

# Online/Phone Resources for Recovery Support, Parenting, and COVID-19

## Recovery

### AA

<https://aaboston.org/> has a list of in-person meetings that are still happening in Boston Area

<https://westernmassaa.org/aa-meeting-schedules> scroll down and there is information on the impact of Covid-19 on meetings, as well as a link to online meetings

<http://aa-intergroup.org/> allows you to search for online AA meetings

<https://www.onlinegroupaa.org/>

### **Pause a while**

Hosting free conference calls for AA meetings at 2pm every day

- Dial in number: 425-436-6360
- Access Code: 422932

### **A Virtual Awakening**

Closed online AA meeting for women, trans, and non-binary people

Recovery literature, speakers, open discussion

Sun, Mon, Wed, Fri at 8:30pm EST, Thurs 1:00pm EST

- <https://zoom.us/j/4822208285>

### NA

<https://nera.org/> has lists of meetings in New England that are currently closed and available online meetings

- Narcotics Anonymous World Services (NA): has a statement on the Coronavirus, including a link to find MA intergroup phone numbers

[https://www.na.org/admin/include/spaw2/uploads/pdf/Coronavirus\\_web\\_message\\_12Mar.pdf](https://www.na.org/admin/include/spaw2/uploads/pdf/Coronavirus_web_message_12Mar.pdf)

- Phone meetings: [www.nabyphone.com](http://www.nabyphone.com)

- Online meetings: <https://virtual-na.org/>

[www.naspeaker.com](http://www.naspeaker.com) Streaming 24-7 Free NA Speakers

<https://www.neveraloneclub.org/> has online NA meetings (NOT affiliated with NA World Service)

### **Other 12-Step Meetings**

#### **Al-Anon and Alateen**

<https://ma-al-anon-alateen.org/> - there is an announcement about Covid-19

<https://al-anon.org/al-anon-meetings/electronic-meetings/>

[https://docs.google.com/spreadsheets/d/1JplQ5VEcmPRtBGwLCPBRQ\\_VoSecquSyE0JsAQLTkA0/edit#gid=1068214983](https://docs.google.com/spreadsheets/d/1JplQ5VEcmPRtBGwLCPBRQ_VoSecquSyE0JsAQLTkA0/edit#gid=1068214983) list of which meetings have been cancelled or are still running

**Cocaine Anonymous** offers online support and services

<https://www.ca-online.org>

#### **Marijuana Anonymous**

<http://marijuana-anonymous.org/find-a-meeting/>

#### **Nicotine Anonymous**

[www.nicotine-anonymous.org](http://www.nicotine-anonymous.org) - has many online and telephone meetings, with a list available on the website

**Recovery Speakers:** Listen to recovery speakers from many different 12 step groups  
[www.recoveryspeakers.com](http://www.recoveryspeakers.com)

**Sober Recovery** provides an online forum for those in recovery and their friends and family  
<https://www.soberrecovery.com/forum>

**Embark Recovery:** Daily 12pm & 6 pm in English and **12:30 and 5:30 in Spanish**)

<https://www.embarkreco.com/events>

**Herren Project:** Variety of meetings, including Women's Meeting Tuesdays at 7:30PM

<https://herrenproject.org/recovery-meeting/>

**In the Rooms:** online meeting at 9am, 12pm, 3pm, 6pm, 9pm. These are "all recovery" meetings and any pathway or programs are welcome.

<https://www.intherooms.com/home/category/community-and-meetings/>

**LifeRing Secular Recovery** is an organization of people who share practical experiences and sobriety support, and embraces what works for individual. On line meetings offered.

