

## Are MARA Meetings right for me?

Do you use prescribed medication to treat various drug or alcohol use disorders? Many people who utilize evidence-based science to aid in their recovery sometimes feel uncomfortable in their day to day lives. Additionally, a multitude of people on this healing path have even felt unwelcome at traditional recovery meetings. We understand.

At Medication-Assisted Recovery Anonymous, you're always welcome!

## MARA Preamble:

*"Medication-Assisted Recovery Anonymous is a support group of people who believe in the value of medication as a means to recovery. We understand that our individual needs may not be the same; our backgrounds may not be the same; our futures may not be the same. However, our desire to live a safe lifestyle joins us together. Non-judgement is our code."*



MARA International  
[www.mara-international.org](http://www.mara-international.org)



**Medication-Assisted  
Recovery Anonymous®**

*Recovery is simply to  
recover from an unsafe  
lifestyle!*



**MARA is a non-traditional  
12 Step program.**

**NOTES**

**What can I expect at a  
MARA Meeting?**

We begin at Step 1:

*We admitted that, without help,  
we felt an inability to control many  
of our behaviors and that our lives  
had become unmanageable.*

And we strive to reach Step 12:

*As a result of these steps, we  
became aware of our true voice  
within. We came to realize our  
purpose and helped others find  
theirs.*

On our journey through the steps,  
we often identify characteristics we  
thought were weaknesses were  
simply misconceptions.

**PHONE LIST**

MARA members listen to each other  
without judgement and demonstrate  
an attitude of compassion.

Meetings may be focused on  
discussion topics, our non-traditional  
steps, the MARA traditions, our  
continued desire to live safely,  
speaker meetings and other topics  
brought up by the group leader or  
participants.

*The only requirement for MARA  
is a desire to live a safe lifestyle.*

For the full list of MARA Steps and  
Traditions, please see our website:

**[www.mara-international.org](http://www.mara-international.org)**

Feel free to contact us through the

