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.