

SOBER ASANA RESOURCES WORLD SERIES 2025
MYRTLE BEACH, SC

1. Sober ASANA NEWSLETTER Announcement
2. 12 Step Resources in Myrtle Beach, SC
3. Sober Events, Myrtle Beach, SC
4. Family Friendly Events, Myrtle Beach, SC

Newsletter: Once again, we will be requesting volunteers for both “Dial A Friend” and requesting volunteer’s to lead daily 12 step meetings at the fields.

Newsletter Announcement:

Calling All Volunteers for the SOBER ASANA Program!

The 2025 ASANA Softball World Series is coming to Myrtle Beach, and we need *YOU* to help make the SOBER ASANA program a success! This year, we’re seeking compassionate volunteers to foster fellowship and support for athletes and attendees in recovery.

Volunteer Opportunities:

1. 🌞 "Dial A Friend" Support Team

- Provide immediate peer support via phone/text during the event.
- Offer encouragement, resources, or a listening ear to those needing help.
- Shifts available throughout the tournament.

2. 📖 Lead Daily 12-Step Meetings at the Fields

- Facilitate morning or evening recovery meetings (format of your choice).
- Requirements: 90+ days of sobriety OR active participation in your home group.

Why Volunteer?

- Strengthen the recovery community while enjoying the tournament spirit!
- All volunteers receive a free SOBER ASANA t-shirt and access to a Volunteer Appreciation Breakfast.

How to Get Involved:

✉ Email: ASANA DEI Committee

🔗 Sign Up Online: www.SoberASANA.org/volunteer *SUGGESTED*

TO DO:

1. Design, Print “Sober ASANA World Series 2025, Myrtle Beach” t-shirt

- 20 shirts should be enough for volunteers, but we could sell these as well and make some profit for the league.
- Suggest order 50
 - 10 Small
 - 15 Medium
 - 10 Large
 - 10 XLarge
 - 5 XX Large

2. Organize a Volunteer Breakfast

- Date/Time
- Place
- In attendance: Executive Director (Bean), DEI Chair (Keenan), SOBER ASANA Rep. (Jonah)

12-Step Group Information for Myrtle Beach, SC

1. Alcoholics Anonymous (AA)

- **Local Office:** Coastal Carolina Central Office (serves Myrtle Beach)
 - **Phone:** (843) 445-2925
 - **Website:** [Coastal Carolina AA](#)
 - **Meetings:** In-person and virtual options. Use the [AA Meeting Finder](#) or the local office's directory.
 - Example locations: St. Andrew Catholic Church, Surfside Presbyterian Church, or community centers.
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2. Narcotics Anonymous (NA)

- **Local Helpline:** (800) 777-1517 (24/7)
 - **Website:** [Lowcountry Area NA](#) (covers Myrtle Beach)
 - Filter meetings by "Grand Strand" (Myrtle Beach area).
 - **Meetings:** Daily options, including at Serenity House, churches, and recovery centers.
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3. Al-Anon/Alateen (For Families/Friends)

- **Local Support:** Coastal Carolina Al-Anon
 - **Phone:** (843) 213-4343
 - **Website:** [SC Al-Anon](#)
 - **Meetings:** Hosted at churches (e.g., First United Methodist Church) and online.
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4. Cocaine Anonymous (CA)

- **Website:** [SC CA](#)
 - Search for "Myrtle Beach" under **Meetings**.
 - **Local Contact:** (855) 222-2622
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5. Gamblers Anonymous (GA)

- **Website:** [Gamblers Anonymous](#)
 - Use the **Meeting Search** for Myrtle Beach listings.
 - **Local Hotline:** (843) 473-6192
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6. SMART Recovery (Non-12-Step Alternative)

- **Meetings:** Hybrid (in-person/online).
 - **Website:** [SMART Recovery Myrtle Beach](#)
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Tips for Finding Meetings:

1. **Check Official Websites:** Meeting times/locations often change; verify via the links provided.
 2. **Virtual Options:** Many groups offer Zoom meetings (ideal for travelers or those preferring remote access).
 3. **Local Centers:** Try **Serenity House** (1313 44th Ave N) or **New Directions** (1011 3rd Ave S), which host multiple groups.
 4. **Hotlines:** Call ahead to confirm details or ask about newcomer-friendly meetings.
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1. Beach Yoga Sessions

- **Myrtle Beach Yoga:** Join sunrise or sunset yoga classes on the beach (e.g., *Island Inspired Yoga* or *Coastal Yoga*).
 - **Free Community Classes:** Check local studios like *Sun City Yoga* for donation-based sessions.
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2. Sober Social Meetups

