

# Journey

making recovery from addiction visible

WINTER 2026 Issue 40

**Tim Sample  
Finding Peace  
in the Unknown**

**Sobriety,  
Meetings  
and Recovery**

**Belief Makes  
Recovery  
Possible  
Why hope  
matters most**

**When Work Becomes  
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# Journey

making recovery from addiction visible

WINTER 2026 Issue 40

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*Journey* is a woman-owned, independent media brand launched in 2019 to amplify hope by making recovery from addiction more visible through content, courses and community engagement.

We share personal stories to provide evidence that recovery is not only possible, it's happening all around us. We support others in amplifying this message in their communities—so hope can spread, one story at a time.

We use AI tools to support research and drafting, with human oversight ensuring accuracy and brand voice integrity.

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*Tim Sample*  
 Photo by Kevin Sample

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Recovery doesn't come with a single roadmap—and that's a good thing.

For some, stability comes through medication. Others find connection in peer support or counseling. Many lean on a mix of approaches over time. What matters isn't which path you choose. What matters is finding what truly supports you.

In this issue, Tim Sample shares what it was like to learn how to “rest in the unknown” after years of trying to manage life through substances. His story is a reminder that recovery isn't about controlling every outcome—it's about meeting reality as it is and allowing your own journey to unfold.

We also explore why believing recovery is possible matters more than almost anything else. When we stop comparing paths and start respecting individual journeys, something powerful happens: hope becomes visible.

Find your path.  
 Resist judging others.  
 Honor what works for you.

From the Publisher



If you're exploring options, stay curious. Try different approaches.

Notice what helps—and what doesn't. Trust yourself.

You are allowed to choose what fits.

Recovery is possible.

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Forever grateful.

*Carolyn*

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# Finding Peace in the Unknown

## Tim Sample's Recovery Story

### Interview with Joanna Free

For decades, Tim Sample made audiences across America laugh. The Maine humorist built a career on network television, bestselling books, and sold-out shows. But behind the spotlight, he was running, frantically trying to change the channel on a life he couldn't face.

"I used whatever coping skills I had been able to cobble together," Tim says. "Humor is a powerful way to cope. But I was unable to connect the dots in my own life."

By his early forties, Tim had gone from living without indoor plumbing to earning a six-figure income and performing on network television. But, like many creative people, his artistic gifts came with heightened emotional sensitivity.

Growing up with undiagnosed learning disabilities, Tim discovered early that substances could change how he experienced reality.

"I'd use alcohol and other substances to change the channel on my life," he says. "When I didn't like what was going on, I could make it different. I was always trying to avoid my true feelings."

The pattern followed Tim through his twenties and thirties. Two divorces. Two young children. Public success alongside private chaos. Each time something went wrong, instead of examining it, Tim would put "black tape over the red light on the dashboard, step on the gas, and keep going."

By age 45, Tim was three years into what would become an 11-year run on CBS News but, personally, was

often living in blackout and brownout.

"My life had to get acute," he says. "The pain had to get bad enough for me to say, 'Wait, what's wrong here?' To my great surprise, I found myself in rehab with all these other people who had the same thing wrong with them."

### Finding Community

At rehab in Lewiston, Maine, Tim discovered he wasn't alone.

"I had never understood that other people thought the way I did," he says. "I thought I was special and different. Part of being a celebrity is being told you're unique. But I had to learn that I have strengths and weaknesses just like everyone else."

The recovery community reminded him of how he'd learned his craft: finding mentors who knew the path. "People would come in and talk to us, and I knew they knew what they were talking about because I identified," Tim says.

### Resting in the Unknown

Early in recovery, Tim heard someone mention being "comfortable in their own skin." At the time, he had no idea what that meant.

With guidance from people further along the path, he began to understand his deeper issues. "I thought my problem was drinking too much. But that was just a symptom. The deeper problem was this: I could not stand reality. Actual real reality. That was what was crushing the life out of me."

Tim found a higher power that worked for him, recognizing he was



part of something far greater than himself. His world, which had grown smaller through addiction, began expanding.

"I had spent my life trying to gain peace of mind by knowing enough, understanding all the rules so I wouldn't make mistakes," he says. "In recovery, I learned to actually rest in the unknown. To be aware that yes, I'm going to make mistakes. Welcome to the human race."

