**Alcohol and Substances Sobriety Resources**

**Alcoholics/Narcotics Anonymous**

\* Traditional 12-step program

\* Structured peer support with online and in-person meetings

\* AA.org

**Refuge Recovery**

\* secular; guiding philosophy is Buddhist

\* not substance specific

\* Online meetings

\* refugerecovery.org

**Sober Sis**

\* sober minded living” organization of women supporting women

\* online meetings, daily emails, forums

\* Monthly fee

**Substance Abuse and Mental Health Services Administration (SAMHSA)**

\* Government source for resources, information and treatment resources

\* (800) 662-4357

\* samhsa.gov

**Self Management and Recovery Training (SMART)**

\* CBT based self help

\* online meetings

**Loosid**-sobriety app

**In The Rooms**: \*free online recovery

**Life Ring**

\*secular recovery

\*online and in-person meetings

\* lifering.org

**Club Soda**

\*resources for ”mindful” drinking to full sobriety

\*in person and online meetings

\*online forums and resources are free; courses have a fee

\* joinclubsoda.com

**Women For Sobriety (WFS)**

\*in-person and online meetings, focusm

\*certified moderators

\*womenforsobriety.org

**Tempest**

\*$59 a month for online resources, $199 for coaching

\*online forums and resources, virtual support groups, daily emails

\* jointempest.com

**Recovery Dharma**

\*Buddhist approach to recover

\*online, peer led meetings

\*multinational support

\* recoverydharma.online