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/

Adult Children of Alcoholics®️/ Dysfunctional Families  
https://adultchildren.org/

Sesame Street Resource for Children and Caregivers  
https://sesamestreetincommunities.org/topics/parental-addiction/  

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