

Resources for Recovering People During The COVID-19 Pandemic

Given recent events and an effort to keep folks “safe” yet still urging folks to build upon their Recovery you may find the following suggestions Helpful.

Recovery “APPS”

“In the Rooms” - This app has online meetings for AA, NA, Overeaters Anonymous, GA and other support groups. It was reported there a way to get verification of meeting attendance from the moderator.

“I Am Sober” - This app offers both free and paid resources including tracking how long you have been sober, pledges to complete and support links.

“Meeting Guide” - This app is done by AA Intergroup for the US. It lists all AA meetings that have been registered in the U.S. It also has a news section where you can find a link to <https://www.aa-intergroup.org/> where there is a link to a list of online AA meetings.

Instructions to get started: https://www.aa-intergroup.org/downloads/Getting_Started_Jun06.pdf

Directory of Online Meetings - <https://www.aa-intergroup.org/directory.php>

For Hearing Impaired there are instructions here: https://www.aa-intergroup.org/downloads/deaf_hoh.pdf

“NA Meeting Search” - This app will download a database of meetings and it includes both Virtual, Phone and Physical meetings by location. The app also has the daily reading from; Just For Today NA World Service News, NA Info, Surveys, And a place to set preferences

It also has a link to Narcotic Anonymous World Service. <https://www.na.org/meetingsearch>

“Sober Time – Sober Day Counter and Clean Time Clock” - This app includes a sober day counter, Sober Community, Daily Motivational Messages, Tracks Money saved, Goals & Milestones, and Relapse Statistics (In App Purchases)

“Recovery Path: Addiction Recovery & Addiction Help” - This app has a way to link with your sponsor & sober support groups, A meeting finder for AA, NA, CA, & Smart Recovery

“Sober Tool – Alcoholism, Addiction, Sobriety Help” - This app has different tools for tracking sobriety, relapse prevention, daily messages, community forum journaling and a “Fun Game To Avoid Relapsing.”

“12 Step Guide Narcotics Anonymous” - This app gives a step by step explanation of the of the NA program.

“Addiction Quotes” – This app has “Many Great Quotes about addiction.”

“AA 12 Step App – Steps Toolbox” – This app has several tools for working the steps and includes the first 164 pages of The Big Book of AA. (Now with in app sponsorship)

“Inspirations” – This app has daily meditations from several meditation guides published by Hazelton.

There are many more apps that include meditations and recovery tools to helps stay sober/clean

Web Based Meetings

NA Meetings - <https://www.na.org/meetingsearch>

AA Directory of Online Meetings - <https://www.aa-intergroup.org/directory.php>

Smart Recovery - <https://www.smartrecovery.org/community/calendar.php> You can get verification of meeting attendance but you must register! <https://www.smartrecovery.org/community/join.php> This site has a Meeting Verification Link also. There is a long verification process to get your account going fully but then you have access to all of the links online.

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

Marijuana Anonymous - <https://marijuana-anonymous.org/find-a-meeting/>

Refuge Recovery (A Buddhist Inspired Path to Recovery from Addiction) <https://refugerecovery.org/>

Recovery Dharma Online: Healing from Addiction with Buddhist Principles - https://docs.google.com/spreadsheets/d/13sb_3p0pX-WLMnQP9kOszR1WE5LeeeamycD_carKn0g/edit?fbclid=IwAR0SDCNveP04oBDeXJf5_PXBGMQCqKr1GYUf0fggixcGZISmH92mb1HkR6A#gid=1720303593

Reformers Unanimous (RU) - <https://rurecovery.com/covid/>

Sex Addicts Anonymous - <https://saa-recovery.org/>

Sexaholics Anonymous » Find a Meeting - <https://www.sa.org/meetings/>

Gamblers' Anonymous - <http://www.gamblersanonymous.org/>

ALCOHOLISM RECOVERY ONLINE SUPPORT GROUPS / www.12stepforums.net

SUPPORT GROUPS ONLINE FOR ALCOHOLISM / www.cyberrecovery.net

ONLINE SUPPORT GROUPS ADDICTION AND RECOVERY / www.sobrietyengine.com

Computer Gaming Addicts Anonymous - <https://cgaa.info/online-meetings/>

Local AA meetings on akronaa.org

All "ZOOM" meetings will offer ways to dial in when you enter the meeting.

