

FAMILY WELLNESS RESOURCES



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)

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/parentaladdiction/>

ASHLEY'S PARENT AND FAMILY CONNECTION GROUPS



ASHLEY'S ALUMNI ONLINE RECOVERY SUPPORT

