



## Online and Virtual Recovery Support Resource List

**12 Step Support** - This is a calendar of online meetings at various different recovery-related websites. Link [here](#)

**Alcoholics Anonymous** – Offers on line support through their online intergroup link [here](#)

**Bridge Club Virtual Meetings** - Meetings focused on women / LGBTQIA+ folks sober or interested in sobriety link [here](#)

**Cocaine Anonymous** – Online Services for CA link [here](#)

**In the rooms - Online Recovery Meetings** - A global online community who share their strength and experience with one another daily. Through live meetings, discussion groups, and all the other tools In the Rooms. Link [here](#):

**LifeRing** – Secular recovery organization of people who share practical experiences and sobriety support. LifeRing Secular Recovery on line support link [here](#)

**Marijuana Anonymous** – Online fellowship to solve common problems / help recover from pot addiction. Link [here](#)

**My Recovery** – Online 12 step meetings. Link [here](#)

**Narcotics Anonymous** – Offers a variety of online and skype meeting options. Link [here](#)

**The Phoenix** – Recovery Community Organization offering live stream Crossfit, Yoga and Meditation daily every two hours through the COVID Crisis. Link [here](#)

**Reddit Recovery** – Redditors in recovery to hang out, share experiences, and support each other. Discuss the various ways to achieve and maintain a life free from active addiction. Everyone is welcome. Link [here](#)

**Refuge Recovery** – Grounded in Buddhist principles as a path to freedom from addiction. All individuals have the power and potential to free themselves from the suffering that is caused by addiction. Link to online support [here](#)

**SMART Recovery** – Self-Management And Recovery Training (SMART) is a global community of mutual-support groups. They offer online support and forums including a chat room and message board. Link [here](#)

**SoberCity** – Sobercity could be a great solution for you if you're looking for an online community that occasionally also has live events across the country. Link [here](#)

**Sobergrid** – A 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. Link [here](#)

**Soberistas** – International Online only Recovery Community (worldwide) for like-minded women who are friendly, non-judgmental, and helping each other kick the booze and stay sober. Link- [Here](#)

**Sober Recovery** – A place for people with substance use disorder to find assistance and helpful information. A community recovering from substance use disorder and/or codependence, as well as their friends and family. Link [here](#)

**The Temper** - Explores life through the lens of sobriety, addiction, and recovery. Includes links to resources [here](#)

**We Connect Recovery** – Daily online recovery support groups open to anyone dealing with substance use, mental health concerns, disordered eating, or quality of life concerns. All pathways to recovery or status welcomed. Link [here](#)

*Recover Support Resource list download link is [here](#) last updated April 1, 2020*