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

**Lion Rock Recovery:** Variety of support groups every day of the week

<https://www.lionrockrecovery.com/online-aa-meetings-and-support-groups>

**Phoenix Gym** offers a range of FREE virtual exercise classes (meditation, yoga, CrossFit, etc. for people in recovery. Every 2 hours from 7 am - 9pm

<https://thephoenix.org/virtual/>

**Recovery Dharma**

<https://recoverydharma.online/> has meetings using Buddhist practice

**Reddit Recovery** offers a virtual hang out and support during recovery

<https://www.reddit.com/r/REDDITORSINRECOVERY/>

**Refuge Recovery** provides online and virtual support

<http://bit.ly/refugerecovery1>

**SMART Recovery**

<https://www.smartrecovery.org/community/> has a wide variety of online resources

<http://www.smartne.org/meetings.html>: has a listing of meetings but also a link for online meetings

**SoberCity** offers an online support and recovery community

<https://www.sobercity.com/>

**Sobergrid** offers an online platform to help anyone get sober and stay sober

<https://www.sobergrid.com/>

**Soberistas** provides a women-only international online recovery community

<https://soberistas.com/>

**Sober Mommies:** online support group for moms in recovery

<https://sobermommies.com/groups/online-support/>

**WEconnect and Unity Recovery** - 4 times daily 7 days a week (9am,12pm,3pm,9pm EST)

Join directly from computer or smart phone - [unityrecovery.zoom.us/my/allrecovery](https://unityrecovery.zoom.us/my/allrecovery)

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

**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.

### **Support for Families with a loved one with SUD**

**Smart Recovery Family**

[Smartrecovery.org/family](https://smartrecovery.org/family)

**Learn to Cope**

<https://www.learn2cope.org/>

**Al-anon**

[Al-anon.org/electronic-meetings](https://al-anon.org/electronic-meetings)

### **Recovery Apps (download to your smartphone via app store/google play/website)**

- Sober Grid - App Store
- Celebrate Recovery - App Store
- Smart Recovery - [www.smartrecovery.org](https://www.smartrecovery.org)
- **Connections** smartphone app to support recovery  
<https://www.addictionpolicy.org/connections-app>



MEETING GUIDE is a free mobile app focused on helping people find A.A. meetings and resources near them. Also included are DAILY REFLECTIONS – a selection of reflections by and for A.A. members.



NA MEETING SEARCH is a free mobile app developed to help find an NA meeting. It can use your current location to display the meetings nearest you. Daily JUST FOR TODAY meditations are also bundled in this app. <http://www.nabyphone.com/>



RECOVERY PATH is a free mobile app is designed to allow people to navigate their own path to sustained recovery, share progress with others, and receive support.

# Online Resources to Support Your Recovery

Scan the QR code below to go directly to the type of support you are looking for.

1. Online AA Meetings



2. Recovery Dharma Online Meetings



3. In the Rooms Online Support



4. Al-Anon Electronic Meeting List



5. Online Group AA Meetings



6. Substance Abuse and Mental Health Services Website



7. Virtual Narcotics Anonymous Meetings



8. Smart Recovery Online



9. Never Alone Club – 24 Hour Chat and Support



10. Narcotics Anonymous by Phone



11. Marijuana Anonymous Online Meetings



12. Connections App – tools to support early recovery



13. The Herren Project – Recovery Meetings



14. AA speaker tape and 12 steps – iPhone App



15. Smokefree – Tools and Support to Quit Smoking



### **Facebook Recovery Groups (logon to Facebook, search group, ask to join)**

- CLEAN AND SOBER - Addiction Recovery Support Group
- Daily Reflections AA
- Methadone & Buprenorphine Discussion and support
- MIPSAs-Methadone Information & Patient Support Network
- Mommy Group
- Recovery Soldiers
- Send it! (Recovery Network)
- Sober Mommies
- Voices To End Addiction & Inspire Recovery
- Women in AA

### **Parenting/Families**

**Hello It's Me** is a Facebook group for families that are pregnant and close to delivery or home with a newborn during COVID-19

<https://www.facebook.com/groups/204741563956171/>

**Parenting Journey** is creating an emergency fund and families can request a stipend (it's not required that you have attended any PJ groups, any families in need of assistance are welcome to apply) for those impacted financially by the COVID-19 crisis.

