

Well-AnonTM

Being of Service



Why & How Well-Anon was Born



In 1935, the Recovery Movement began with the establishment of Alcoholics Anonymous (AA), a program designed for individuals struggling with alcohol addiction. Following the inception of AA, Al-Anon was formed to offer support to the friends and families of those affected by alcoholism.

The next major social challenge was drug addiction, which led to the creation of Narcotics Anonymous (NA) for those dealing with narcotic dependencies. Subsequently, NAR-Anon was developed to provide assistance to the friends and families of individuals struggling with narcotic addiction.

In the early 1990s, a Native organization called NANACOA was created, representing the first attempt to add our culture and ceremony to the Healing Process. White Bison was born shortly after and created a number of culturally-based initiatives, including training programs and the birth of the Wellbriety Movement.

A new enemy surfaced in the form of fentanyl, meth, and prescription drugs. This threat presents different challenges compared to alcohol, as even a small amount can be lethal upon first contact. The rapid spread of these addictions has had devastating effects on individuals, families and communities.

Well-Anon was created in response to the need for culturally-based support groups in Indigenous Communities for those affected by these new enemies.

Vision:

To create safe places for friends and family to share their feelings and concerns about what it's like to be in relationships, in a family, or in a community where drugs such as fentanyl, opioids, meth, heroin, designer and prescription drugs are undermining health and safety.

Mission:

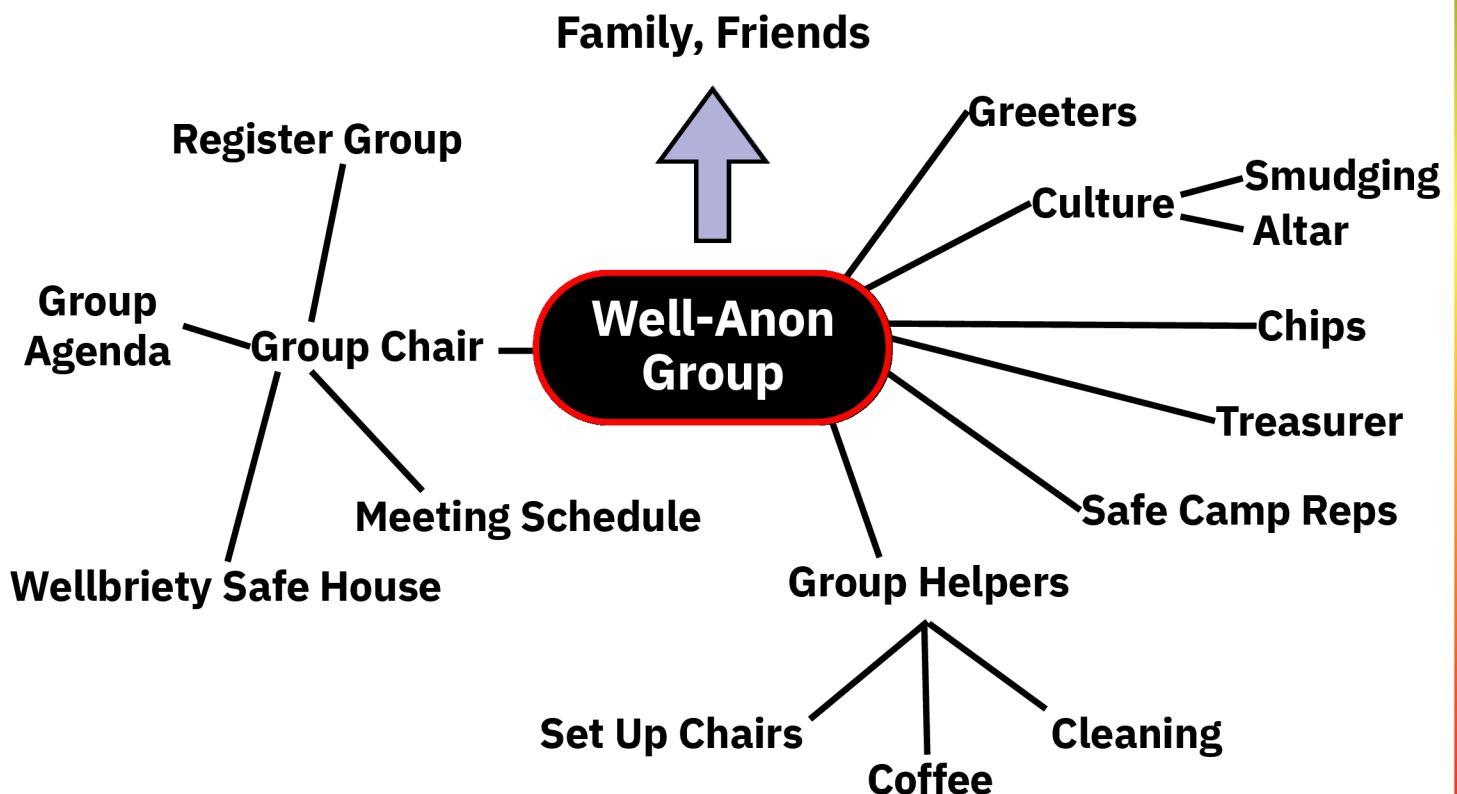
To develop and maintain Well-Anon groups to aid in the healing of our people, families, and nation.

