

On-line Recovery Resources

- 1) www.intherooms.com **In the rooms** lists local 12 Step meetings (Alcoholics Anonymous, Narcotics Anonymous, Marijuana Anonymous, Gamblers Anonymous, & Overeaters Anonymous), hosts on-line video meetings, hosts on-line “Specialty meetings” with a variety of topics, has recovery-related reading resources, and information about accessing treatment

- 2) www.smartrecovery.org **Self-Management And Recovery Training (SMART)** is a global community of mutual-support groups. At meetings, participants help one another resolve problems with any addiction (to drugs or alcohol or to activities such as gambling or over-eating). Participants find and develop the power within themselves to change and lead fulfilling and balanced lives guided by a science-based 4-Point Program®. Website provides local meeting schedules, on-line meetings, resource materials including helpful worksheets, and a recovery reading list.

- 3) <https://dharmarecovery.org> **Using Buddhist Practices and Principles to Heal the Suffering of Addiction**
Website provides information about local **Dharma Recovery** meetings, online meetings, and information about how Dharma Recovery works. Links to download the book Dharma Recovery or listen to an audio version.

- 4) www.celebraterecovery.com **Celebrate Recovery** is a Christ-centered 12-Step Recovery program for anyone struggling with hurt, pain, or addiction of any kind.
Website provides a schedule of local meetings, tools, and a link to Celebrate Recovery on You Tube which includes Question & Answer videos and a playlist video.

- 5) <https://portlandalano.org> **Alano Club** hosts over 100 weekly mutual aid support meetings, offers weekly recovery yoga and mindful meditation classes, monthly seminars on topics like brain chemistry and addiction and relationships and recovery, and regular workshops on topics ranging from recovery advocacy to mindful-based relapse prevention and an expungement workshop. The Alano Club also hosts large-scale sober social events, including a Recovery Art Walk, Recovery Talent Show and holiday community dinners.

- 6) <https://4drecovery.org> **4th Dimension** a Recovery Community Organization for young people aged 18 to 35 providing a range of recovery support services for the needs of young people that are sensitive to race, culture, and gender identity. Hosts recovery meetings, a sober space to hang out, and skill-building workshops (locations in NE Portland and Hillsboro).