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/al-anon-meetings/electronic-meetings/](https://al-anon/al-anon-meetings/electronic-meetings/)
  - **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.sossoberity.org/#find-a-meeting-section](http://www.sossoberity.org/#find-a-meeting-section)

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

• **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/](https://www.thetemper.com/online-recovery-meetings-groups/)

• **Underearners Anonymous** [https://www.underearnersanonymous.org/phone-meetings/](https://www.underearnersanonymous.org/phone-meetings/)

• **Wellbriety** [https://whitebison.org/WellBriety.aspx](https://whitebison.org/WellBriety.aspx)

• **Women for Sobriety** [https://womenforsobriety.org/meetings/](https://womenforsobriety.org/meetings/)

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

**VIRTUAL Meeting Suggestions**  
[https://docs.google.com/document/d/1etP85jhXxUzHg9bPlcd0Ivs1kBzc8gRcSjYipHAOcSg/edit](https://docs.google.com/document/d/1etP85jhXxUzHg9bPlcd0Ivs1kBzc8gRcSjYipHAOcSg/edit)

• • • • • • • •