

RE: COVID-19-Attachment: Online Mutual Support Meetings

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 Page: AA link-

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)

ILAA - <http://www.ilaa.org/home/>

In The Rooms: An Online Addiction Recovery Community

AA, NA, Dual Diagnosis, SAA (sex addiction), CPA(chronic pain): www.intherooms.com

NA Online Meetings “Addicts helping Addicts Recover”: <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 Page: NA link-

https://www.na.org/admin/include/spaw2/uploads/pdf/Coronavirus_web_message_12Mar.pdf

Recovery Dharma: “Healing from Addiction with Buddhist Practice”, daily meetings via computer, smartphone or dial-in: <http://recoverydharma.online/>

Smart Recovery: <https://www.smartrecovery.org/community/>

WEconnect and Unity Recovery are partnering together to offer 4 daily all recovery meetings to anyone in the world. Meetings will follow an open format and are available to anyone in or seeking recovery. 7 days a week: 9am ;12pm; 3pm; 9pm ; All times are EDT.

Join by navigating to: <https://unityrecovery.zoom.us/j/2656499375>

Recovery Apps for Phone

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 is 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 app 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- to track your sober days and milestones, build new habits, and enjoy ongoing motivation from a community of people who get it.

Pink Cloud- locate meetings near you based on your location

Meditation Apps

Headspace

Simple Habit Daily Meditation

Calm

Stop, Breath, and Think

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 is 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.

The 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- www.boiledowlaa.org Casual conversations about recovery in Alcoholics Anonymous. Listen online or with any podcast management app.

Annie Grace's – This Naked Mind podcast- <https://thisnakedmind.com/>

The Unruffled Podcast - <https://www.theunruffled.com/the-unruffled-podcast> - a weekly show hosted by Sondra Primeaux and Tammi Salas that explores all topics related to creativity in recovery. When an

addiction is removed there is a void that is left and this show digs into all the ways to fill that void. The Unruffled is passionate about creating and making and how those pursuits fuel recovery, specifically from alcohol. Come with them as they unruffle the old stories and write new ones, to not just exist but thrive. \$1 pledge per episode download.

She Recovers <https://sherecovers.co/podcast/> – a collection of audio posts, interviews and recorded talks. She Recovers believes we are all recovering from something and our podcast examines the healing power of connection and intentional living as well as what happens in our lives when we put down our past stories and pick up our soul's true purpose.

To 50 and Beyond <https://www.stitcher.com/podcast/lori-massicot/to-50-beyond> - celebrates women over 40. Host Lori Massicot, is a former over-drinker, over-eater, and over-thinker turned truth-teller, wannabe comedian, and sober (aging) life coach. Twice a week, Lori shares honest stories, wellness + alcohol-free solutions, and empowerment through solo shows + interviews with women who are going after their dreams + challenging you to do the same. Midlife is the best life to age with grace + self-kindness while unapologetically living life on your terms.