- **Sober Squad Myrtle Beach:** Look for local sober groups on Meetup.com or Facebook that host game nights, hikes, or coffee meetups.
 - **New Directions of Myrtle Beach:** This recovery community often organizes sober events (e.g., bonfires, volleyball).
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3. Brookgreen Gardens

- **Art & Nature:** Explore 9,100 acres of sculptures, gardens, and trails. Attend their seasonal events like *Nights of a Thousand Candles* (alcohol-free family nights).
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4. Myrtle Beach Boardwalk Strolls

- **Oceanfront Walks:** Enjoy the 1.2-mile boardwalk with street performers, shops, and ice cream parlors.
 - **SkyWheel:** Ride the iconic Ferris wheel for stunning views (no alcohol served).
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5. State Park Adventures

- **Huntington Beach State Park:** Hike, birdwatch, or tour Atalaya Castle.
 - **Myrtle Beach State Park:** Fish, bike, or join ranger-led programs like guided nature walks.
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6. Art & Culture

- **Franklin G. Burroughs-Simeon B. Chapin Art Museum:** Free admission to view coastal-inspired exhibits.
 - **Paint & Sip (Non-Alcoholic):** Local studios like *Wine & Design* offer “mocktail” painting classes.
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7. Live Music (Sober-Friendly Venues)

- **The Carolina Opry:** Catch alcohol-free family shows like *Time Warp* or *LIGHT*.
 - **Coffee Shops:** *443 Union* or *Grand Strand Coffee* host live acoustic nights.
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8. Volunteer Opportunities

- **Habitat for Humanity ReStore:** Build community while staying busy.
 - **Beach Cleanups:** Join groups like *Surfrider Foundation Grand Strand* for eco-friendly events.
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9. Mini-Golf & Family Fun

- **Professor Hacker's Lost Treasure Golf:** Themed courses with no alcohol focus.
 - **Broadway at the Beach:** Play arcade games, visit Ripley's Aquarium, or try Mirror Maze challenges.
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10. Sober Sports Leagues

- **Kickball/Volleyball:** Check *Myrtle Beach Parks & Rec* for substance-free leagues.
 - **Paddleboarding/Kayaking:** Rent gear at *Murrells Inlet* or *Socastee Recreation Center*.
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Tips for Finding More:

- Search **Eventbrite** or **Facebook Events** with keywords like “sober,” “recovery,” or “family-friendly.”
- Visit **local libraries** or **community centers** for bulletin boards with event flyers.
- Ask for suggestions at **12-step meetings** (many members know hidden gems!).

1. Myrtle Beach Boardwalk & Promenade

- Stroll the 1.2-mile oceanfront boardwalk with street performers, arcades, and treats like ice cream or funnel cakes.
- Don't miss the **SkyWheel** for stunning coastal views!

2. Brookgreen Gardens

- Explore 9,100 acres of art, nature, and history.
- Kids love the **Lowcountry Zoo** and seasonal events like **Nights of a Thousand Candles** (holiday lights display).

3. Ripley's Aquarium of Myrtle Beach

- Walk through underwater tunnels, touch stingrays, or join interactive programs like **Penguin Encounter**.

4. Myrtle Beach State Park

- Hike nature trails, fish off the pier, or join ranger-led programs like **Seine Netting** (hands-on marine life exploration).

5. Family Kingdom Amusement Park

- Ride classic roller coasters, spin on the Ferris wheel, or cool off at **Splash Park**, their oceanfront water park.

6. The Children's Museum of South Carolina

- Perfect for kids under 12! Hands-on exhibits include a pretend grocery store, construction zone, and STEM activities.

7. Broadway at the Beach

A bustling complex with family fun:

- **WonderWorks** (interactive science museum)
- **Ripley's Marvelous Mirror Maze**
- **Soar+Explore Zipline** (kid-friendly aerial adventure)

8. Pelicans Baseball Games

Cheer on the Myrtle Beach Pelicans (Minor League Baseball) at **TicketReturn.com Field**. Enjoy fireworks nights and kid-themed promotions!

9. Huntington Beach State Park

- Spot alligators, tour the historic **Atalaya Castle**, or comb the beach for shells. Free admission with the **SC State Parks Passport**.

10. Mini-Golf Adventures

Putt-putt is a Myrtle Beach staple! Try themed courses like:

- **Captain Hook's Adventure Golf** (pirate-themed)
- **Dinosaur Adventure Golf**
- **Mount Atlanticus** (mythical creatures)

Seasonal Highlights

- **Summer:** Free outdoor movies at **Barefoot Landing** or **Market Common**.
- Check **VisitMyrtleBeach.com** or local Facebook groups like **Myrtle Beach for Families** for updated event calendars.
- Many attractions offer discounts for advance online bookings.
- Pack sunscreen and reusable water bottles—most parks have refill stations!