Monday

6:45 AM - Morning Meditation Group

Open 24 Hour a Day book meeting

Telephone: (301) 715-8592 Meeting ID: 718456934

7:00 AM - Early Birds Flock Together

Women's meeting

Telephone: (301) 715-8592 Meeting ID: 639519061

9:00 AM - Morning Unity

Open meeting

Telephone: (301) 715-8592 Meeting ID: 84555361321

6:30 PM - Evening Unity

Open meeting

Telephone: (301) 715-8592 Meeting ID: 126682300

6:45 PM - AA Evening Reflections

Open Daily Reflections book meeting

Telephone: (301) 715-8592 Meeting ID: 979686523

7:00 PM - Into Action Big Book Study

Big Book study meeting

Telephone: (301) 715-8592 Meeting ID: 7029372897

7:00 PM - Progress Not Perfection

Open meeting

Telephone: (301) 715-8592 Meeting ID: 82269336468

Password:

7:00 PM - PPG Big Book Study Group

Big Book study meeting.

Telephone: (301) 715-8592 Meeting ID: 150914893

Password: 088182

7:00 PM - Cornerstone Candlelight

Open discussion meeting

Telephone: (301) 715-8592 Meeting ID: 81429095418

8:00 PM - Westside Big Book

Big Book meeting

Telephone: (301) 715-8592 Meeting ID: 821978429

Password: 450631

Tuesday

6:45 AM - Morning Meditation Group

Open 24 Hour a Day book meeting

Telephone: (301) 715-8592 Meeting ID: 718456934

9:00 AM - Morning Unity

Open meeting

Telephone: (301) 715-8592 Meeting ID: 84555361321

12:00 PM - Tuesday Women's Big Book

Open meeting

Telephone: (301) 715-8592 Meeting ID: 710515719

Password: 624679

6:30 PM - Evening Unity

Open meeting

Telephone: (301) 715-8592 Meeting ID: 126682300

6:30 PM - Men's Toolbox

Closed men's meeting

Telephone: (646) 558-8656 Meeting ID: 574779430

6:45 PM - AA Evening Reflections

Open Daily Reflections book meeting

Telephone: (301) 715-8592 Meeting ID: 979686523

8:00 PM - Broad Highway Group

Open meeting

Telephone: (301) 715-8592 Meeting ID: 8787074061

8:00 PM - Millersburg

Open meeting

Telephone: (301) 715-8592 Meeting ID: 477494350

8:00 PM - Sons of Ebby

Men's meeting

Telephone: (301) 715-8592 Meeting ID: 140372032

8:00 PM - St. Eugene's Men's

Men's meeting

Telephone: (312) 626-6799 Meeting ID: 937910941

8:00 PM - Hudson Tuesday Clockwatchers

Open meeting

Telephone: (301) 715-8592 Meeting ID: 86731497047

8:00 PM - Hiram Original 422 Fellowship

Open meeting

Telephone: (330) 931-1012 Meeting ID: 6721440808

Wednesday

6:45 AM - Morning Meditation Group

Open 24 Hour a Day book meeting

Telephone: (301) 715-8592 Meeting ID: 718456934

7:00 AM - Early Birds Flock Together

Women's meeting

Telephone: (301) 715-8592 Meeting ID: 639519061

9:00 AM - Morning Unity

Open meeting

Telephone: (301) 715-8592 Meeting ID: 84555361321

12:00 PM - Downtown Brown Baggers

Open discussion meeting

Telephone: (301) 715-8592 Meeting ID: 88679458628

6:00 PM - Peace of Mind

Women's meeting

Telephone: (415) 655-0003 Meeting ID: 647096959

6:00 PM - Wednesday Night Mixed Discussion

Open discussion meeting

Telephone: (646) 558-8656 Meeting ID: 370755307

6:45 PM - AA Evening Reflections

Open Daily Reflections book meeting

Telephone: (301) 715-8592 Meeting ID: 979686523

7:00 PM - Women's Tool Box

Women's discussion meeting.