Who Attends:

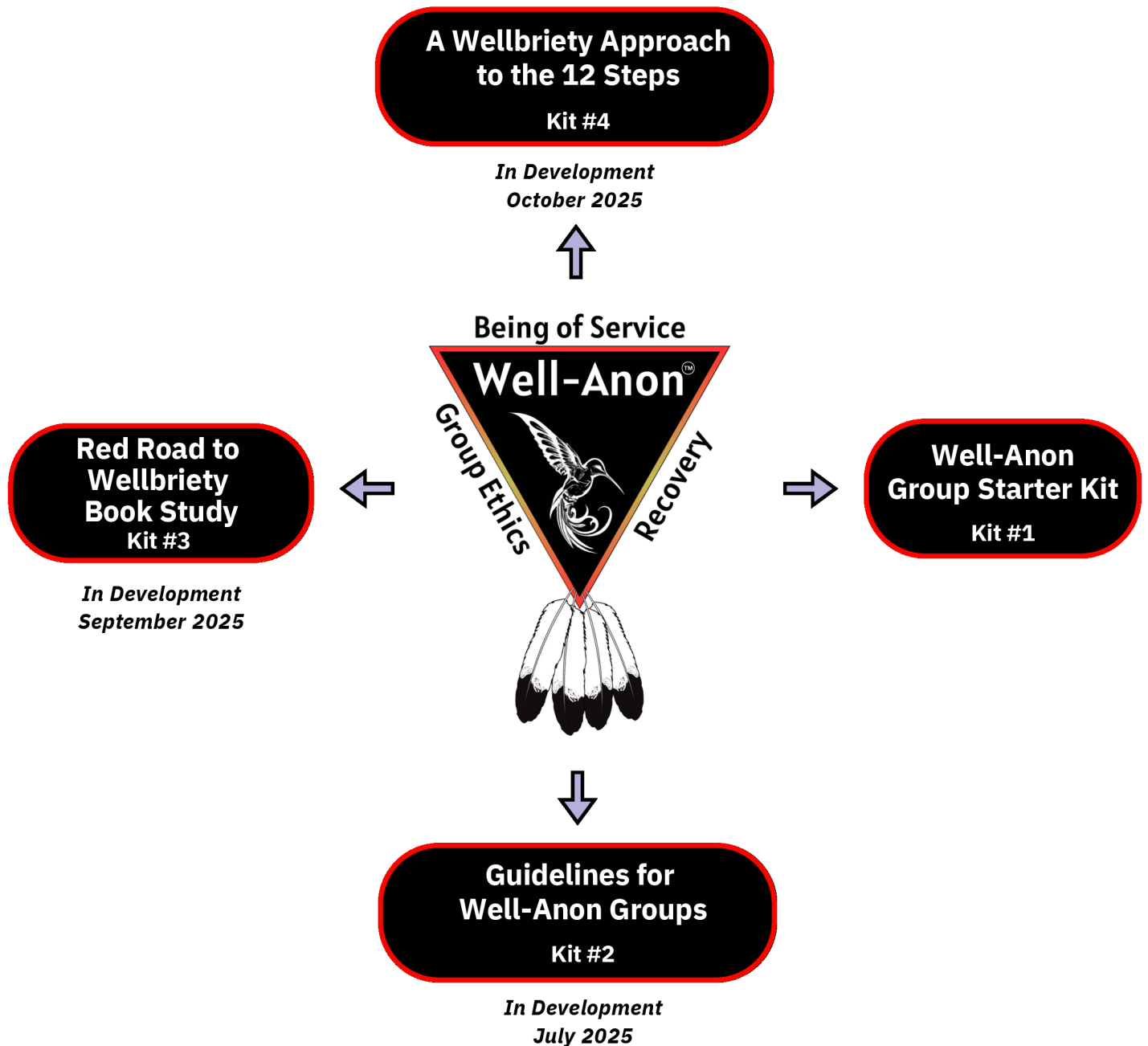
Moms, dads, sisters, brothers, spouses, partners, and friends who want to heal themselves, even if family members are using.

