

ASANA Presents: Sober Memphis, Tn

- **12 Step Resources**
- **Sober Events, Activities, Restaurants**

12-Step Clubhouses

1. Friendship House

- o Address: 1029 S Yates Rd, Memphis, TN 38119
- o Phone: (901) 682-5731
- o Description: A clubhouse providing a safe space for meetings and fellowship for those in recovery.

2. The Alano Club of Memphis

- o Address: 2238 Central Ave, Memphis, TN 38104
- o Phone: (901) 726-6760
- o Description: Offers various 12-step meetings and a place for fellowship and support.

AA (Alcoholics Anonymous) Meetings

1. Greater Memphis Area Intergroup Association of Alcoholics Anonymous

- o Address: 3540 Summer Ave, Suite 104, Memphis, TN 38122
- o Phone: (901) 454-1414
- o Website: memphis-aa.org
- o Description: Provides information on meeting times and locations throughout Memphis.

2. Serenity Group

- o Address: 329 N Bellevue Blvd, Memphis, TN 38105
- o Phone: (901) 528-0146
- o Description: A well-known AA group with daily meetings.

3. Courage to Change Group

- o Address: 2238 Central Ave, Memphis, TN 38104 (Located at the Alano Club)
- o Phone: (901) 726-6760
- o Description: Offers daily AA meetings.

NA (Narcotics Anonymous) Meetings

1. Greater Memphis Area of Narcotics Anonymous

- o Address: Multiple locations
- o Phone: (901) 276-LIVE (5483)
- o Website: na-wt.org
- o Description: Provides information on NA meeting times and locations in the Memphis area.

2. The Welcome Home Group

- o Address: 2109 Ball Rd, Memphis, TN 38114
- o Phone: (901) 276-5483
- o Description: A welcoming environment for NA meetings.

Al-Anon and Alateen Meetings

1. Al-Anon Information Services of Greater Memphis

- Address: 3459 Kirby Rd, Memphis, TN 38115
- Phone: (901) 323-0321
- Website: memphisareaal-anon.org
- Description: Offers information on Al-Anon and Alateen meetings, which provide support for families and friends of alcoholics.

Other Supportive Organizations

1. The Harbor House of Memphis

- Address: 1979 Alcy Rd, Memphis, TN 38114
- Phone: (901) 743-1836
- Website: theharborhouse.org
- Description: Provides residential and outpatient treatment programs and hosts various 12-step meetings.

These resources should help you find the support and community you need in Memphis, TN. It's always a good idea to call ahead to confirm meeting times and locations, as they can sometimes change.

1. Cultural and Historical Attractions

- **National Civil Rights Museum:** Located at the former Lorraine Motel, where Dr. Martin Luther King Jr. was assassinated, this museum offers a profound and educational experience about the American civil rights movement.
- **Graceland:** The home of Elvis Presley, providing tours of the mansion, exhibits of his career, and his car collection.
- **Memphis Rock 'n' Soul Museum:** Offers a comprehensive look at the birth of rock and soul music in Memphis.

2. Outdoor Activities

- **Shelby Farms Park:** One of the largest urban parks in the United States, featuring trails for walking, running, and biking, as well as paddle boats, horseback riding, and a playground.
- **Memphis Botanic Garden:** Offers beautiful gardens, walking paths, and events focused on horticulture and education.
- **Mud Island River Park:** Features a riverwalk, pedal boats, and museums dedicated to the Mississippi River.

3. Museums and Art Galleries

- **Brooks Museum of Art:** The oldest and largest art museum in Tennessee, featuring a diverse collection of art from around the world.
- **Stax Museum of American Soul Music:** Located on the original site of Stax Records, offering exhibits on the history of soul music.

4. Sober Support and Recovery Meetings

- **Alcoholics Anonymous (AA) and Narcotics Anonymous (NA):** Memphis hosts numerous AA and NA meetings throughout the city. Check their respective websites or local chapters for meeting times and locations.
- **Memphis Recovery Centers:** Provides information on local sober living environments and support groups.

5. Fitness and Wellness

- **Yoga and Fitness Studios:** Memphis has several studios offering yoga, Pilates, and other fitness classes. Examples include Hot Yoga Plus and Midtown Yoga.
- **Spas and Wellness Centers:** Places like Gould's Day Spa & Salon offer a range of services from massages to wellness treatments.

6. Family-Friendly Activities

- **Memphis Zoo:** One of the top zoos in the country, home to over 3,500 animals representing more than 500 species.
- **Children's Museum of Memphis:** Interactive exhibits and educational programs for children of all ages.
- **AutoZone Park:** Home of the Memphis Redbirds, the Triple-A affiliate of the St. Louis Cardinals. Enjoy a baseball game in a family-friendly environment.

7. Local Events and Festivals

- **Memphis in May International Festival:** A month-long celebration featuring the Beale Street Music Festival, World Championship Barbecue Cooking Contest, and other cultural events.
- **Levitt Shell:** Offers free live music concerts in an outdoor amphitheater.

8. Libraries and Bookstores

- **Benjamin L. Hooks Central Library:** The main library in Memphis with a wide range of resources and events.
- **Novel Bookstore:** A local independent bookstore with a café, often hosting author readings and community events.

9. Dining

- **Sober-Friendly Restaurants:** Many restaurants in Memphis offer extensive non-alcoholic beverage menus and provide a welcoming atmosphere for those seeking sober dining options. Look for places like The Beauty Shop and Brother Juniper's.

Memphis provides numerous opportunities for sober fun and engagement, ensuring that visitors can enjoy the city's rich culture and vibrant community without the need for alcohol.