



# FAMILY WELLNESS RESOURCES

## Ashley's Parent & Family Connection groups:

<https://www.ashleytreatment.org/recovery-support/parent-family-connection/>

## Ashley's Alumni online recovery support:

<https://www.ashleytreatment.org/recovery-support/>

## Websites of support groups for those in recovery:

<https://www.aa.org/> (Alcoholics Anonymous)

<https://www.na.org/> (Narcotics Anonymous)

<https://www.intherooms.com/home/> (internet based – numerous types of groups)

<https://www.smartrecovery.org/> (utilizes cognitive behavioral therapy, run by trained facilitator)

<https://refugerecovery.org/> (Buddhist-based recovery meetings and meditation)

<https://recoverydharma.org/> (Buddhist-based recovery meetings and meditation)

<https://womenforsobriety.org/> (Non 12-Step peer support groups for women)

<http://www.sossobriety.org/> (Secular Organizations for Sobriety, abstinence-based network of groups)

<https://www.lifering.org/> (secular, abstinence-based peer support groups)

## Websites of support groups for families:

<https://al-anon.org/> (Al-Anon)

<https://www.nar-anon.org/> (Nar-Anon)

<https://al-anon.org/newcomers/teen-corner-alateen/> (resources for teens, including chat)

<https://coda.org/>

<https://www.familiesanonymous.org/>

<https://www.smartrecovery.org/family/>

## Additional Resources:

CRAFT guide for families, which provides information about communication, helping in a healthy way, and setting boundaries. <https://the20minuteguide.com/>

Maryland Coalition of Families (MCF) provides support to family members, including children that have been impacted by a loved ones mental health and/or substance use disorder. <http://www.mdcoalition.org/>

