

The Church of Jesus Christ of Latter-day Saints' Addiction Recovery Program (ARP) helps those interested in working toward overcoming addiction or compulsive behavior have hope that recovery is possible, even during a pandemic.

“In society and especially in the Church there is so much shame and stigma around addictive and compulsive behaviors. Consequently, people suffer in silence, and it breaks my heart,” said Ben Erwin, a Family Services therapist and the Addiction Recovery Program manager.

“The Addiction Recovery Program provides a safe place where anyone can find acceptance, compassion, help, support, truth and healing. When you walk into an addiction recovery program meeting, people don’t judge, stare, cast a glance — they warmly welcome you. They’re so glad you came. And they’ll invite you to keep coming back.”

### Find a Virtual or In-Person Meeting

Every week, around 2,800 ARP meetings are held in 30 different countries and 17 different languages. These meetings happen in person, but also virtually. If there are no meetings in your area or if you feel more comfortable attending virtually, you can join a Zoom or phone meeting.

“Traditionally, we’ve met in person, but through COVID, we’ve grown and expanded online meetings where people can join via Zoom,” said Erwin. Virtual meetings have been a necessity during the pandemic, but they also bring many benefits. If there isn’t a meeting in your area, you can join a meeting in a different city. If you feel more comfortable joining anonymously, you can do that virtually.

“Virtual meetings give people an extra opportunity to take the first step. The first meeting is always the scariest, it’s always the hardest — but if you have a little bit of faith, you can join a call. You don’t have to say your real name. You can just go sit and participate and listen and observe and feel the Spirit. I would invite anyone who’s interested to just anonymously attend a meeting. Come and see for yourself,” said Erwin.

The Church’s Addiction Recovery Program is about supporting and connecting with each other in overcoming addiction, but it’s also about connecting with the Savior, Jesus Christ. He wants to help us in our trials, and He is the source of healing.

“The Savior is keenly aware of all of our trials and struggles,” said Erwin. “When we gather to support each other in overcoming this challenge through Him, my experience is that He is there with us.”

Visit [addictionrecovery.ChurchofJesusChrist.org](https://addictionrecovery.ChurchofJesusChrist.org) to find a virtual or in-person meeting. The website also includes stories of hope, videos and support group guides. You can also listen to podcasts of recorded meetings to learn more about what a meeting is like.