

12-STEP SUPPORT GROUPS FOR SEX ADDICTION

S.A.A. - Sex Addicts Anonymous: National 12-step program that encourages participants to define their sexual sobriety through the boundaries of a "Sex Plan," which is developed by working with other recovering members. Population is mixed, primarily men, both homosexual and heterosexual, with some female attendance.

www.sexaa.org
DC metro: 703-912-1904

S.C.A. - Sexual Compulsives Anonymous: 12-step program found in major urban areas nationally. Primarily attended by gay and bisexual men and some women. Participants define their sexual sobriety through the boundaries of a "Sex Plan," which is developed by working with other recovering members. Has a program for partners of sexual addicts.

www.sca-recovery.org
DC metro: www.sca-dc.org - 202-736-3736

S.L.A.A. - Sex and Love Addicts Anonymous: National 12-step program focused on addictive sexual and romantic relationships. Helpful for people who consistently involve themselves in abusive, non-nurturing relationships as well as sexual addicts. This program tends to attract more mixed male/female group.

www.slaafws.org
DC metro: www.slaadc.org - no phone available, use email for contact

S.A. - Sexaholics Anonymous: National 12-step program which employs the most restricted definition of sexual recovery. Sobriety is defined as "No sexual behavior outside of a committed (heterosexual) marital relationship." Population is primarily heterosexual men, some women do attend. Has a program for spouses of sexual addicts and offenders called S-Anon.

www.sa.org and S-Anon sanon.org
SA in DC metro: sites.google.com/site/samddcnova/home - 703-866-6929
S-Anon in DC metro: 703-440-1875
www.sa.org

R.C.A. - Recovering Couples Anonymous: A 12-step program that helps partners who are addicts or co-addicts on issues of commitment, intimacy and mutual recovery, with a focus on improving the significant-other bond. All couples, married, non-married, gay and straight, are welcome.

recovering-couples.org
DC metro: see website for phone numbers

COSA - A recovery program for men and women whose lives have been affected by someone else's sexual behavior.

www.cosa-recovery.org