

## Online Mutual Support Meetings

**AA Online Meeting Directory:** <http://aa-intergroup.org/directory.php>

**AA Online Meetings:** [http://12stepforums.net/alcoholics\\_anonymous\\_online\\_meeting.html](http://12stepforums.net/alcoholics_anonymous_online_meeting.html)

**AA COVID-19 Informational Page:**

[https://www.aa.org/assets/en\\_US/en\\_updatesoncoronavirus.pdf](https://www.aa.org/assets/en_US/en_updatesoncoronavirus.pdf)

**NA Online Meeting Directory:** <http://na-recovery.org/>

**NA Online Meetings:** [http://12stepforums.net/narcotics\\_anonymous\\_online\\_meeting.html](http://12stepforums.net/narcotics_anonymous_online_meeting.html)

**NA COVID-19 Informational Page:** [https://www.na.org/admin/include/spaw2/uploads/pdf/Coronavirus\\_web\\_message\\_12Mar.pdf](https://www.na.org/admin/include/spaw2/uploads/pdf/Coronavirus_web_message_12Mar.pdf)

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

**AI-Anon Online:** [http://12stepforums.net/alanon\\_family\\_group\\_online\\_meeting.html](http://12stepforums.net/alanon_family_group_online_meeting.html)

**IDAA:** <https://www.idaa.org/>

**Recovery Dharma: Buddhist Practices and Principles for Recovery:**

<http://recoverydharma.online/>

**In The Rooms:** [www.intherooms.com](http://www.intherooms.com)

**WEconnect and Unity Recovery:** <https://unityrecovery.zoom.us/j/2656499375>

## Recovery Apps

**12-Step Meditation Daily Reflections for AA, NA, and AI-Anon** - Guided meditations, music, prayers and 12-step recovery audio

**AA Big Book** - Access to full text of the Big Book along with a meeting finder, podcasts, prayers and personal stories

**I Am Sober** - Tracks sober days and milestones as well as helps build new habits with ongoing support and motivation from a recovery community

**Pink Cloud**- locate AA, NA, CMA and AI-Anon meetings near you based on your location

**Sober Grid** – Allows you to create an online profile to interact, support and engage with other people in recovery

**Sober Tool** – Tracks sober days as well as receive daily motivational messages and reminders to support recovery

**WEconnect** – Provides daily reminders and support for sobriety with ability to set reminders for engaging in recovery activities

## Free Meditation Resources

**Calm.com (currently offering free resources):** [https://www.calm.com/blog/take-a-deep-breath?utm\\_source=lifecycle&utm\\_medium=email&utm\\_campaign=difficult times nonsubs\\_031720](https://www.calm.com/blog/take-a-deep-breath?utm_source=lifecycle&utm_medium=email&utm_campaign=difficult%20times_nonsubs_031720)

**Healthy Minds App:** <https://tryhealthyminds.org/>

**Insight Timer Meditation App:** <https://insighttimer.com/>

**Simple Habit Meditation App: Sleep, Motivation & Mindfulness:**  
<https://www.simplehabit.com/explore-meditations>

**Stop Breathe & Think App (currently available free):** <http://app.stopbreathethink.org>

## Podcasts

**The Addicted Mind** – Information that has been highly vetted about addiction treatment and research: <https://theaddictedmind.com/>

**Boiled Owl Coffee Club** - Casual conversations about recovery over coffee by the two hosts often with added guests and an opportunity for listeners to submit questions to be responded to by one of the hosts who is the identified, resident AA “old-timer”: [www.boiledowlaa.org](http://www.boiledowlaa.org)

**The Bubble Hour** - Stories and topics of recovery from alcohol use disorder:  
<https://www.blogtalkradio.com/bubblehour>

**Busy Living Sober** - Discussion and stories to help support people impacted by addiction:  
<http://busylivingsober.com/podcasts>

**Let’s Talk: Addiction and Recovery** - Addiction trends, topics and challenges as well as research, practices and advances by leading addiction and recovery experts:  
[https://toppodcast.com/podcast\\_feeds/lets-talk-addiction-recovery/](https://toppodcast.com/podcast_feeds/lets-talk-addiction-recovery/)

**This Naked Mind** – Focused on ending the conflict between one’s conscious desire to drink less and one’s unconscious belief that alcohol is beneficial:

<https://thisnakedmind.com/category/podcast/>

**She Recovers** - Collection of audio posts, interviews and recorded talks as it relates to women in recovery: <https://sherecovers.co/podcast/>

**That Sober Guy**- Stories of addiction and recovery including offered courses:

<https://www.thatsoberguy.com/podcast>

**To 50 and Beyond** – Discussion of life stories, wellness, alcohol-free solutions and empowerment for women: <https://lorimassicot.libsyn.com/>

**The Unruffled Podcast** - Explores all topics related to creativity in recovery:

<https://www.theunruffled.com/the-unruffled-podcast>