



Connecting to others online

Listed below are national and international online recovery supports

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| Peer Support Recovery Network: | https://www.facebook.com/groups/631301273715575/?ref=group_browse An active AOD support group on Facebook. Although the group does not follow a particular 'method' of recovery it leans towards 12 step |
| Mrs D is Going Without/ Living sober | https://livingsober.org.nz/ A thriving local community for connection, tools and support |
| NA meetings | https://nzna.org/meetings-list Look under 'groups' for links to Maori, women's and other specific groups |
| Auckland Young People in Sobriety | https://us04web.zoom.us/j/288835989 Meeting ID: 288 835 989 |
| #DMC/ Deep and meaningful conversations | https://www.facebook.com/OurDMC/photos/a.604907733330389/816954005459093/?type=3&theater A daily zoom at 8pm for young people to come together and share what is going on for them. Intimate group. |
| Going global | |
| SMART recovery | www.smartrecovery.org Self-Management and Recovery Training: open to anyone seeking science-based self-empowered addiction recovery |
| NA | https://virtual-na.org/meetings/ |
| AA | http://www.aa-intergroup.org/directory.php Join meetings specifically for women, Rainbow, men, visually impaired, hearing impaired, agnostic/atheist https://tinyurl.com/one-day-at-a-time an online meeting directory |
| In The Rooms | https://www.intherooms.com/home/ a global online community with over 500,000 members |