

Free Online Meetings and Virtual Platforms

- 12 Steps.org
<https://www.12step.org/social/online-meeting-calendar/>
Listing of online 12-step meetings on various platforms.
- Al-Anon Electronic Meetings
<https://al-anon.org/al-anon-meetings/electronic-meetings/>
This forum and recovery chat room for Narcotics Anonymous members features voice chat, Skype, and text chat meetings connecting people from around the world.
- Alcoholics Anonymous Online Intergroup
<http://aa-intergroup.org/directory.php>
Listing of online meetings from AA Intergroup.
- Smart Recovery
<https://www.smartrecovery.org/community/calendar.php>
<https://www.smartrecovery.org/smart-recovery-toolbox/smart-recovery-online/>
Message board, chat room, online meetings, and online library.
- Adult Children of Alcoholics
<https://adultchildren.org/quick-search/?audiobt=Click+Here>
Phone and Online Meetings
- In The Rooms (Online Meetings)
<https://www.intherooms.com/home/>
An online platform supporting a wide range of 12-step and non-12 step meetings
- Bridge Club Virtual Meetings
<https://www.jointempest.co/bridge-club-events?tag=Virtual%20Events>
Meetings that are specifically focused on women and LGBTQIA+ folks who are sober or interested in sobriety.
- Refuge Recovery Online Meetings
<https://refugerecovery.org/meetings?tsml-day=any&tsml-region=online-english>
Listing of daily online meetings
- Families Anonymous Virtual Meetings
<https://www.familiesanonymous.org/meetings/virtual-meetings>
Online meetings for parents, grandparents, siblings, spouses, significant others, other family members and friends of those with a current, suspected or former drug problem.
- Life Ring Recovery
<https://www.lifering.org/online-meetings>
Listing of online meetings.

- The Temper
<https://www.thetemper.com/online-recovery-meetings-groups/>
An online publication/site that explores life through the lens of sobriety, addiction, and recovery. Includes links to resources
- My Recovery
<https://www.myrecovery.com/online-meeting/>
Online 12-step meetings
- Sober Grid
<https://www.sobergrid.com>
A free online social networking platform for people in recovery. Available in mobile app stores
- Narcotics Anonymous
<https://www.na.org/meetingsearch/>
Listing of online meetings provided by NA.