Free Online Meetings and Virtual Platforms

• **12 Steps.org** Online 12-step meetings on various platforms. [https://dir.12step.org](https://dir.12step.org)

• **Adult Children of Alcoholics** [https://adultchildren.org/quick-search/?audiobt=Click+HerePhone](https://adultchildren.org/quick-search/?audiobt=Click+HerePhone)

• **Al-Anon Electronic Meetings** [https://al-anon.org/al-anon-meetings/electronic-meetings/](https://al-anon.org/al-anon-meetings/electronic-meetings/)

• **Alcoholics Anonymous Online Intergroup** Listing of online meetings from AA Intergroup. [http://aa-intergroup.org/directory.php](http://aa-intergroup.org/directory.php)
  - **LA** [https://lacoaa.org/meetings/](https://lacoaa.org/meetings/)

• **Bridge Club Virtual Meetings** Meetings that are specifically focused on women and LGBTQIA+ folks who are sober or interested in sobriety. [https://www.jointempest.co/bridge-club-events?tag=Virtual%20EventsMeetings](https://www.jointempest.co/bridge-club-events?tag=Virtual%20EventsMeetings)

• **Clutters Anonymous** [https://clutterersanonymous.org/meetings/](https://clutterersanonymous.org/meetings/)


• **Codependents Anonymous** [https://coda.org/find-a-meeting/online-meetings/](https://coda.org/find-a-meeting/online-meetings/)
  - **LA Coda** [https://sites.google.com/view/lacoda/meetings/find-a-meeting?authuser=0](https://sites.google.com/view/lacoda/meetings/find-a-meeting?authuser=0)
  - **Espanol** [http://codaenespanol.org](http://codaenespanol.org)

• **CoSA** [https://www.cosa-recovery.org/face2face.html](https://www.cosa-recovery.org/face2face.html)

• **Debtors Anonymous** [https://debtorsanonymous.org/meetings/?tsml-day=any&tsml-type=V](https://debtorsanonymous.org/meetings/?tsml-day=any&tsml-type=V)

• **Families Anonymous Virtual Meetings** Meetings for parents, grandparents, siblings, spouses, significant others, other family members and friends of those with a current, suspected or former drug problem. [https://www.familiesanonymous.org/meetings/meeting-directories/](https://www.familiesanonymous.org/meetings/meeting-directories/)

• **Food Addicts Anonymous** [https://www.foodaddictsanonymous.org/meetings](https://www.foodaddictsanonymous.org/meetings)

• **Food Addicts in Recovery** [https://www.foodaddicts.org/find-meeting](https://www.foodaddicts.org/find-meeting)

• **Gamblers Anonymous** Talk to a person in your state or look for meetings [http://www.gamblersanonymous.org/ga](http://www.gamblersanonymous.org/ga)

• **In The Rooms (Online Meetings)** An online platform supporting a wide range of 12-step and non-12 step meetings [https://www.intherooms.com/home/category/community-and-meetings/](https://www.intherooms.com/home/category/community-and-meetings/)

• **Life Ring Recovery** Listing of online meetings. [https://www.lifering.org/online-meetings](https://www.lifering.org/online-meetings)
• **Marijuana Anonymous**  [https://marijuana-anonymous.org/find-a-meeting/](https://marijuana-anonymous.org/find-a-meeting/)

• **Media Addicts Anonymous (part of Underearners Anonymous)**  [https://mediarecoveryua.wixsite.com/media-addicts-anon/meetings](https://mediarecoveryua.wixsite.com/media-addicts-anon/meetings)

• **My Recovery** 12-step meetings  
  [https://www.myrecovery.com/online-meeting/Online](https://www.myrecovery.com/online-meeting/Online)

• **Narcotics Anonymous**  [https://www.na.org/meetingsearch/](https://www.na.org/meetingsearch/)

• **Nar Anon** For those affected by someone’s drug abuse.  
  [https://www.nar-anon.org/find-a-meeting](https://www.nar-anon.org/find-a-meeting)

• **Online Gamers Anonymous**  [https://www.olganon.org/home](https://www.olganon.org/home)

• **Overeaters Anonymous**  [https://www.oalaig.org/](https://www.oalaig.org/)

• **Recovering Couples Anonymous**  [https://recovering-couples.org/meeting-locator/](https://recovering-couples.org/meeting-locator/)

• **Recovery Dharma**  [https://recoverydharma.org/meetings](https://recoverydharma.org/meetings)

• **Refuge Recovery Online Meetings** Daily online meetings  
  [https://refugerecovery.org/meetings?tsml-day=any&tsml-region=online-englishListing](https://refugerecovery.org/meetings?tsml-day=any&tsml-region=online-englishListing)

• **S-Anon** Fellowship of relatives and friends of sexually addicted people  
  [https://sanon.org/find-a-meeting/](https://sanon.org/find-a-meeting/)

• **Secular Organization of Sobriety**  [http://www.sossobriety.org/#find-a-meeting-section](http://www.sossobriety.org/#find-a-meeting-section)

• **Sex Addicts Anonymous**  [https://saa-recovery.org/meetings/telemmeetings/](https://saa-recovery.org/meetings/telemmeetings/)

• **Sexual Compulsives Anonymous**  [http://scalosangeles.org/covid-19/](http://scalosangeles.org/covid-19/)

• **Sex and Love Addicts Anonymous**  
  LA meetings (PST)  [https://www.slaalosangeles.org/virtual-meetings](https://www.slaalosangeles.org/virtual-meetings)  
  NY meetings (EST)  [http://www.slaany.org](http://www.slaany.org)

• **SMART Recovery** Message board, chat room, online meetings, and online library.  
  [https://www.smartrecovery.org/community/calendar.php](https://www.smartrecovery.org/community/calendar.php)  
  [https://www.smartrecovery.org/smart-recovery-toolbox/smart-recovery-online/](https://www.smartrecovery.org/smart-recovery-toolbox/smart-recovery-online/)

• **Sober Grid** A free online social networking platform for people in recovery. Available in mobile app stores  [https://www.sobergrid.com](https://www.sobergrid.com)
• **The Temper**  An online publication/site that explores life through the lens of sobriety, addiction, and recovery. Includes links to resources.  
https://www.thetemper.com/online-recovery-meetings-groups/

• **Underearners Anonymous**  https://www.underearnersanonymous.org/phone-meetings/

• **Wellbriety**  https://whitebison.org/WellBriety.aspx

• **Women for Sobriety**  https://womenforsobriety.org/meetings/

• **Workaholics Anonymous**  http://www.workaholics-anonymous.org/meetings/wa-meetings#Electronic

**VIRTUAL Meeting Suggestions**  
https://docs.google.com/document/d/1etP85jhXxUzHg9bPled0Ivs1kBzc8gRcSjYipHAOcSg/edit

*****