



With cellphones at our fingertips 24/7, we can always connect to a sober social network without leaving home. When searching online for support, check out these different options!



THE CENTER
FOR PREVENTION & COUNSELING

"For more than 45 years dedicated to building healthy families and communities..."

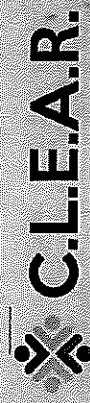


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Newton, NJ 07860
973-940-2966



1-844-SC-CLEAR



www.centerforprevention.org



Online Addiction Recovery Supports



How to connect

Online Meeting Options:

www.smartrecovery.org
Live Chat & Online Meetings

www.intherooms.com
Global Recovery Community

www.12step.org
Information, Tools & Resources

www.celebraterecovery.com
Biblical 12-step Program

www.womenforsobriety.org
Meetings Exclusively for Women



Different Podcasts:

The Beyond Addiction Show

Recovery 2.0 Power Hour

Recovery Radio Network

10% Happier w/Dan Harris

Dawn Farm Addiction



So Many Apps:

Sober Time Track progress!

Discord Search "AnSelm#9652"

Join MARA Group | Live meetings every Thurs.

Remente Improve life with holistic approach

Sober Grid Social network, track recovery

I Am Sober Build new habits!

Why?

VIRTUAL

Online support offers many options

ALWAYS THERE

Available 24-7 anywhere with internet

EXPANDING NETWORKS

Connect with people from near & far

ECONOMICAL

No wear & tear on a vehicle

NO PRESSURE

Take small steps moving at your pace

EDUCATIONAL

Experience different learning opportunities

>VIRTUAL MEETINGS<

>REAL SUPPORT<

>ACCESSIBLE TO EVERYONE<

COMPILED BY RECOVERY SUPPORT STAFF AT
CENTER FOR PREVENTION AND COUNSELING

