

# SELF-HELP RESOURCE LIST

*\*The material and resources contained in this Community Resource List are not endorsed by Lives in Harmony LLC. The listed organizations are not affiliated with Lives in Harmony LLC.*

## **Alcoholics Anonymous**

(513) 351-0422

[www.aacincinnati.org/](http://www.aacincinnati.org/)

Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism.

## **Alanon/Alateen**

(513) 947-3700

[www.cincinnatiafg.org/](http://www.cincinnatiafg.org/)

Al-Anon has but one purpose: to help families of alcoholics.

## **Council on Child Abuse**

(513) 684-7976

[www.cocachild.org](http://www.cocachild.org)

The Council on Child Abuse provides educational and public awareness programs to prevent and stop abuse and bullying where children live, learn and play (peer abuse, bully programs).

## **Lighthouse Youth Services**

(513) 221-3350

[www.lys.org/](http://www.lys.org/)

The mission of Lighthouse Youth Services is to advance the dignity and well being of children, youth and families in need. They promote good citizenship, responsible behavior and self-reliance. They provide help and resources for teens, young adults and parents as well as engaging the community and providing resources for professionals.

## **Narcotics Anonymous**

(513) 457-1629

[www.narcotics.com/na-meetings/ohio/cincinnati](http://www.narcotics.com/na-meetings/ohio/cincinnati)

Narcotics Anonymous is a fellowship of men and women who share their experiences, strength, and hope with each other that they may solve their common problem and help others recover from narcotics addiction.

## **Overeaters Anonymous**

(513) 921-1922

[www.oa.org](http://www.oa.org)

Overeaters Anonymous offers a program of recovery from compulsive eating using the Twelve Steps and Twelve Traditions of OA. Worldwide meetings and other tools provide a fellowship of experience, strength and hope where members respect one another's anonymity. OA charges no dues or fees; it is self-supporting through member contributions.