

Online Support Organizations

Organization / Contact Information	Purpose of Support Group	Components of Support Group
<p>1) Adult Children of Alcoholics Phone 562-595-7831 https://adultchildren.org/</p>	<ul style="list-style-type: none"> • Adult Children of Alcoholics is an anonymous Twelve Step, Twelve Tradition program of women and men who grew up in an alcoholic or otherwise dysfunctional home. • We meet with each other in a mutually respectful, safe environment and acknowledge our common experiences. We discover how childhood affected us in the past and influences us in the present. We take positive action. • By practicing the Twelve Steps, focusing on The Solution, and accepting a loving Higher Power of our understanding, we find freedom from the past and a way to improve our lives today. 	<ul style="list-style-type: none"> • Group Meetings • Telephone meetings • Online meetings/chat • Online forums • Written materials
<p>2) Al-Anon and Ala-Teen https://al-anon.org/ 1-888-425-2666</p>	<ul style="list-style-type: none"> • Since its founding in 1951, these have shared a single purpose: to help family and friends recover from the effects of someone else's drinking. • Members share their personal experiences and stories, and invite other members to 	<ul style="list-style-type: none"> • Support for spouses and partners, adult children of alcoholics, teens, parents, grandparents and siblings affected by someone else's drinking. • Face-to-face meetings • On-line and telephone meetings (call 1-800-628-8920)

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	<ul style="list-style-type: none"> • take what they like and leave the rest to decide for themselves what lesson they could apply to their own lives. • The best place to learn how Al-Anon works is at a local meeting • Personal contact is an important element in the healing process. • Web page selections give encouragement to visit your first meeting. • Newcomers are often interested in learning from members whose personal situations most closely resemble theirs. 	
<p>3) Alcoholics Anonymous (AA) https://www.aa.org/ A.A. World Services, Inc., 11th Floor 475 Riverside Dr. at W. 120th St. New York, NY 10115</p>	<ul style="list-style-type: none"> • Alcoholics Anonymous® is a fellowship of men and women who share their experience, strength and hope to solve their common problem and help others to recover from alcoholism. • The only requirement for membership is a desire to stop drinking. • There are no dues or fees for AA membership; we are self-supporting through our own contributions. • AA is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy, neither endorses nor opposes any causes. • Our primary purpose is to stay sober and help other alcoholics to achieve sobriety. 	<ul style="list-style-type: none"> • Regularly-scheduled local community meetings • Online meetings https://alcoholics-anonymous.eu/online-meetings/ • Sponsors • 12-Step programs • Books/pamphlets, videos and periodicals related to recovery • Opportunities for service • Recovery events

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<p>4) Double Trouble in Recovery http://www.bhevolution.org/public/doubletroubleinrecovery.page Double Trouble in Recovery c/o MH Empowerment Project 271 Central Ave, Albany NY 12209 518-434-1393</p>	<ul style="list-style-type: none"> • DTR is designed to meet the needs of the dually diagnosed, and is clearly for those having addictive substance problems as well as having been diagnosed with a psychiatric disorder. • DTR follows a Twelve Step approach to recovery. • Working the DTR Twelve Steps and regular attendance at DTR and other appropriate self-help groups will help us gain the rewards of sanity, serenity and freedom from addictions. • There are no dues or fees for DTR membership; they are self-supporting through contributions. 	<ul style="list-style-type: none"> • 12-Step based • Recovery group meetings • On-line access to reading materials, pamphlets, etc. related to dual diagnosis and recovery
<p>5) Emotions Anonymous (EA) https://emotionsanonymous.org/ PO Box 4245 St. Paul, MN 55104-0245 651-647-9712</p>	<ul style="list-style-type: none"> • EA is a 12-step organization, similar to AA. • Our fellowship is composed of people who come together in weekly meetings for the purpose of working toward recovery from emotional difficulties. • EA members are from many walks of life and are of diverse ages, economic status, social and educational backgrounds. • The only requirement for membership is a desire to become well emotionally. 	<ul style="list-style-type: none"> • EA book, which features writings on the Steps and personal recovery stories, our daily meditation book <i>Today</i>, and program-approved literature. • Weekly face-to-face meetings • Online discussion

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<p>6) Families Anonymous (FA) PO Box 3475 Culver City, CA 90231-3475 800-736-9805 https://www.familiesanonymous.org/</p>	<ul style="list-style-type: none"> • FA 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. • When you come into our rooms you are no longer alone, but among friends who have experienced similar problems. • Any concerned person is encouraged to attend our meetings, even if there is only a suspicion of a problem. 	<ul style="list-style-type: none"> • Online Meeting Without Walls group • National and international face-to-face meetings • Literature, CDs, group materials available on-line
<p>7) In the Rooms (800) 817-9497 info@intherooms.com https://www.intherooms.com/home/</p>	<ul style="list-style-type: none"> • Gives recovering addicts a place to meet and socialize when they're not in face-to-face meetings. • Grown into a global online community with over 500,000 members who share their strength and experience with one another daily. • Offers people from around the world connect with one another and help each other along their recovery journeys. 	<ul style="list-style-type: none"> • Online meetings daily • Meetings are ran by fellowship chair people who invite members to share amongst the group
<p>8) LifeRing Secular Recovery (LSR) https://www.lifering.org/ LifeRing Service Center 1440 Broadway, Suite 312 Oakland, CA 94612-2023</p>	<ul style="list-style-type: none"> • The —3-S Philosophy: —Three-S is short-hand for the fundamental principles of LifeRing: Sobriety, Secularity, Self-Help. • Sobriety. In LifeRing it always means abstinence. 	<ul style="list-style-type: none"> • Face-to-face meetings • Practice the —Sobriety Priority • On-line forums

