

## **Free Virtual Recovery Support**



- 12 Steps.org  
<https://www.12step.org/social/online-meeting-calendar/>  
*Listing of online 12-step meetings on various platforms.*
- Al-Anon Electronic Meetings  
<https://al-anon.org/al-anon-meetings/electronic-meetings/>  
*This forum and recovery chat room for Narcotics Anonymous members features voice chat, Skype, and text chat meetings connecting people from around the world.*
- Alcoholics Anonymous Online Intergroup  
<http://aa-intergroup.org/directory.php>  
*Listing of online meetings from AA Intergroup.*
- Narcotics Anonymous  
<https://www.na.org/meetingsearch/>  
*Online meetings provided by NA.*
- Cocaine Anonymous  
<https://ca.org/meetings/online-meetings/>  
*Online meetings provided by CA.*
- Smart Recovery  
<https://www.smartrecovery.org/community/calendar.php>  
<https://www.smartrecovery.org/smart-recovery-toolbox/smart-recovery-online/>  
*Message board, chat room, online meetings, and online library.*
- Adult Children of Alcoholics  
<https://adultchildren.org/quick-search/?audiobt=Click+Here>  
*Phone and Online Meetings.*
- In The Rooms (Online Meetings)  
<https://www.intherooms.com/home/>  
*An online platform supporting a wide range of 12-step and non-12 step meetings.*
- Bridge Club Virtual Meetings  
<https://www.jointempest.co/bridge-club-events?tag=Virtual%20Events>  
*Meetings that are specifically focused on women and LGBTQIA+ folks who are sober or interested in sobriety.*
- Refuge Recovery Daily Online Meetings  
<https://refugerecovery.org/meetings?tsml-day=any&tsml-region=online-english>
- Families Anonymous Virtual Meetings  
<https://www.familiesanonymous.org/meetings/virtual-meetings>  
*Online meetings for parents, grandparents, siblings, spouses, significant others, other family members and friends of those with a current, suspected or former drug problem.*
- Life Ring Recovery  
<https://www.lifering.org/online-meetings>  
*Listing of online meetings.*
- The Temper  
<https://www.thetemper.com/online-recovery-meetings-groups/>  
*An online publication/site that explores life through the lens of sobriety, addiction, and recovery. Includes links to resources.*
- My Recovery (Online 12-step meeting)  
<https://www.myrecovery.com/online-meeting/>
- Sober Grid  
<https://www.sobergrid.com>  
*A free online social networking platform for people in recovery. Available in mobile app stores.*