

Virtual Recovery Support Groups and Resources

Phone Support Meetings

NA Stepping into Action

Monday at 7:30PM
Wednesday at 7:30PM

Dial this number
605-313-5858
Access code: 665042

Pause A While: AA Meeting

Daily conference call:
2:00pm

Dial in number: (425) 436-6360
Access Code: 42293

Virtual Support Meetings

All Recovery Meetings

7 days a week
9am, 12pm, 3pm, 9pm
[Unityrecovery.zoom.us/my/allrecovery](https://unityrecovery.zoom.us/my/allrecovery)

1 day at a time: AA

7 days a week
10pm
<https://zoom.us/j/773878425>

Recovery Websites

These websites also host a variety of support groups, discussion boards, and/or provide additional resources.

- Smartrecovery.org
- Intherooms.com
- 12step.org
- AA.org; NA.org; CA.org; ma-online.org
- Aa-intergroup.org; ca-online.org/meetings/
- Recoveryspeakers.com
- CODA.org
- Addictionrecoveryguide.org
- NAchat.com
- Recoveryzone.org

Free Apps

*May vary between Apple and Android app stores

- 12 Step Guide – AA
- 12 Step Guide – Narcotics Anonymous
- AA Speakers Free – AA Audio Tapes
- AA Big Book Audio & 12 Steps Recovery Companion
- MySpiritualToolkit- 12 Step AA App for Alcoholics
- Daily Reflections
- NA Speakers (Narcotics) – NA Audio Tapes
- Let's Meditate: Sleep & Guided Meditation
- Stop, Breathe & Think: Meditation & Mindfulness
- Sober Time – Sober Day Counter & Clean Time Clock
- SoberTool– Alcoholism, Addiction, Sobriety Help

Facebook Recovery Groups

Search Facebook for these groups and requested to join.

- NANEOH (Canton, Akron NA Group)
- Addiction Recovery Support Group
- Recovery From Addiction & Alcoholism
- Women In Recovery
- Recovery Quotes- Daily Affirmations
- Recovering Warriors
- Narcotics Anonymous Recovery Forum
- NA Just For Today Daily Meditation Calendar
- Recovery and You
- Grateful Addicts in Recovery
- Sister of Serenity
- Opiate Addiction Support and Information