Telephone: (330) 730-8400 Meeting ID: 88500911771

7:30 PM - N.U.T.S. Big Book Study

Big Book Study.

Telephone: (301) 715-8592 Meeting ID: 82560684980

Password: 134547

8:00 PM - 12+4=Sobriety

Twelve Steps and Four Absolutes discussion

Telephone: (301) 715-8592 Meeting ID: 966059302

Password: Peninsula

8:00 PM - King School Group

Open meeting

Telephone: (301) 715-8592 Meeting ID: 422439976

Password: 723132

8:00 PM - Springfield Group

Open meeting

Telephone: (301) 715-8592 Meeting ID: 903138783

Password: 723132

8:00 PM - Westside Bog Book Presents

Topic discussion meeting

Telephone: (301) 715-8592 Meeting ID: 577563218

Password: 554360

8:00 PM - Keep the Focus Big Book

Closed, men only Big Book.

Telephone: (301) 715-8592 Meeting ID: 3150087658

Password: 12344

Thursday

6:45 AM - Morning Meditation Group

Open 24 Hour a Day book meeting

Telephone: (301) 715-8592 Meeting ID: 718456934

9:00 AM - Morning Unity

Open meeting

Telephone: (301) 715-8592 Meeting ID: 84555361321

10:00 AM - Mogadore Thursday Morning

Open meeting

Telephone: (301) 715-8592 Meeting ID: 5662134684

6:00 PM - Thursday Night Freedom

Men's discussion meeting

Telephone: (301) 715-8592 Meeting ID: 6112502179

Password: 241705

6:45 PM - AA Evening Reflections

Open Daily Reflections book meeting

Telephone: (301) 715-8592 Meeting ID: 979686523

7:00 PM - Hudson Thursday Ladies Night

Ladies meeting

Telephone: (301) 715-8592 Meeting ID: 160277602

7:00 PM - Sisters in Sobriety

Women's meeting

Telephone: (33) 931-1012 Meeting ID: 6721440808

8:00 PM - Broad Highway Big Book

Big Book meeting

Telephone: (301) 715-8592 Meeting ID: 8787074061

8:00 PM - Evening Unity

Opening meeting

Telephone: (301) 715-8592 Meeting ID: 126682300

8:00 PM - Hudson Terex PM

Open meeting

Telephone: (312) 626-6799 Meeting ID: 937910941

8:00 PM - St. Eugene's Mens

Men's meeting

Telephone: (646) 558-8656 Meeting ID: 852288977

Friday

6:45 AM - Morning Meditation Group
Open 24 Hour a Day book meeting
Telephone: (301) 715-8592 Meeting ID: 718456934

9:00 AM - Morning Unity
Open meeting
Telephone: (301) 715-8592 Meeting ID: 84555361321

6:30 PM - Sober Surroundings
Open meeting
Telephone: (301) 715-8592 Meeting ID: 276925942

6:45 PM - AA Evening Reflections
Open Daily Reflections book meeting
Telephone: (301) 715-8592 Meeting ID: 979686523

8:00 PM - Uniontown
Open meeting
Telephone: (301) 715-8592 Meeting ID: 5662134684

8:00 PM - Westside Bog Book Step Study
Twelve Step study meeting
Telephone: (301) 715-8592 Meeting ID: 597457282
Password: 371639

Saturday

6:45 AM - Morning Meditation Group
Open 24 Hour a Day book meeting
Telephone: (301) 715-8592 Meeting ID: 718456934

8:00 AM - Morning After Big Book
Big Book meeting
Telephone: (646) 749-3112 Meeting ID: 429662661
Notes: This is a GoToMeeting

8:00 AM - Women's Big Book Meeting
Women's Big Book study
Telephone: (301) 715-8592 Meeting ID: 160482241
Password: 035387

9:00 AM - Morning Unity
Open meeting
Telephone: (301) 715-8592 Meeting ID: 84555361321

9:00 AM - North Hill Men's Discussion

Conference call men's discussion

Telephone: (978) 990-5000 Meeting ID: 452657

9:00 AM - North Hill Men's Big Book

Men's Big Book discussion.

