

## **Online Recovery Resources -**

Alcoholics Anonymous Online Intergroup: <http://aa-intergroup.org/directory.php>

Cocaine Anonymous Online Meeting Directory: <https://www.ca-online.org/>

**In The Rooms** – Global online community with over 500,000 members who share their strength and experience with one another daily through live meetings, discussion groups, and all the other tools <https://www.intherooms.com/home/>

**LifeRing** – Organization of people who share practical experiences and sobriety support based on the idea that there are many ways to live free of drugs and alcohol as there are stories of successful sober people <https://www.lifering.org/online-meetings>

Narcotics Anonymous Online Meeting Directory: <https://tinyurl.com/ul34pet>

**The Phoenix** – Recovery Community Organization offering live stream Crossfit, Yoga and Meditation daily every two hours through the COVID-19 Crisis <https://tinyurl.com/sxyl642>

Recorded Speakers (from a variety of 12-step fellowships): <https://www.xa-speakers.org/>

Refuge Recovery – Grounded in the belief that Buddhist principles and practices create a strong foundation for a path to freedom from addiction <https://tinyurl.com/wysjufy>

**SMART Recovery USA** – Global community of secular science-based mutual-support groups offering online support and forums including a chat room and message board <https://www.smartrecovery.org/community/>

**Sober Grid** – Platform to help anyone get sober and stay sober. Some join to get support, others to give it. Each free download, post, and connection create an opportunity to stay sober while helping others do the same. Download the App via [Google Play](#), [iTunes](#) or <https://www.sobergrid.com/>

**WEconnect Health Management** – Online recovery support groups available daily and open to anyone who is dealing with substance use, mental health concerns, disordered eating regardless of recovery pathway or status <https://www.weconnectrecovery.com/free-online-support-meeti...>