

# ▲ ATTEND MEETINGS

## 🌊 VIRTUALLY

### SOS Recovery

Use link below to access virtual meetings including Group Sessions, Yoga, etc. <https://sosrco.org/virtual-meetings/>

### Unity Recovery

Use link below for all Recovery meetings from Unity Recovery and the Alano Club. <https://unityrecovery.org/digital-recovery-meetings>

### SMART Recovery

Use link below for SMART Recovery meetings on Friday and Saturday's hosted by Hope for NH Recovery

<https://zoom.us/j/129988796>

### Hope Recovery

Use link below Hope Recovery 3 Principle meetings on Sunday

<https://zoom.us/j/233170807>

### Dharma Recovery

Stay connected with Dharma Recovery Virtually with the link below.

<https://www.recoverydharma.online>

### All 12 Step Meetings

AA: <http://aa-intergroup.org/>

NA: <https://nerna.org/> OR <https://virtual-na.org/>

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

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

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

Recovery Speakers: [www.recoveryspeakers.com](http://www.recoveryspeakers.com)



## Embark Recovery

Daily 12 pm & 6pm in English and 12:30 & 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/>

## Dharma Recovery

Stay connected with Dharma Recovery Virtually with the link

below <https://www.recoverydharma.online>

## A Virtual Awakening

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

Recovery literature, speakers, open discussion

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

## Lion Rock Recovery

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

## Phoenix Gym

offers a range of FREE virtual exercise classes

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

## LifeRing Secular Recovery

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

## Learn to Cope

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

## Links for Getting and Staying Sober

SoberCity: <https://www.soberocity.com/>

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

Soberistas: <https://soberistas.com/>

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

