) Woburn Survival Group. (Open, Speaker/Discussion/Basic Text). United Methodist Church, 523 Main Street

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Local AL-ANON and Family Meetings

Sundays

- » 1:00 p.m. (Melrose): Women's 12 Step AFG (Open, women only). First Congregational Church, 121 W. Foster Street

Mondays

- » 10:30 a.m. (Medford): Monday Morning a New Day. (Open, Beginner, Adult Child Focus). Medford Senior Center, 101 Riverside Ave.
- » 12:00 p.m. (Melrose): TGIM - Thank God It's Monday. (Open). First Congregational Church, 121 W. Foster Street
- » 7:30 p.m. (Lynnfield): Monday Nite Alateen. (Closed, Families and Friends only). Centre Congregational Church, 5 Summer Street (basement - enter from back parking lot)
- » 7:30 p.m. (Lynnfield): Monday Night (Closed, Families and Friends Only). Centre Congregational Church, 5 Summer Street (enter from back parking lot)

Tuesdays

- » 10:00 a.m. (Swampscott): New Life in AFG (Open, Step). First Congregational Church, 40 Monument Ave.
- » 12:00 p.m. (Melrose): Open Discussion (Open). First Congregational Church, 121 W. Foster Street
- » 6:30 p.m. (Stoneham): Family Support Group: The Family Restored. Senior Center, 136 Elm Street, Floor 2
- » 7:30 p.m. (Swampscott): Serenity Station (Open). First Congregational Church, 40 Monument Ave.

Wednesdays

- » 12:00 p.m. (Melrose): Sunshine AFG (Open). First Congregational Church, 121 W. Foster Street
- » 12:00 p.m. (Peabody): You are Not Alone (Open). St. Clare of Assisi, 32 Ellsworth Road
- » 7:00 p.m. (Tewksbury): First and third Wednesday of the month. Family support group: Learn-to-Cope. Tewksbury Memorial High School, 320 Main Street (Main entrance and follow signs).
- » 7:30 p.m. (Medford): Keep Coming (Open). Unitarian Universalist Church, 147 High Street
- » 7:30 p.m. (Peabody): Wednesday Night Hall of Hope (Open). Knights of Columbus, 96 Main Street

Thursdays

- » 12:00 p.m. (Melrose): Sunshine AFG (Open). First Congregational Church, 121 W. Foster Street
- » 12:00 p.m. (Swampscott and online): Noon Brown Bag (Open). First Congregational Church, 40 Monument Ave or virtual at Zoom ID: 8397 4659 500 passcode: 123456
- » 7:00 p.m. (Peabody): Just for Today (Open). St. Clare of Assisi, 32 Ellsworth Road
- » 7:30 p.m. (Reading): Courage and Fellowship (Men only, Open, Adult Child Focus). Unitarian Universalist Church, 239 Woburn Street

Fridays

- » 12:00 p.m. (Melrose): Nooners AFG (Open). First Congregational Church, 121 W. Foster Street
- » 7:00 p.m. (Saugus): Friday Night Serenity (Open). Church of the Nazarene, 60 Essex Street

Saturdays

- » 12:00 p.m. (Melrose): Faith Over Fear (Open). First Congregational Church, 121 W. Foster Street
- » 1:00 p.m. (Peabody and online): Saturday Afternoon (Open, hybrid). St. John's Church, 17 Chestnut Street or online at Zoom ID: 872 7139 5460 passcode: 123456

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Peer-Recovery and Local Resources

- » **Recovery Coaching Services:** Tracy Ascolillo Rizzo, Wakefield's Recovery Coach, is available to aid those in need of assistance with substance use related issues. Tracy helps individuals and their families navigate the care system by building a relationship with each individual, and helping to support behavior changes in their journey toward recovery. Tracy can be reached at tascolillo@eliotchs.org or (781) 879-2117.
- » **Bridge Recovery Center:** 239 Commercial Street, Malden MA 02148
Peer-to-peer recovery resources for adults in recovery as well as family, friends, and community members with experience in recovery. Updated schedules and information are available at www.bridgerecoverycenter.org.
- » **Massachusetts Substance Use Helpline:** This is a public resource for finding licensed and approved substance use treatment and recovery services. Call 800.327.5050 to get help, 8 a.m. to 10 p.m. Monday to Friday and 8 a.m. to 6 p.m. on weekends.

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