

INDIVIDUAL & FAMILY RECOVERY SUPPORT GROUPS ONLINE

(THE WEBSITES ARE IN THE TITLE AS A HYPERLINK. SCROLL OVER TITLE & CLICK TO BE DIRECTED TO THE WEBSITE)

[Families Against Narcotics](#)

- Families Against Narcotics (FAN) is a community-based program for those seeking recovery, those in recovery, family members affected by addiction and community supporters. FAN seeks to change the face of addiction, dispel the stigma of addiction, and educate the community as well as those affected by addiction.

[Parents of Addicted Loved Ones](#)

- PAL meetings are open to anyone of any faith or background as our primary goal is to provide hope through education and support for parents dealing with addicted loved ones.

[Recovery 2.0](#)

- Online Meetings to educate, inspire and unite people whose lives have been touched by addiction so that they can heal and thrive.

Peer Led Anonymous Support Groups

[Adult Children of Alcoholics](#)

- Adult Children of Alcoholics (ACA)/Dysfunctional Families is a Twelve Step, Twelve Tradition program of men and women who grew up in dysfunctional homes.

[AI-Anon](#)

- AI-Anon meetings, offer help and hope to anyone who is affected by alcoholism

[Alcoholics Anonymous Online Intergroup](#)

[Narcotics Anonymous](#)

- NA is a fellowship of men and women for whom drugs had become a major problem. We are recovering addicts who meet regularly to help each other stay clean.

[Recovery Dharma](#)

- Our program uses the Buddhist practices of meditation, self-inquiry, wisdom, compassion, and

community as tools for recovery and healing.

[Refuge Recovery Online Meetings](#)

- Refuge Recovery is grounded in the belief that Buddhist principles and practices create a strong foundation for a path to freedom from addiction.

[SMART Recovery](#)

- <https://www.smartrecovery.org/smart-recovery-toolbox/smart-recovery-online/>
- Online meetings. SMART stands for Self-Management and Recovery Training. The
- SMART approach is secular and science-based, using cognitive behavioral therapy and
- non-confrontational motivational methods

[Celebrate Recovery](#)

- 12step program around 8 principles that are taken from Jesus' beatitudes teachings. It has been proven to help people across the nation from all walks of life with whatever issues they may be facing.

[Co-Dependents Anonymous](#)

- We welcome you to Co-Dependents Anonymous, a program of recovery from codependence, where each of us may share our experience, strength, and hope in our efforts to find freedom where there has been bondage and peace where there has been turmoil in our relationships with others and ourselves.

[Bridge Club Virtual Meetings](#)

- A variety of online meetings. Meetings are specifically focused on women and LGBTQIA+ folks who are sober or interested in sobriety.

[Families Anonymous Virtual Meetings](#)

- Families Anonymous is a 12 Step fellowship for the families and friends who have known a feeling of desperation concerning the destructive behavior of someone very near to them, whether caused by drugs, alcohol, or related behavioral problems.

[In the Rooms](#)

- In The Rooms is a free online recovery tool that offers 130 weekly online meetings for those recovering from addiction and related issues. We embrace multiple pathways to recovery, including all 12 Step, Non-12 Step, Wellness and Mental Health modalities

[LifeRing Recovery](#)

- Online Meetings. 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.