



## List of Online Recovery Resources

**IN THE ROOMS** *An online recovery community offering meetings for a variety of recovery groups including AA, NA, CMA, Al-Anon, Gambler's Anonymous, Women in Recovery, and Wellbriety.*

**WEconnect** *Online recovery meetings via ZOOM partnered with Unity Recovery, the Alano Club of Portland and SOS Recovery.*

**NA** *Online NA meetings in a variety of formats for people in recovery from drugs and alcohol.*

**AA** *Online AA Intergroup meetings for people in recovery from alcoholism.*

**Al-Anon** *Online meetings for friend and family of people affected by alcoholism.*

**12 Step Forums** *A site for 12 step recovery offering online meetings and forums for AA, NA, Al-Anon, Adult Children Anon, and Codependents Anon.*

**Marijuana Anonymous** *Online meetings for people in recovery from marijuana.*

**SHE RECOVERS** *A community of women in recovery offering online recovery yoga.*

**Women for Sobriety** *A community of women in recovery offering forums and a chatroom.*

**Soberistas** *An online community of women in recovery featuring forums, chatrooms, and blog posts.*

**SMART Recovery** *A secular recovery group offering meetings through ZOOM and an online forum.*

**SOS Sobriety** *A secular recovery group with a variety of online resources.*

**LifeRing** *A secular recovery group offering online meetings through ZOOM and a chat room.*

**Refuge Recovery** *A recovery group based in Buddhist principles offering online meetings.*

**Recovery Dharma** *A recovery with a focus on Buddhist practices offering online meetings, workshops, and a Facebook group.*

**HAMS** *A harm reduction based approach to recovery for alcohol offering forums, a chatroom, an email group, and a Facebook group.*

**Reimagining Recovery** *A Portland-based recovery community welcoming to all forms of recovery holding online meetings via ZOOM in response to COVID-19.*

Please contact [sam@oregonrecovers.org](mailto:sam@oregonrecovers.org) if you have any resources to add to this list.