

## **Online Addictions Support**

**Alcoholics Anonymous (AA)** - <http://aa-intergroup.org/directory.php>

**Narcotics Anonymous (NA)** - <http://www.carna.ca/meeting.php>

**Cocaine Anonymous** - <https://www.ca-online.org/>

**AA Sober Living** - [www.aasoberliving.com](http://www.aasoberliving.com)

Online recovery help for those in all stages of recovery, family, friends and loved ones including message boards, chats, blogs, and daily and weekly readings.

**SMART Recovery Online** - [www.smartrecovery.org/smart-.../smart-recovery-online/](http://www.smartrecovery.org/smart-.../smart-recovery-online/)

Abstinence-based peer support group that utilizes motivational interviewing, mindfulness, and cognitive behavioural therapy tools and techniques.

Daily online meetings, message board, 24/7 live chat, and online recovery toolbox

**SMART Recovery Toronto** ([smartrecoverytoronto.com](http://smartrecoverytoronto.com)) is also working to offer online meetings, check website for updates.

**Life Ring** - [www.lifering.org/online-meetings](http://www.lifering.org/online-meetings)

Abstinence based, secular, and self-empowered addiction recovery

**In the Rooms** - <https://www.intherooms.com/home/>

A free online recovery tool that offers 130 weekly online meetings for those recovering from addiction and related issues. They embrace multiple pathways to recovery, including all 12 Step, Non-12 Step, Wellness and Mental Health modalities.

**Cannabis Rehab** - [www.cannabisrehab.org](http://www.cannabisrehab.org)

This free online drug rehab group was originally set up just to help those trying to quit marijuana but they now welcome anyone struggling with drug addiction.

**HAMS Harm Reduction Network** - [hamsnetwork.org](http://hamsnetwork.org)

HAMS is a free of charge peer led support group for people who want to reduce the harm in their lives caused by alcohol or other substances. HAMS offers support via a chat room, an email group, and live meetings. HAMS supports every goal from safer use to reduced use to abstinence from alcohol. Their daily chat is schedule for 9 P.M. EST , 6 P.M. PST.

**Disclaimer:** This list is not exhaustive and inclusion does not imply specific endorsement.

Resource list compiled by SCOPE, March 2020