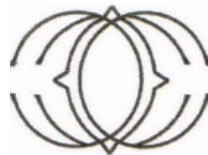


# Dual Recovery Anonymous Meetings

Please join with other people in recovery:

Wednesdays from 12:00pm to 1:00pm

Tradewinds Clubhouse  
309 Main Street  
Southbridge, MA. 01550  
508-765-9947 – Ask for Betsy



Dual Recovery Anonymous™ is a 12 Step self-help program that is based on the principals of the Twelve Steps and the experiences of men and women in recovery with a dual diagnosis. The DRA program helps us recover from both our chemical dependency and our emotional or psychiatric illness by focusing on relapse prevention and actively improving the quality of our lives. In a community of mutual support, we learn to avoid the risks that lead back to alcohol and drug use as well as reducing the symptoms of our emotional or psychiatric illness.

***There are only two requirements for membership:  
A desire to stop using alcohol or other intoxicating drugs.  
A desire to manage our emotional or psychiatric illness in a  
healthy and constructive way.***

Dual Recovery Anonymous on the net, [draonline.org](http://draonline.org)