### Expanding the Bandwidth

One powerful shift came in allowing himself to feel the full range of emotions.

"In the old days, I would push away sadness, wall it off," Tim says. "What I've learned is to turn in the direction of the sadness and let it inform me. I have a far more complex emotional landscape now."

When he stopped cutting off painful emotions, he gained access to deeper joy too. "My bandwidth has expanded both ways," he says.

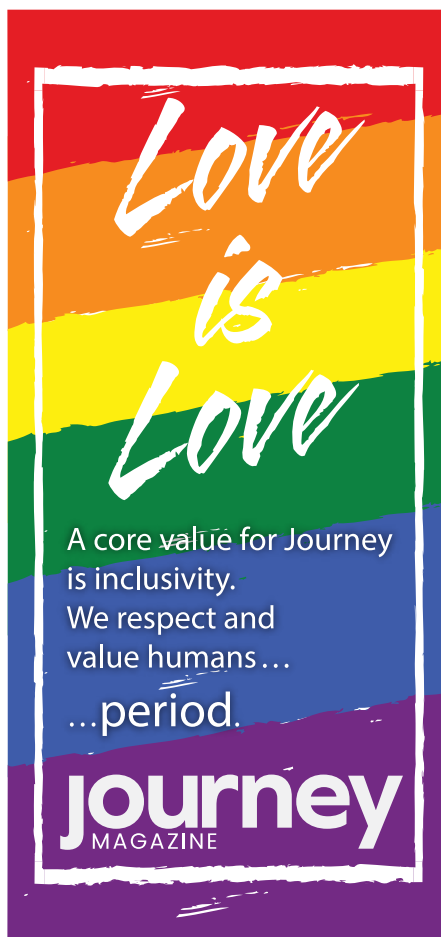
Now approaching 75, Tim reflects on nearly 30 years in recovery. He

recently retired from performing after thousands of shows. He survived 13 years of cancer treatment. Through it all, recovery gave him what fame never could: the ability to accept and be present with life as it is.

“My higher power is reality now — the entire thing,” Tim says. “I don’t understand it all. Of course I don’t. But I get to have my own perspective.”

His advice for anyone considering recovery? “Find aspects of the recovery community’s story that you can identify with. We’re all here because we share a common experience. If you’re willing to say, ‘Apparently there’s a lot I don’t know, and I need to be open-minded,’ that’s where it starts.”

The question is always this: Is it working for you? Are you recovering? Are you getting the results you’re looking for? Because that’s what matters.



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# EFT Tapping

## A Simple Path to Emotional Health

by Karen St. Clair

**E**motional health matters to everyone.

As an EFT Practitioner for over fifteen years, I've seen how EFT Tapping offers a gentle yet effective response to stress and anxiety. Many people are surprised by how quickly it can bring relief—sometimes in just minutes—and how often those results last. Throughout this article, I've included quotes I commonly share with clients who are new to EFT Tapping. My hope is to offer a welcoming introduction to a simple practice that supports emotional well-being in everyday life.

Stress, fear, sadness, cravings, and big feelings affect people of all ages. When emotions feel heavy or overwhelming, many people look for simple ways to feel calmer and more balanced. The gentle practice you're reading about has helped people around the world. It's called EFT Tapping, also known as Emotional Freedom Techniques, and it has the unique ability to rapidly reduce cortisol, the body's stress hormone.

EFT Tapping is easy to learn and easy to use. You don't need special tools or equipment. You simply use your own hands to gently tap on specific points on the body, helping the nervous system settle and creating a sense of safety and calm.

Because of this simplicity, EFT is available 24 hours a day, 7 days a week. Wherever you are, your hands are with you.

*"With EFT, help is literally at your fingertips."*

Emotional health means noticing our feelings and responding to them in healthy ways. EFT Tapping supports emotional health by helping the



body calm first, making it easier to process emotions without feeling overwhelmed. People often use EFT to relieve stress and worry, fear and anxiety, sadness and grief, anger and frustration, cravings and urges, and moments of emotional overload.

EFT doesn't remove life's challenges, but it can make emotions easier to manage. When the body feels calmer, people often feel clearer, steadier, and better able to respond to what's in front of them.

EFT Tapping is used by people of all ages and cultures, often in moments when emotions feel too big to handle alone. Children use tapping to calm big feelings after a hard day. Teens turn to it when school stress and anxiety build. Adults tap to navigate work pressures, family life, and recovery. Older adults often use EFT to support peace and emotional balance.