<https://parentingjourney.org/it-takes-a-village-emergency-fund/>

### **Parents Helping Parents**

Parental Stress Line (available 24/7): 1-800-632-8188

Online Support Groups occurring every day but schedule changes week to week

Check the website for schedule: <https://www.parentshelpingparents.org/>

- Click this link to join the meeting by computer or smartphone: <https://zoom.us/j/6607380697>
- No Computer, Dial in by phone: 1-646-558-8656 then input the meeting id 6607380697#

### **National Parent Helpline**

1-855-4APARENT (1-855-427-2736)

**Sober Mommies:** online support group for moms in recovery

- <https://sobermommies.com/groups/online-support/>

## **COVID-19 Resources**

COVID-19 FAQs from mass.gov

<https://www.mass.gov/info-details/frequently-asked-questions-about-covid-19>

CDC Information about preparing your family

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/index.html>

Talking to children about Covid-19 (available in multiple languages)

[Talking to Children About COVID-19 \(Coronavirus\): A Parent Resource](#)  
[Supporting Kids During the COVID-19 Crisis](#)

Just for Kids: A Comic Exploring the New Coronavirus

<http://www.capradio.org/articles/2020/03/07/just-for-kids-a-comic-exploring-the-new-coronavirus/>

Coping/Managing Stress:

[Mental Health and Coping During COVID-19](#)

How to Avoid Passing Anxiety on to Your Kids

[https://childmind.org/article/how-to-avoid-passing-anxiety-on-to-your-kids/?utm\\_source=newsletter&utm\\_medium=email&utm\\_content=%20Parents%20Guide%20to%20Problem%20Behavior&utm\\_campaign=Weekly-03-16-20](https://childmind.org/article/how-to-avoid-passing-anxiety-on-to-your-kids/?utm_source=newsletter&utm_medium=email&utm_content=%20Parents%20Guide%20to%20Problem%20Behavior&utm_campaign=Weekly-03-16-20)

National Child Traumatic Stress Network resource on helping parents talk to children about COVID-19

[https://www.nctsn.org/sites/default/files/resources/fact-sheet/outbreak\\_factsheet\\_1.pdf](https://www.nctsn.org/sites/default/files/resources/fact-sheet/outbreak_factsheet_1.pdf)

link to same in multiple languages:

<https://www.nctsn.org/resources/parent-caregiver-guide-to-helping-families-cope-with-the-coronavirus-disease-2019>

Link for small children from ZERO TO THREE

<https://www.zerotothree.org/resources/3210-tips-for-families-talking-about-the-coronavirus>

Link Boston + MA COVID19 Resources

[https://docs.google.com/document/d/1-x6vOZKVsla5H363mtdgcyivvLmcx7-f2s6l-O\\_ba8A/mobilebasic](https://docs.google.com/document/d/1-x6vOZKVsla5H363mtdgcyivvLmcx7-f2s6l-O_ba8A/mobilebasic)

## **Other Resources**

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

<https://www.7cups.com/online-therapy/>

### **Local Crisis Hotlines**

- Northampton CSO 413-586-5555
- Greenfield CSO 413-774-5411
- Holyoke BHN 413-532-8016
- Springfield BHN 413-733-6661

**National Domestic Violence Hotline** offers help to people experiencing violence in their home during COVID-19 restrictions. There is a hotline, texting service, and webchat service.

<https://www.thehotline.org/2020/03/13/staying-safe-during-covid-19/>

### **National Suicide Prevention Lifeline**

- 800-273-8255

**Project Bread's FoodSource Hotline** provides up-to-date information— in multiple languages – about what is happening in school districts and what resources are available, such as SNAP application assistance, and referrals to open community resources.

The FoodSource Hotline can be reached at 1-800-645-8333 or by chat at [Gettingsnap.org](http://Gettingsnap.org)

**Samaritans:** Helpline remains open 24/7 for calls and texts at

- 877-870-4673

### **SAMHSA National Helpline**

- 800-662-4357
- <https://www.samhsa.gov/find-help/national-helpline>