



Community Support Group Resource List

12 Step meetings:

Alcoholics Anonymous (AA)- Founded in 1935 <https://www.aa.org/>

Narcotics Anonymous (NA)- Founded in 1953 <https://na.org/>

Cocaine Anonymous (CA)- Founded in 1982 <https://ca.org/>

Codependents Anonymous (CODA)- Founded in 1986 <https://coda.org/>

Alanon- Founded in 1951 by Lois W. (Bill W's [founder of AA] wife) <https://al-anon.org/>

Adult Children of Alcoholics and Dysfunctional Families (ACOA)- Founded in 1973
<https://adultchildren.org/>

Women's International Meeting (WIM)

AA meeting for women only

Sponsor match-up is Saturday 8pm EST & Wednesday 12pm EST

Not A Glum Lot AA meeting: <https://notaglumlotny.org/> (NY chapter)

Google "Not a glum lot" and your location

The Luckiest Club- <https://www.theluckiestclub.com/>

Based on the book "We Are the Luckiest" by Laura McKowen. An online sober community that offers courses, resources, and online groups to connect with others.

"The Luckiest Club exists to guide, encourage, and support brave truth-seekers who are looking to embark on a personal journey to sobriety from alcohol. We provide empathetic direction, easy and accessible connection, and a community of like-minded swashbucklers. No matter how far along you are in your sobriety adventure we know that online sobriety help, a talented cast of leaders, and a caring community can make all the difference."

Tempest- <https://jointempest.com/>

An online community that offers education on addiction, support groups, and a private community. Membership is required.

Cafe Recovery- <https://recoverycafe.org/> **SEATTLE AREA SPECIFIC**

"Recovery Café was founded on the knowledge that every human being is precious and beloved regardless of past trauma, mental and emotional anguish, addictive behaviors or mistakes made. We provide a beautiful, safe, warm, drug and alcohol free space and loving community to anchor Members (our most closely-supported consumers) in the sustained recovery needed to gain and maintain access to housing, social and health services, healthy relationships, education and employment. Our program is designed to help people maintain recovery, reduce relapse and fulfill their potential."

Recovery Elevator- <https://www.recoveryelevator.com/>



“Of course, we do a podcast, but we also bring like-minded individuals together, particularly in early sobriety, who seek a better life without alcohol through support and accountability.”

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

“Our CommUnity recovery support groups are for all people in the pursuit of peace in mind and body. We offer a range of topics and approaches. We offer an open-minded new tradition encompassing the many paths to recovery. Everyone is welcome.”

Recovery 2.0: <https://r20.com/>

Tommy Rosen

“Our philosophy is based on the idea that we are engaged in a never-ending path of discovery. We seek the Truth as it expresses itself in our lives. We embrace the wisdom of numerous spiritual traditions, the Twelve Steps, other recovery modalities, psychology, philosophy, yoga and meditation.”

Live yoga classes, recovery talks, online courses, and group coaching

Recovery Dharma <https://recoverydharma.org/>

“Our program uses the Buddhist practices of meditation, self-inquiry, wisdom, compassion, and community as tools for recovery and healing. We believe that recovery is about finding our own inner wisdom and our own path.

Recovery Dharma welcomes anyone who is looking to heal from addiction and addictive behavior, whether it’s caused by substance use or process addictions like codependency, gambling, eating disorders, relationships, technology, or any obsessive or habitual pattern that creates suffering. We’ve found that this Buddhist-inspired path can lead to liberation from the suffering of addiction, and we support you in finding your own path to recovery.”

Celebrate Recovery- <https://www.celebraterecovery.com/>

“Celebrate Recovery is a Christ- centered, 12 step recovery program for anyone struggling with hurt, pain or addiction of any kind. Celebrate Recovery is a safe place to find community and freedom from the issues that are controlling our life.”

SMART Recovery <https://www.smartrecovery.org/>

“Self-Management And Recovery Training (SMART) is a global community of mutual-support groups. At meetings, participants help one another resolve problems with any addiction (to drugs or alcohol or to activities such as gambling or over-eating). Participants find and develop the power within themselves to change and lead fulfilling and balanced lives guided by our science-based and sensible 4-Point Program®.”

Refuge Recovery <https://www.refugerecovery.org/>

“Refuge Recovery is a Buddhist-oriented, non-theistic recovery program that does not ask anyone to believe anything, only to trust the process and do the hard work of recovery. In fact, no previous experience or knowledge of Buddhism is required. Recovery is possible, and this program provides a



systematic approach to treating and recovering from all forms of addiction. When sincerely practiced, the program can ensure a full recovery from addiction and a life-long sense of well-being and happiness.”

Wellbriety <https://wellbriety.com/>
Native American Recovery Principles

Life Ring <https://lifering.org/>

“LifeRing Secular Recovery is an abstinence-based, anonymous organization dedicated to providing a safe meeting space where you can experience a non-judgmental recovery conversation with your peers. We do this through the lens of LifeRing's 3-S philosophy of Sobriety, Secularity, and Self-Help.”

Moderation Management <https://moderation.org/>

“A secular non-profit organization providing peer-run support groups for anyone who would like to reduce their alcohol consumption. MM was founded in 1994 to create an alternative to Alcoholics Anonymous and similar addiction recovery groups for non-dependent problem drinkers who do not necessarily want to stop drinking, but moderate their amount of alcohol consumed to reduce its detrimental consequences.”

More Specific:

The Phellowship <https://www.phellowship.net/index>

“The Phellowship is a group of Phish Heads who choose to remain drug and alcohol free. We are not affiliated with Alcoholics Anonymous, Narcotics Anonymous, Phish, or any other sober fan group. The Phellowship has absolutely no opinion on the issue of drugs and alcohol, and neither condemns or condones it. Our simple purpose is to provide "phellowship," support and information to those who seek the comfort and camaraderie of other clean and sober people at shows. The only requirement for membership is a desire to stay substance-free at shows. Though The Phellowship consists primarily of those recovering from addiction, we are open to anyone who wishes to remain clean and sober at shows.”

Wharfrat <http://www.wharfrat.org/>

“The Wharf Rats are a group of concert-goers who have chosen to live drug and alcohol free. Our primary purpose at the shows is to make ourselves available to anyone who feels we may have something they want. We offer support, strength, fellowship and hope. Look for the yellow balloons, signs and the Wharf Rats information table. We are not affiliated with Alcoholics Anonymous, Narcotics Anonymous nor any other twelve-step group. We are a group of friends sharing a common bond, providing support, information and some traction in an otherwise slippery environment.”



Association of Recovering Motorcyclists (ARM) <https://www.arm-intl.com/>

“The association of recovering motorcyclists is a brotherhood and sisterhood of men and women recovering from alcohol and/or drug addiction. They support one another in remaining abstinent from drugs and alcohol while continuing to ride motorcycles together regularly. It is an international organization.”