



## Online & Virtual Resources

### Zoom Recovery Support

#### **Peer 2 Peer Breakfast Blend Check-In**

A morning motivational meeting for peers in or seeking recovery from substance use. Peers are encouraged to share with each other how they are going to tackle the day. Their goals, challenges, strategies, & positivity to-wards achieving and overcoming.

#### **Monday through Friday 10am**

<https://zoom.us/j/115646436>

Meeting ID: 115 646 436

Or dial by phone 929 205 6099

Meeting ID:115 646 436

**All Recovery** – An All-Recovery meeting is “non denominational”, meaning all pathways of recovery are embraced here. We choose a universal recovery topic and then we will discuss it.

#### **Monday through Friday 9am, 12pm, 6pm, 9pm**

[Unityrecovery.zoom.us/my/allrecovery](https://unityrecovery.zoom.us/my/allrecovery)

#### **Monday through Friday 1pm**

<https://zoom.us/j/443156039>

Or dial by phone 929 205 6099

Meeting ID: 443 156 039

#### **Monday through Friday 230pm**

<https://zoom.us/j/889800178>

Or dial by phone 929 205 6099

Meeting ID: 889 800 178

### Online Recovery Support

#### **In The Rooms** - <https://www.intherooms.com/home/>

The world’s largest, online social network for the global recovery community. In The Rooms is for people already in recovery, those seeking immediate help from any addiction, and for the families, friends, and allies of loved ones who are affected by substance use disorder. Scroll to the bottom right for a long list upcoming live meetings.

#### **SMART Recovery** [www.Smartrecovery.org](http://www.Smartrecovery.org)

A science-based addiction support group where we learn self-empowering skills and support each other in our recovery.

**Recovery Dharma** [recoverydharma.org/online-meetings](http://recoverydharma.org/online-meetings)

Using Buddhist practices and principles to heal the suffering of addiction.

**Alcoholics Anonymous** [AAintergroup.org/directory](http://AAintergroup.org/directory) – Browse the online meeting directories.

**Narcotics Anonymous** [Virtual-na.org](http://Virtual-na.org) – Browse the online meeting directories

**Marijuana Anonymous** [Marijuana-anonymous.org/find-a-meeting](http://Marijuana-anonymous.org/find-a-meeting) – Browse the online directories

**Gamblers Anonymous** [Gamblersanonymous.org](http://Gamblersanonymous.org)

**7cups** [7cups.com](http://7cups.com)

Offers free emotional support. No matter what you are going through you will be heard and cared for. 24/7 chat.

**Women for Sobriety** –<https://womenforsobriety.org/> (website) <https://wfsonline.org/> (online meetings)

Helps women gain hope and encouragement with other women in similar circumstances. Offering tools to a healthier lifestyle.

**Lifering** [Lifering.org](http://Lifering.org)

Organization of people who share practical experiences and sobriety support, and embraces what works for individual. On line meetings offered.

## Family Support

**In The Rooms** - <https://www.intherooms.com/home/>

The world's largest, online social network for the global recovery community. In The Rooms is for people already in recovery, those seeking immediate help from any addiction, and for the families, friends, and allies of loved ones who are affected by substance use disorder.

**Smart Recovery Family** [Smartrecovery.org/family](http://Smartrecovery.org/family)

**Learn to Cope** <https://www.learn2cope.org/>

**Al-anon** [Al-anon.org/electronic-meetings](http://Al-anon.org/electronic-meetings)

## Additional Recovery Resources

**Massachusetts Addiction Recovery Software** <https://www.marsi.org/open-beds/>

Up to date list of available detox beds. Updates throughout the day.

**SAMHSA National Helpline** (Substance Abuse and Mental Health)

<https://www.samhsa.gov/>

(800) 662-4357

**Massachusetts Substance Use Helpline** <https://helplinema.org/> Offers 24/7 drugs and alcohol help

(800)-327-5050

**National Suicide Prevention Lifeline** (800)-273-8255