

**Chicago Area 12-Step Meetings in Jewish Communal Locations 5.21.26**  
**In-Person or Hybrid (all regions welcome)**

These are traditional 12-Step meetings taking place in Jewish communal locations. They are open to the public. **We encourage you to contact the group to ensure this information is current. Please let us know of any updates.** All meetings are **Closed** (only for those currently/considering working the program) unless identified as **Open** (all are welcome). For more information, for assistance in starting a group, to update meeting information, or to add a group to the list, contact [Beth Fishman PhD](#) at JCFS Chicago addiction services. Please note that these meetings are not affiliated with JCFS Chicago; we maintain this list as a service to the Jewish community.

**ALCOHOLICS ANONYMOUS**

**Mon - Fri in person** 12 – 1pm

Temple Jeremiah  
937 Happ Rd, Northfield  
(847) 441-5760

**Monday hybrid (Google Meet)** 8 – 9am

Wellsprings/Chabad of Northbrook  
2095 Landwehr Road, Northbrook  
Meditation and Big Book Study (**Open**)  
(248) 346-6874  
<https://meet.google.com/ozn-khds-wxb>

**Wednesday hybrid (Zoom)** 6 - 7pm

North Shore Congregation Israel  
1185 Sheridan Rd, Glencoe  
Family room south end of building  
(847) 738-1919  
Zoom Meeting ID: 4190351492

**Wednesday hybrid (Google Meet)** 7 - 8pm

Wellsprings/Chabad of Northbrook  
2095 Landwehr Road, Northbrook  
Beginners Meeting (**Open**)  
(248) 346-6874  
<https://meet.google.com/ozn-khds-wxb>

**Thursday hybrid (Google Meet)** 8 – 9am

Wellsprings/Chabad of Northbrook  
2095 Landwehr Road, Northbrook  
Big Book Study (**Open**)  
(248) 346-6874  
<https://meet.google.com/ozn-khds-wxb>

**Thursday hybrid (Zoom)** 8 – 9pm

Cong Beth Shalom Library  
772 W. 5th Ave., Naperville  
**Men's Meeting**  
Zoom Meeting ID: 446 646 271  
Password: 111  
Dist 24 hour hotline 630-355-2622

**Sunday in person** 10 - 11am

Wellsprings/Chabad of Northbrook  
2095 Landwehr Road, Northbrook  
Speaker Meeting (**Open**)  
(248) 346-6874

**AL-ANON**

**Tuesday in person** 10 –11am

Temple Sholom  
3480 N Lake Shore Dr. Chicago  
Community room moadan 1st floor  
(773) 525-4707

**Tuesday in person** 7 – 8pm

Temple Jeremiah  
937 Happ Rd., Northfield  
(847) 441-5760

**FAMILIES ANONYMOUS**

**Tuesday hybrid (Zoom)** 7:00 – 8:30pm

North Shore Congregation Israel  
1185 Sheridan Rd, Glencoe  
Family room south end of building  
(847) 738-1919  
Zoom Meeting ID: 4190351492

**Wednesday in person** 7-8:30pm

FA Northfield  
Temple Jeremiah  
937 Happ Rd, Northfield  
"Staging Room"  
No meeting on major holidays  
[Carjaz@aol.com](mailto:Carjaz@aol.com) 847-721-1951  
**Open meeting**

## NATIONAL JEWISH ADDICTION RECOVERY GROUPS ON ZOOM

These meetings are for Jewish individuals who identify as being in addiction recovery, including family and friends. There is no fee to participate. They vary in content, style, affinity to the 12-Step model, participants, facilitation, and registration. Meetings are for all Jews in all addiction recovery, including family & friends, unless otherwise specified. Please read each entry carefully, **check the time zone**, and contact the meeting to be sure the information listed is current, as meeting information tends to change often. For more information, to update meeting information, or to add/remove a group, contact [Beth Fishman PhD](#) at JCFS Chicago addiction services. Please note that these meetings are not affiliated with JCFS Chicago; we maintain this list as a service to the Jewish community.

### SUNDAY

#### [Wellsprings/Chabad](#) The Sunday Reset Support Group

4:00 pm Central

Call for Zoom link: (248) 346-6874

#### [OJR\\*](#) The Spiritual Self: Reflections on Recovery and God by Rabbi Abraham Twerski

7:00 PM Eastern

Click [here](#) to be added to the email list and receive zoom link

### MONDAY

#### [OJR](#) Recovery Torah Study

1:00 PM Eastern

Click [here](#) to be added to the email list and receive zoom link

#### [OJR](#) Tikkuna Neshama: Women's Recovery Meeting

*in partnership with SVIVAH*

7:00 PM Eastern

Click [here](#) to be added to the email list and receive zoom link

#### [Selah](#) Recovery Chaburah Drop-in Group

*Facilitated by Jeremy Pool*

6 - 7:15pm Eastern

Link to join: <https://14yselah.org/groups>

A *chaburah* is a group of friends that comes together to learn from each other and add richness to our experiences through reflection, spiritual elevation, and sharing. Whether you're in the process of overcoming addiction or working through other challenges, this group is for you.

#### [CCSA](#) Israel-based Family Support Group (in English)

Every other Monday 8pm Eastern (Zoom)

Our Israel-based support group offers a safe space where you can connect and share with others facing similar challenges. Whether you're a parent, sibling, spouse, or other family member, you'll find understanding, compassion, and the opportunity to find strength in community.

