

Free Online Meetings and Virtual Platforms

- 12 Steps.org

<https://www.12step.org/social/online-meeting-calendar/>

Listing of online 12-step meetings on various platforms.

- Al-Anon Electronic Meetings <https://al-anon.org/al-anon-meetings/electronic-meetings/> *This forum and recovery chat room for Narcotics Anonymous members features voice chat, Skype, and text chat meetings connecting people from around the world.*

- Alcoholics Anonymous Online Intergroup

<http://aa-intergroup.org/directory.php> *Listing of*

online meetings from AA Intergroup.

- Smart Recovery <https://www.smartrecovery.org/community/calendar.php>

<https://www.smartrecovery.org/smart-recovery-toolbox/smart-recovery-online/>

Message board, chat room, online meetings, and online library.

- Adult Children of Alcoholics

<https://adultchildren.org/quick-search/?audiobt=Click+Here>

Phone and Online Meetings

- In The Rooms (Online Meetings) <https://www.intherooms.com/home/> *An online*

platform supporting a wide range of 12-step and non-12 step meetings

- Bridge Club Virtual Meetings

<https://www.jointempest.co/bridge-club-events?tag=Virtual%20Events> *Meetings that are*

specifically focused on women and LGBTQIA+ folks who are sober or interested in sobriety.

- Refuge Recovery Online Meetings

<https://refugerecovery.org/meetings?tsml-day=any&tsml-region=online-english>

Listing of daily online meetings

- Families Anonymous Virtual Meetings

<https://www.familiesanonymous.org/meetings/virtual-meetings> *Online meetings for parents,*

grandparents, siblings, spouses, significant others, other family members and friends of those with a current, suspected or former drug problem.

- Life Ring Recovery

<https://www.lifering.org/online-meetings>

Listing of online meetings.

- The Temper <https://www.thetemper.com/online-recovery-meetings-groups/> *An online publication/site that explores life through the lens of sobriety, addiction, and recovery.*

Includes links to resources

- My Recovery

<https://www.myrecovery.com/online-meeting/>

Online 12-step meetings

- Sober Grid <https://www.sobergrid.com> *A free online social networking platform for people in recovery. Available in mobile app stores*

- Narcotics Anonymous

<https://www.na.org/meetingsearch/> *Listing of online meetings provided by NA.*