

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



**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

Feel free to contact us through the

