

## **Online Recovery Resources: Options for Virtual Supports**

**In the Rooms:** A free online recovery tool that offers 130 weekly online meetings for those recovery from addiction and related issues. We embrace multiple pathways to recovery, including all 12-Step, Non-12 Step, Wellness, and Mental Health Modalities.

[www.intherooms.com/home/](http://www.intherooms.com/home/)

**Unity Recovery:** Unity Recovery and WEConnect Digital Recovery Meetings. During this pandemic, we realize that many in-person meetings have been cancelled or people may not be able to attend their regular meetings for various reasons. We are now offering online recovery support groups which will be available four times daily at 9am, 12pm, 3pm, and 9pm EST. All recovery meetings are non-denominational, agnostic to any specific recovery pathway, and are open to anyone.

[www.unityrecovery.org/](http://www.unityrecovery.org/)

**Reimagining Recovery:** Facebook group for people wanting to be involved in creating a community around recovery in Portland, Oregon. We're striving to create an alternative model to 12-step programs, SMART recovery, Refuge Recovery, and more. What makes this project unique? The group puts the focus in recovery for EVERYONE, focused on practical coping skills, grounding and mindfulness practices, how to set boundaries, etc. This project is essentially about accessibility to quality, evidence-based recovery methodologies. "Take what works and leave the rest" is the starting premise rather than an afterthought.

[www.facebook.com/groups/reimaginingrecovery/](https://www.facebook.com/groups/reimaginingrecovery/)

**SMART Recovery:** SMART Recovery Online (SROL) is a warm and caring online community where our participants interact and help one another recover from addictive behaviors. Features include: daily online meetings, message board, and 24/7 live chat.

[www.smartrecovery.org](http://www.smartrecovery.org)

**AA Meetings:** Online Intergroup. Email, chat, audio, and forums meetings in a variety of languages.

[www.aa-intergroup.org/directory.php](http://www.aa-intergroup.org/directory.php)

**Recovery 2.0:** Dedicated to helping people overcome all addictions and to build successful lives. Here on this channel, you will find valuable ideas, tools, and inspiration to help you get on and stay on your path to recovery from addiction. Whether you experience acute addiction or simply would like to overcome bad habits and be more effective, happy, and free, you will find something here that will light up your day. Since addiction will do whatever it can to dismantle a person's life, we must use a holistic approach to help a person put their life back together.

<https://www.youtube.com/channel/UC-q1peS3J3C90-uZNXUZ7bw>

**Cocaine Anonymous:** Online 12 Step Recovery from cocaine and all other mind-altering substances. Cocaine Anonymous is a fellowship of men and women who share their experience, strength, and hope with each other that they may solve their common problem and help others to recovery from their addiction. The only requirement for membership is a desire to stop using cocaine and all other mind-altering substances.

[www.ca-online.org/](http://www.ca-online.org/)

**Marijuana Anonymous:** MA is a fellowship of people who share our experience, strength, and hope with each other that we may solve our common problem and help others to recover from marijuana addiction. The only requirement for membership is a desire to stop using marijuana.

[www.marijuana-anonymous.org/find-a-meeting/](http://www.marijuana-anonymous.org/find-a-meeting/)

**Refuge Recovery:** Refuge Recovery is a practice, a process, a set of tools, a treatment, and a path to healing addiction and the suffering caused by addiction. Refuge Recovery recognizes a non-theistic approach to spiritual practice. Our program does not ask anyone to believe anything, only to trust the process and do the hard work of recovery. Our program is a systematic approach to treating and recovery from all forms of addiction using the traditional Buddhist practices of the Four Noble Truths and the Eightfold Path.

<https://refugerecovery.org/meetings?tsml-day=any&tsml-region=online-english>

**Life Ring:** LifeRing Secular Recovery is an organization of people who share practical experiences and sobriety support. There are as many ways to live free of drugs and alcohol as there are stories of successful sober people. Many LifeRing members attend other kinds of meetings or recovery programs, and we honor those decisions. Some have had negative experiences in attempting to find help elsewhere, but most people soon find that LifeRing's

emphasis on the positive, practical present-day can turn anger and despair into hope and resolve. LifeRing respectfully embraces what works for each individual.

[www.lifering.org/online-meetings](http://www.lifering.org/online-meetings)

**Secular Alcoholics Anonymous:** We are an international organization that supports the Secular AA Community. Our mission is to assure suffering alcoholics that they can find sobriety in Alcoholics Anonymous without having to accept anyone else's beliefs or deny their own. Secular AA does not endorse or oppose any form of religion or belief system and operates in accordance with the Third Tradition of Alcoholics Anonymous. "The only requirement for A.A. membership is a desire to stop drinking."

[www.secularaa.org/online-meetings/](http://www.secularaa.org/online-meetings/)

**SOS Sobriety:** Secular Organizations for Sobriety is nonprofit network of autonomous, non-professional local groups dedicated solely to helping individuals achieve and maintain sobriety/abstinence from alcohol and drug addiction, food addiction, and more.

[www.sossobriety.org/on-line-groups](http://www.sossobriety.org/on-line-groups)

**Recovery Link:** RecoveryLink™ is more than just peer recovery support or technology, we are a modern company created with communities in mind. Our mission is to provide a suite of accessible and impactful recovery support tools designed to elevate collective impact. Our platform is based on a recovery-oriented system of care and recovery management approach. RecoveryLink™ tools offer evidence-based recovery planning and recovery capital domains to promote long-term success.

<https://myrecoverylink.com/digital-recovery-support/>

For more information, go to [www.vibrantfuturecoalition.org](http://www.vibrantfuturecoalition.org).