To join: [CCSA@ohelfamily.org](mailto:CCSA@ohelfamily.org)

### TUESDAY

#### [JCFS Winnipeg](#) Hashivenu Renewal & Recovery

Tuesdays 12 – 1 pm Central

To register: Sadie Silverstein at [ssilverstein@jcfswinnipeg.org](mailto:ssilverstein@jcfswinnipeg.org)  
*Once registered, group guidelines and the zoom link will be emailed to you during business hours. If you do not see an email with this information, please check your junk folder.*

A virtual, closed, self-help, support and recovery group for all addictions with a Jewish lens. Peer-led with addictions counselor support. We meet you where you are and support both harm reduction and abstinence. Everyone who is thinking of making changes to their substance use or addictive behavior is welcome.

#### [Selah](#) Artists In Recovery Drop-in Group

*Facilitated by Benjamin Litchman*

8 - 9pm Eastern

Link to join: <https://14yselah.org/groups>

Artists in Recovery offers a weekly sanctuary for creatives to navigate the intersection of artistry and recovery. This group is a collective journey through the challenges and triumphs of creative expression without substance reliance, promoting growth, resilience, and mutual support in a shared space of inspiration and accountability.

### WEDNESDAY

#### [OJR](#) AA - Style Recovery Meeting

12:00 PM Eastern | 7:00 PM Israel

Click [here](#) to be added to the email list and receive zoom link

#### [OJR](#) ACA (Adult Children of Alcoholics and Dysfunctional Families) - Style Recovery Meeting

7:30 PM Eastern

#### [CCSA](#) Support Group for Young People with Loved Ones Affected by Addiction (Zoom)

Monthly on Wednesdays 8pm Eastern

Whether you are a sibling, child, friend, or family member of someone struggling, join us to connect, share, and find support with others who understand.

To join: [CCSA@ohelfamily.org](mailto:CCSA@ohelfamily.org)

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### WEDNESDAY (continued)

#### CCSA Family Support Group (Zoom)

Every other Wednesday 8:15PM Eastern

Peer-to-peer support group facilitated by professionals for parents, spouses, siblings, children – anyone with a family member who is struggling with substance use or addiction.

Email to join: [CCSA@ohelfamily.org](mailto:CCSA@ohelfamily.org)

#### OJR CoDA - Style Recovery Meeting

8:30 PM Eastern

Click [here](#) to be added to the email list and receive zoom links

#### JACS Arizona Support Group to Explore Jewish Spirituality through the 12 Steps

1st & 3rd Wednesdays 7:30 – 8:30pm Mountain

Email for Zoom link: [jacsarizona@gmail.com](mailto:jacsarizona@gmail.com)

JACS Arizona provides hope, strength and support for Jewish alcoholics and addicts, as well as their families and friends. All are welcome-affiliated (from reform to orthodox) or unaffiliated-with Judaism; connected or alienated. Spouses and children of addicts, parents dealing with the pain of their loved one's addiction, and addicts who are struggling or celebrating sobriety from across the spectrum of Jewish life come together to create a strong spirit of unity. Inquiries and meetings are anonymous.

### THURSDAY

#### Selah Cheshbon HaNefesh Accountability Drop-in Group

6 - 7pm Eastern *Facilitated by Jeremy Poole*

Link to join: <https://14yselah.org/groups>

Every day, we face thousands of small choices and interactions that inform, challenge, and motivate us. In this weekly group, we'll create a supportive space for people to share their everyday experiences of missteps and successes, fostering personal development and holding a sense of accountability from week to week.

#### OJR AA-Style Recovery Meeting

12:00 PM Eastern

Click [here](#) to be added to the email list and receive zoom link

#### OJR On the Derech: A 12 Steps, 12 Traditions Meeting

*All Fellowships Welcome*

7:00 PM Eastern

### THURSDAY (continued)

#### OJR Spiritual Healing Circle - monthly

7:00 PM Eastern

Click [here](#) to be added to the email list and receive zoom link

### FRIDAY

#### Selah Parsha for the Journey Drop-in Group (Hybrid)

12:30 – 1:15pm Eastern

*Facilitated by Ariel Halpern and Jeremy Pool*

*Registration required via RSVP tab:*

<https://14yselah.org/groups>

Parsha for the Journey is a weekly study space where the Torah portion becomes a mirror for our own journeys of healing, growth, and return. Through shared reflection and conversation, we explore themes of purpose, struggle, resilience, and connection using a recovery-informed lens. No prior knowledge of Torah or Hebrew is needed just curiosity and a willingness to engage.

### SHABBAT/SATURDAY: ALL OJR

Click [here](#) to be added to the email list and receive zoom link

#### **Twelve Jewish Steps to Recovery Book Study**

*in partnership with Temple Beth El of Fort Myers*

11:00 AM Eastern

#### **Twelve Steps and Torah** *in partnership with and sponsored by the Jewish Collaborative of Orange County*

2:00 PM Pacific | 5:00 PM Eastern

#### **Chanting for Recovery Musical Meditations for Inner**

**Peace** – monthly

8:00 PM Eastern

\***CCSA = Communities Confronting Substance Use & Addiction**

\***OJR = Our Jewish Recovery. Contact**

[rabiilan@ourjewishrecovery.com](mailto:rabiilan@ourjewishrecovery.com) for weekly meeting updates.