

# 12-Step & Self-Help Groups

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(Citizens Council) .....  
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(Mpls)  
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952.922.0880  
Northbrook  
763.781.5102  
**AA-Alcoholics Anonymous**  
www.aastpaul.org  
St. Paul .....  
651.227.5502  
**AA Alternative** (listing of non-  
AA  
chemical health support  
groups)  
952.922.3392  
**Abuse Hot Line** .....  
1.800.799.SAFE;  
TDD .....  
1.800.787.3224  
**ACA Intergroup-Adult**  
**Children** .....  
of Alcoholics .....  
763.574.0903  
**Access to counseling.com** .....  
952.322.2111  
**Access Works: Harm**  
**Reduction Ctr.** .....  
612.870.1830  
**ACSR-Adult Children in**  
**Sexual Recovery**  
Scott; 612.850.7299  
Val; 612.879.9642  
**Adoptive Families of America**  
(formerly "OURS") .....  
1.800.372.3300  
**African American Sexual**  
**Violence Program**  
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**AlAnon** (information services)  
952.920.3961  
Intergroup St. Paul .....  
651.771.2208  
**Anxiety Support Network** .....  
763.383.1720  
www.anxietysupportnetwork.  
org  
**ARIA-Adults Recovering From**  
**Incest** (women only) .....  
763.591.5916

## B

**Buddhism and 12 Steps**  
651.208.0749

## C

**Chemical Dependency**  
**We Care Counseling** .....  
651.777.2233  
**Chemical Injury Resource**  
**Ass'n of MN.CIRA** .....  
651.647.0944  
**Child Sexual Abuse:**  
**StopItNow**  
www.stopitnow.org .....  
1.888.773.8368  
**Chrysalis Center for Women**  
612.871.0118  
**CLUES- Chicanos Latinos**  
**Unidos en Servicio** .....  
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**Cocaine Anonymous; Coc.**  
**Anon** .....  
612.323.3350  
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**Parents** .....  
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**CoDependents Anonymous**  
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**Contraceptive Hotline** .....  
800.584.9911  
**COSA-Codependents of Sex**  
**Addicts Anonymous** .....  
763.537.6904

## D

**Deaf Adult Children**  
**Anonymous** .....  
TTY .....  
952.920.4830  
**Telecom Relay Services**  
711  
**Debtors Anonymous** .....  
952.953.8438

## E

**Eating Disorders Anonymous**  
..... 651.246.5935  
**Emotions Anonymous** .....  
651.647.9712

## F

**Families Anonymous** .....  
800.736.9805

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**Gamblers Anonymous**  
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www.minnesotaGA.org  
**Gam.Anon.** .....  
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**Gambler's Alternatives** .....  
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**Grief, Loss & Transition** .....  
651.641.0177

## H

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612.338.3664

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**Jewish Recovery Network** .....  
763.544.4446

## L

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www.mncl.org  
**Lesbian Survivors of Abuse**  
www.geocities.com/rainbow.  
hope2000/

## M

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management groups) .....  
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**Men's Line-The** .....  
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**Mental Health Consumer**  
**Survivor**  
**Network of MN** .....  
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**Minnesotans for Safe Driving**  
952.238.0970  
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**Outpatient**  
**Treatment Program** .....  
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952.939.3939  
statewide  
1.877.767.7676  
**Nicotine Anonymous** .....  
952.404.1488

## O

**OCD Support Groups;**  
612.722.1504  
**Open Door** (agoraphobia and  
panic disorder support)  
St. Paul, 952.818.7343 or  
612.229.1863; St. Louis Park,

612.998.6160  
**Overeaters Anonymous**  
612.377.1600/888.540.1212

## P

**PFLAG-Parents, Families and**  
**Friends of Lesbians and Gays**  
612.825.1660  
**Poison Control Centers** .....  
1.800.222.1222

## Q

**QUITPLAN<sup>SM</sup> Helpline** free  
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1.888.354.PLAN (7526)

## R

**REACH** (for families of  
people with mental illness)  
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**Recovery, Inc.** (facilitated, self-  
help mental health groups)  
612.824.5773  
**Recovering Couples**  
**Anonymous**  
612.869.3866  
**Resource Ctr. for Fathers/**  
**Families**  
(parenting, stepparenting, anger  
mgmt.) 763.783.4938

## S

**SAA-Sex Addicts Anonymous**  
651.646.1970  
**Senior Link AGE LINE** .....  
800.333.2433  
**Sexaholics Anonymous** .....  
952.985.1016  
**Shoplifters Anonymous** .....  
763.544.8288  
**16 Step Sobriety Support**  
**Group**  
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**SOS-Secular Organization for**  
**Sobriety/Save Our Selves** ....  
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**Center**  
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Drumming circle .....  
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**Stuttering Association**  
national; 800.364.1677  
**Survivors of Incest**  
**Anonymous.SIA; www.siaawso.**  
**org**  
**Spenders Anonymous** .....  
http://www.spenders.org

## T

**ToughLove Parent Support**  
**Groups; 763.391.2630**  
**12 Steps for Christian Living**  
**Groups; 763.593.1791**  
**Tubman Family Alliance**  
651.770.8544

## U

**United Way 2-1-1**  
1.800.543.7709

## W

**Women's Cancer Resource**  
**Center**  
612.729.0491  
**Women For Sobriety** .....  
651.224.0328  
**Work Addicts Anonymous** .....  
763.786.2723

# Step By Step Self Help

**Robert R. Redfield**



## Step By Step Self Help:

### **Break Free from Depression: The Ultimate Guide to Overcoming Darkness and Embracing Joy** Philipp

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## Unveiling the Magic of Words: A Report on "**Step By Step Self Help**"

In some sort of defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their capability to kindle emotions, provoke contemplation, and ignite transformative change is really awe-inspiring. Enter the realm of "**Step By Step Self Help**," a mesmerizing literary masterpiece penned with a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve into the book's central themes, examine its distinctive writing style, and assess its profound affect on the souls of its readers.

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