Learn more

MARA's central aim is **self-actualization**; helping each person grow into their most authentic, capable, and fulfilled self.

We offer a welcoming environment where members can reflect, share, learn, and build a life rooted in safety, clarity, and personal empowerment.

MARA is not affiliated with any medical provider or religious organization. We simply provide a community for anyone seeking connection, growth, and a safe place to be themselves.

Contact us

Contact MARA International at www.MARA-International.org or your local MARA at the information below:

Polk for RECOVERY

Polk for Recovery
Wednesdays 1-2 PM EST

Join Zoom Meeting
Meeting ID: 834 9781 4224
Password: P4R
Contact Kyle C. at (863) 379-6247 for more info

"Everyone is welcome. Everyone belongs."

~ MARA International

Medication Assisted-Recovery Anonymous

MARA

A Community for Safe Living, Self-Discovery & Personal Growth

MARA is an inclusive fellowship for anyone seeking stability, clarity, and a healthier relationship with themselves. We welcome individuals who use prescribed medications for recovery, those exploring non-medication pathways, and people with **no history of substance use**.

Many members without prior addiction have shared that MARA helped them understand themselves more deeply and live more intentionally.

Everyone is welcome. Everyone belongs.

Why People Join

- To support recovery with medication
- To explore identity and self-understanding
- To build healthy habits and emotional resilience
- To connect with a nonjudgmental community
- To develop a deeper sense of purpose
- To engage with a modern, flexible step-based framework

MARA is a place to grow no matter where someone is starting.

About us

We are **not a traditional 12-step program**. MARA uses **modernized 12 Steps and 12 Traditions** designed for today's world; centered on safety, empowerment, and self-actualization.

Our values

Medication-Assisted Recovery Anonymous provides a safe, supportive space where individuals can explore personal growth, strengthen coping skills, and connect with others who value authenticity and compassion.

What We Believe

- All pathways are welcome—whether or not someone uses medication
- No abstinence requirement
- No prior addiction needed
- No judgment about medical treatment
- Everyone deserves a place to grow
- Modernized 12 Steps and Traditions grounded in current science and real-life recovery

MARA is built on the principle of **living safely**; making choices that support wellbeing, stability, and long-term personal development.

www.MARA-International.og

"I never used substances, but MARA helped me get to know myself so much better." Anonymous