

# Online Recovery Resources

## 12-Step Groups

- AA Online Meeting Directory <http://aa-intergroup.org/directory.php>
- AA – Online - [http://12stepforums.net/alcoholics\\_anonymous\\_online\\_meeting.html](http://12stepforums.net/alcoholics_anonymous_online_meeting.html)
- AA COVID-19 Informational [https://www.aa.org/assets/en\\_US/en\\_updatesoncoronavirus.pdf](https://www.aa.org/assets/en_US/en_updatesoncoronavirus.pdf)
- Al-Anon – Online - [http://12stepforums.net/alanon\\_family\\_group\\_online\\_meeting.html](http://12stepforums.net/alanon_family_group_online_meeting.html)
- IDAA - <https://www.idaa.org/>
- NA Online Meetings <http://na-recovery.org/>
- NA – Online - [http://12stepforums.net/narcotics\\_anonymous\\_online\\_meeting.html](http://12stepforums.net/narcotics_anonymous_online_meeting.html)
- NA COVID-19 Informational [https://www.na.org/admin/include/spaw2/uploads/pdf/Coronavirus\\_web\\_message\\_12Mar.pdf](https://www.na.org/admin/include/spaw2/uploads/pdf/Coronavirus_web_message_12Mar.pdf)
- Online Recovery Group (ORG) <https://onlinerecoverygroup.org/schedule>
- In the Rooms <https://www.intherooms.com/home/>
- Buddhism-based Recovery <http://recoverydharma.online/>
- Refuge Recovery <https://refugerecovery.org/meetings>
- SMART Recovery <https://www.smartrecovery.org/community/>
- LifeRing <https://www.lifering.org/online-meetings>
- All Pathways <https://unityrecovery.org/digital-recovery-meetings>

## Recovery Support Apps

Sober Grid Allows you to create online profiles and interact, support, and engage with other people in recovery using a platform similar to Facebook. You can also use the app to create anonymous check-ins about whether you're sober or not, your mood, and what's going on.

SoberTool An easy way to track your clean and sober days. The app includes daily motivational messages and reminders to keep you on target

The WEconnect Provides you with daily reminders to stay on track with your recovery plan. You can create reminders to call your sponsor, go to a group meeting, or meditate—anything you need to provide that extra push.

AA Big Book This app gives you access to the full text of the Big Book, along with a meeting finder, podcasts, prayers, and personal stories. You can use the app to bookmark meaningful passages, make notes on individual chapters in the comment section, and search for specific keywords.

12 Step Meditation Daily Reflections for AA, NA, Al-Anon This app features hundreds of easy-to-follow guided meditations, as well as soothing music, prayers, and 12-step recovery audio.

I Am Sober Track your sober days and milestones, build new habits, and enjoy ongoing motivation from a community of people who get it.

Pink Cloud Find meetings near you based on your location

## **Meditation Apps**

Headspace <https://www.headspace.com/>

Simple Habit Daily Meditation <https://www.simplehabit.com/>

Calm <https://www.calm.com/>

Stop, Breathe, and Think <https://www.stopbreathethink.com/>

Ten Percent Happier <https://www.tenpercent.com/>

## **Podcasts**

The Bubble Hour: Invites listeners to share their stories of recovery from alcohol addiction. Each week, host Jean McCarthy holds space for a guest to tell their truth, and together they explore topics relative to recovery.

Busy Living Sober: A podcast with the mission of “giving people an opportunity to listen, learn and live a sober lifestyle without shame while having fun.”

The Addicted Mind: About understanding addiction, its impact and the latest treatment options available. This podcast aims to create an environment of compassion for individuals caught in the destructive grip of the addictive process. It works to deliver real hope to people who are suffering from addiction’s painful impact.

That Sober Guy: Host Shane Ramer is in recovery from alcohol. He interviews a mix of celebrity guests and everyday people who have experienced addiction or felt the impact of drug or alcohol use. He focuses on living a positive, healthy and sober lifestyle, and uses his podcast as a platform for sharing inspiration with others who want to live the same way.

Let’s Talk Addiction and Recovery: Hear what leading addiction and recovery experts are talking about—addiction trends, topics and challenges as well as research, practices and advances that point the most promising way forward. Provoking interview series, brought to you by Hazelden Betty Ford Foundation.

The Boiled Owl Coffee Club: Casual conversations about recovery in Alcoholics Anonymous. Listen online or with any podcast management app.

Ten Percent Happier Podcast: In this podcast, Dan talks with smart people about whether there's anything beyond 10%. Basically, here's what this podcast is obsessed with: Can you be an ambitious person and still strive for enlightenment (whatever that means)?