

Addiction and Recovery Resources

During this stressful and uneasy time we are happy to share a list of online resources and Facebook pages people can use to continue their work to maintain and sustain this safe and happy lifestyle of recovery. In addition to the work we do we could use some entertainment in our lives as well. There is a list of movies and books that are recovery oriented for you to enjoy. These lists are not all inclusive. Many of the online resources have a hotline along with the chat rooms and group discussions etc. that they offer. There are many, many supports with diverse ways to be reached out there!!!

Some Online Recovery Resources:

intherooms.com	unityrecovery.zoom.us/my/allrecovery
iloverecovery.com	groups.google.com/group/12and12
familiesanonymous.org	12step-online.com/meetings/alcohol
smartrecovery.org	refugerecovery.org
scripturalseeds.org (celebrate recovery)	recoverydharma.online
lifering.org/online-meeting	youpickrecovery.org
wfsonline.org (women for sobriety)	addictionsurvivors.org/
NAbyphone.com	NA.org
dailystrength.org/group/suboxone-support-group	whitebison.org
al-anon.org/al-anon-meetings/electronic-meetings/	Neveraloneclub.org
thephoenix.org	recoverycafe.org
facesandvoicesofrecovery.org	herrenproject.org
recoveryanswers.org	ccar.us/blog/
ryanhampton.org/voices/	rocktorecovery.org/
williamwhitepapers.com	

For best results with online meetings, download the **ZOOM APP** on your smart phone and the above websites will have different codes daily to get into the meetings.

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Some Facebook Recovery Resources:

Clean and Sober That's What's Up	Alcoholics and Addicts Recovery Group
Living In The Solution	Narcotics Anonymous
Sober Fun TC	Alcoholics Anonymous
Celebrate Recovery Kalkaska	Celebrate Recovery
Fun In Recovery T.C.	NMSAS Recovery Center
TC Fellowship	The Porch Community Center: A Project of ATS
Secular AA in Michigan	Bear River Health
Recovery Dharma	AA Secular Sobriety
Women in Wellbriety	Lifering Secular Recovery
White Bison Wellbriety Movement	Harbor Hall Inc
Smart Recovery	

Some Recovery Oriented Movies:

Flight	Ray
Don't worry He Won't Get Far On Foot	Home Run
Beautiful Boy	The Fighter
28 days	Everything Must Go
Bohemian Rhapsody	Day's of Wine and Roses
When A Man Loves A Woman	Crazy Heart
Rocketman	Ben is Back
A Million Little Pieces	Barfly
Affliction	Basketball Diaries
Leaving Las Vegas	Requiem for a Dream
Gia	A Star Is Born

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Some Books About Recovery:

Guts

The Gift of Second Chances

High on Arrival

Scar Tissue

How to Murder Your Life

Drinking: A Love Story

Heroin Diaries

Recovery Freedom From Our Addictions

Parched

Beautiful Boy: A Father's Journey Through His Son's Addiction

Broken: My Story of Addiction and Redemption

Up from Down: A True Story of Recovery from Addiction

Treating Women with Substance Use Disorders: The Women's Recovery Group Manual

Rewired: A Bold New Approach To Addiction and Recovery

The Gifts of Imperfection: Let Go of Who You Think You're Supposed to Be and Embrace Who You Are

There are many Ted X talks on You Tube that are amazing! Lots of people telling their stories of how they overcame addiction and how their lives are now. Very inspiring! Highly recommended.

Important Phone Numbers

National Suicide Prevention Lifeline 1-800-273-TALK

AA Central Office 24 Hours 231-946-8823

NA Central Office 1-800-230-4085

ATS Detox (Pier) 231-346-5216

HARM Reduction Michigan 231-493-5124

Munson Behavior Health 231-935-6382

NMSAS Peer Recovery Coaches 989-732-1791