Telephone: (301) 715-8592 Meeting ID: 4114780546

Password: Coffee

11:00 AM - Saturday Morning Men's 12 & 12

Men's Twelve & Twelve meeting

Telephone: (646) 558-8656 Meeting ID: 375334710

11:00 AM - St. Anthony Women's Group

Women's meeting

Telephone: (301) 715-8592 Meeting ID: 417081910

Password: 510269

6:45 PM - AA Evening Reflections

Open Daily Reflections book meeting

Telephone: (301) 715-8592 Meeting ID: 979686523

8:00 PM - Hudson Terex PM

Open meeting

Telephone: (312) 626-6799 Meeting ID: 937910941

8:00 PM - St. Eugene's Mens

Men's meeting

Telephone: (312) 626-6799 Meeting ID: 937910941

Sunday

6:45 AM - Morning Meditation Group

Open 24 Hour a Day book meeting

Telephone: (301) 715-8592 Meeting ID: 718456934

9:00 AM - Y.O.U.R. Group

Open discussion meeting

Telephone: (301) 715-8592 Meeting ID: 81396875305

9:00 AM - Morning Unity

Open meeting

Telephone: (301) 715-8592 Meeting ID: 84555361321

6:00 PM - Water's Park

Open meeting

Telephone: (301) 715-8592 Meeting ID: 6624219264

Password: 742867

6:30 PM - Evening Unity

Open meeting

Telephone: (301) 715-8592 Meeting ID: 126682300

6:45 PM - AA Evening Reflections

Open Daily Reflections book meeting

Telephone: (301) 715-8592 Meeting ID: 979686523

7:00 PM - Sunday Women's Big Book Study

Closed women's Big Book study

Telephone: (301) 715-8592 Meeting ID: 608238468

Password: 578982

7:00 PM - What's the Point

Open meeting

Telephone: (301) 715-8592 Meeting ID: 7275623158

Password: 607251

7:30 PM - Akron Open Door

Open meeting

Telephone: (301) 715-8592 Meeting ID: 629917868

Password: 038683

7:30 PM - Three Legacies: Recovery, Unity & Service

Open floating format meeting.

Telephone: (301) 715-8592 Meeting ID: 95046895737

Password: 568208

And a list of a lot more to offer!

https://www.thetokenshop.com/Online_AA_Meetings

https://drive.google.com/file/d/1gr3IfHHon6qR6MIZ1VTq4GvvtN_8j3Av/view

Videos that may be available on YouTube, or Netflix etc.

Father Martin (Videos on Relapse, 12 steps, addiction etc.)

"Chalk Talks..." https://youtu.be/Vdb59uwWt_0

"Recovery and Forgiveness" https://youtu.be/_8j-f5b6j4k

"Step One" <https://youtu.be/flbAn16mglI>

"Step Two" <https://youtu.be/XovojlZG6cE>

"Step Three" <https://youtu.be/tdQ87pgDICU>

"Steps 4-5" <https://youtu.be/icUxKoxJs50>

Mark Lundholm—Humor in Treatment and other videos

https://www.youtube.com/playlist?list=PLSQ3_njo3eFwWuX8eLHnJQXtckBzA_uVn

Michael Johnson - Set-up For Relapse - <https://www.youtube.com/watch?v=-bHechjv8fQ>

Process of Recovery - <https://www.youtube.com/watch?v=FA5SYUbl3hk>

How You Got Here - <https://www.youtube.com/watch?v=uBGUZ8ht6jo>