Youth (age 9-12)

Young Adults (age 13-18)



4 Directions of Well-Anon



Optional Kits



4 Directions of Well-Anon

Well-Anon Group Starter: How to Conduct a Group - Kit #1

The Group Starter Kit is crafted to provide guidance and insights on establishing a Well-Anon Group. Inside the kit, you will find:

- A guide on how to conduct a group
- An example of a Safe House sticker
- Three posters measuring 24" x 36"
- Safe Camp buttons
- A Well-Anon pamphlet

Guidelines for Well-Anon Groups - Kit #2

This kit contains guidelines for maintaining Well-Anon groups and ensuring that they remain healthy over time. Available in July 2025.

- Booklet to go with posters
- Pamphlets on how to handle conflict

Red Road to Wellbriety Book Study - Kit #3

The Red Road to Wellbriety Book Study is designed for groups interested in collectively reading and exploring the Red Road. This comprehensive kit includes:

- Guidelines for establishing a Red Road book study group
- An audio recording of the Red Road, allowing it to be played instead of requiring group members to read aloud in turn
- Red Road to Wellbriety book
- Red Road to Wellbriety workbook

This kit is set to be available in September 2025.

A Wellbriety Approach to the 12 Steps - Kit #4

This kit is designed for groups interested in adopting a cultural perspective on the 12 Steps, rooted in the teachings of the Cycle of 8 Feelings and the Cycle of Life (Baby, Youth, Adult, and Elder). It includes:

- Instructions for group facilitation
- A video series covering each step
- A workbook

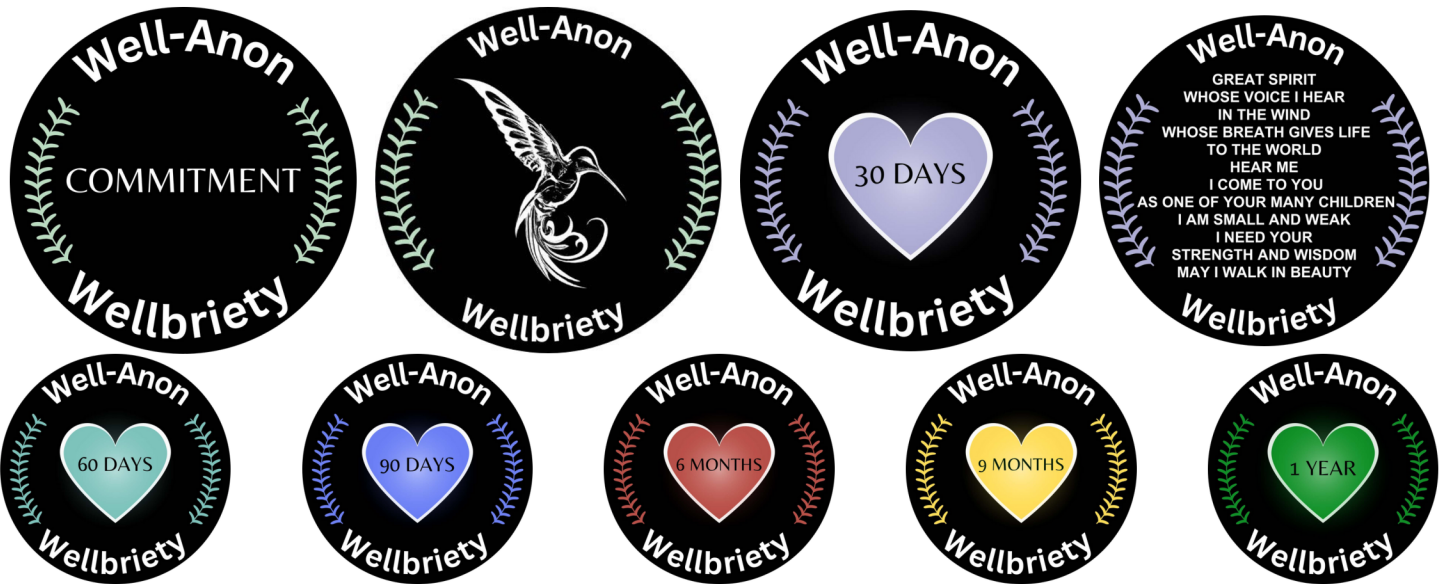
This kit will be available in October 2025.

Youth Group Kit - #5 and Young Adult Group Kit - #6

The Youth and Young Adult Kits will be available in January 2026.

Well-Anon Medallions

Given to members in recognition of their participation



Well-Anon Group Starter Kit #1: How to Conduct a Group



Order medallions, kits, and more at
www.thewellbrietystore.org

Resources

To learn more about Well-Anon, please go to **www.wellbrietymovement.com**, or call **844-548-1277** or send an e-mail to **wellanon@wellbriety.com**!

How to run a Well-Anon Group:
www.tinyurl.com/wellanonwebinar

How to Conduct a Talking Circle:
www.tinyurl.com/talkingcirclevideo

The Journey to Forgiveness:
www.tinyurl.com/journeytoforgiveness

Well-Anon Facebook Page:
www.tinyurl.com/wellanonfacebook





The Wellbriety Store

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