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	<ul style="list-style-type: none"> • The basic membership requirement is a desire to remain abstinent from alcohol and —drugs.¶ • LifeRing welcomes people regardless of their —drug of choice.¶ • Secularity. LifeRing Recovery welcomes people of all faiths and none. • You get to keep whatever religious beliefs you have, and you are under no pressure to acquire any if you don't. • Participants' spiritual or religious beliefs or lack thereof remain private. • Self-help in LifeRing means that the key to recovery is the individual's own motivation and effort. • The main purpose of the group process is to reinforce the individual's own inner strivings to stay clean and sober. • LifeRing is a permanent workshop where individuals can build their own Personal Recovery Plans. 	
<p>9) Nar-Anon Family Groups Nar-Anon Family Group HQ 22527 Crenshaw Blvd #200B Torrance, CA 90505 310-534-8188 or 800-477-6291 https://www.nar-anon.org/</p>	<ul style="list-style-type: none"> • A worldwide fellowship for those affected by someone else's addiction. • A 12-step program designed to help relatives and friends of addicts recover from the effects of living with an addicted relative or friend. 	<ul style="list-style-type: none"> • Nar-Anon groups hold meetings in the United States, Canada, and worldwide. • Literature and other materials are available at Nar-Anon meetings. • Daily online meetings

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	<ul style="list-style-type: none"> • The only requirement is that there is a problem of drugs or addiction in a relative or friend. • Not affiliated with any other organization or outside entity. • Whether the addict is using or not, Nar-Anon offers hope and recovery to all people affected by the addiction of a loved one or friend. 	
<p>10) Narcotics Anonymous (NA) https://www.na.org/ NA Main Office PO Box 9999 Van Nuys, California 91409 (818) 773-9999</p>	<ul style="list-style-type: none"> • NA is a nonprofit fellowship or society 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. • The 12-Steps of NA are the basis of our recovery program. • NA gives members a place to share recovery with other addicts. • If you are not an addict, look for an open meeting, which welcomes non-addicts. • Discussion meetings allow members to take turns sharing. 	<ul style="list-style-type: none"> • Daily online meetings • 12-Step program • Regularly-scheduled meetings • Regional 24-hour helpline • Resources and literature related to narcotics addiction • Sponsors

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	<ul style="list-style-type: none"> • Speaker meetings allow one or more members to share for an extended period of time. 	
<p>11) SMART Recovery® https://www.smartrecovery.org/ 7537 Mentor Ave, Suite 306 Mentor, OH 44060 Phone: 440-951-5357 Toll Free: 866-951-5357 Fax: 440-951-5358</p>	<ul style="list-style-type: none"> • SMART Recovery® is the leading self-empowering addiction recovery support group. • Participants learn tools for addiction recovery based on the latest scientific research and participate in a world-wide community which includes free, self-empowering, science-based mutual help groups. • The SMART Recovery 4-Point Program® helps people recover from all types of addiction and addictive behaviors, including: drug abuse, drug addiction, substance abuse, alcohol abuse, gambling addiction, cocaine addiction, and addiction to other substances and activities. SMART Recovery sponsors face-to-face meetings around the world, and daily online meetings. Our online message board and 24/7 chat room offer excellent recovery forums. 	<ul style="list-style-type: none"> • Face-to-face meetings • Daily online meetings • Online message board • Publications
<p>12) Secular Organizations for Sobriety (SOS) https://cfiwest.org/ 4773 Hollywood Blvd. Hollywood, Ca 90027 USA Phone (323) 666-4295 Fax (323) 666-4271</p>	<ul style="list-style-type: none"> • An alternative recovery method for alcoholics or drug addicts who are uncomfortable with the spiritual content of 12-Step programs. • SOS takes a reasonable, secular approach to recovery and maintains that sobriety is a separate issue from religion or spirituality. 	<ul style="list-style-type: none"> • Non-religious alternative to 12-Step • State-wide group meetings • Daily Online meetings • Quarterly newsletter • Scheduled special events

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	<ul style="list-style-type: none"> • SOS credits the individual for achieving and maintaining sobriety, without reliance on any "Higher Power." • SOS respects recovery in any form regardless of the path used • SOS supports healthy skepticism and encourages the use of the scientific method to understand alcoholism. • SOS is a non-profit network of autonomous, non-professional local groups dedicated helping individuals achieve and maintain sobriety. 	
<p>13) The Daily Pledge https://thedailypledge.org/ Hazelden Betty Ford Foundation 15251 Pleasant Valley Road Center City, MN 55012</p>	<ul style="list-style-type: none"> • Online social community to provide a source of support and fellowship to those touched by or concerned about the disease of addiction. • Provides healthy daily activities on the home page, which includes seeing other “recover out loud.” • Community members include both people with addiction and family and friends of people with addiction. 	<ul style="list-style-type: none"> • Online daily chats • Online daily meetings • Discussion boards that address a specific area of interest any day, any time, from anywhere.
<p>14) Recovery Speakers https://www.recoveryspeakers.com/</p>	<ul style="list-style-type: none"> • Online community that aims to offer support, resources • Home to the largest single online audio library of recovery talks-spanning some 70 years 	<ul style="list-style-type: none"> • Online speaker meetings • Blogs and podcast • Audio library