One of the most comforting aspects of EFT is how accessible it is. You can use it at home, at work, in school, or anywhere emotions arise.

*"You can tap anytime, anywhere."*

EFT Tapping began with one small discovery and has grown into a worldwide practice. It reminds us that emotional well-being doesn't have to be complicated.

Gentle steps can lead to meaningful change—and with EFT Tapping, support is always close, right at your fingertips.



Karen St. Clair is an Accredited Certified EFT International Practitioner/ Master Trainer, Reiki Master of Masters, International Best-Selling Author, Speaker, Founder of Reiki Tap Renewal<sup>SM</sup> and a highly skilled professional with a true gift for facilitating her clients' life-changing outcomes. Book a free consultation today: [karenstclair.com](http://karenstclair.com)

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# Belief Makes Recovery Possible

## Why hope matters most

Here's something researchers have discovered that changes how we think about recovery: One factor predicts success more powerfully than almost anything else.

It's not which treatment program someone chooses. It's not how severe their substance use disorder is. It's whether they believe recovery is possible.

This isn't just positive thinking. It's a measurable force that shapes real outcomes.

### The Evidence Is Clear

In one remarkable study, 255 people with chronic pain all received identical rehabilitation—same doctors, same therapies, same timeline. The only difference? Researchers asked everyone about their beliefs before treatment started.

One year later, the results were striking. People who believed they could get better showed real improvement. Those who doubted

showed no change—even with exactly the same treatment.

The treatment wasn't different. The belief was. And belief made all the difference.

When researchers measure belief in recovery, they look at hope and optimism. Hope is feeling like you have power to make changes and knowing there are real paths forward. Optimism is believing good things can happen in your future.

Studies show that people with higher hope scores are more likely to stay in recovery. For people with depression, optimists responded to treatment at three times the rate of pessimists. Every small increase in optimism scores showed a 12 percent higher chance of responding well to treatment.

This is where visible recovery becomes essential.

When recovery stays hidden—when

people who have found their way forward don't share their stories—it feeds doubt. But when recovery becomes visible, something shifts. When people see others living full lives years into recovery, they start to think, *Maybe this could be me, too.*

Visibility doesn't just inspire—it teaches. It shows what paths exist and what recovery actually looks like in daily life. Programs that emphasize possibility and make support visible see completion rates above 60 percent—well above national averages.

Treatment programs provide tools and skills—but belief provides the foundation that makes those tools work. You can hand someone the best map available, but if they don't believe the destination exists, they won't start walking.

Every path is valid. And *recovery is possible*—not because we say so, but because millions of people prove it every single day.

### THE SCIENCE OF HOPE: Why Believing in Change Matters

Scientific research overwhelmingly shows that an individual's mindset is a powerful predictor of successful recovery.

#### THE PROVEN POWER OF YOUR MINDSET

- Mindset Can Matter More Than the Method**  
In one study, only patients with positive beliefs improved, despite receiving identical treatment.
- Optimism Can Triple Treatment Response 3X**  
Optimistic patients were over 3 times more likely to respond to depression treatment.
- Hope is a Key Predictor of Abstinence**  
Higher levels of hope are scientifically linked to longer periods of successful recovery.

#### HOW TO BUILD BELIEF: THE ROLE OF VISIBILITY

- What is "Visible Recovery"?**  
Seeing real people living successful lives in recovery builds hope for others.
- Visibility Provides Proof of Possibility**  
Seeing others succeed creates the core belief: "If they can do it, maybe I can too."
- Belief Builds Tangible "Recovery Capital"**  
Hope, community, and support become concrete resources that help prevent relapse.



# Finding Connection & Community

## Sweetser Opens New Peer Center in Brunswick

**R**ecovery is not a solitary journey, yet stigma and isolation often make it feel that way. Sweetser, a statewide leader in behavioral health, is actively changing that narrative with the grand opening of its SupportME Peer Center in Brunswick. This new facility is a vital resource for Mainers struggling with mental health or substance use challenges, providing a free, non-judgmental space focused on authentic human connection and shared lived experience.

The Brunswick center is the sixth of its kind in Maine and the only peer center serving the Midcoast region. It is strategically located next to Sweetser’s Hope & Healing Center, creating a one-stop shop for all things mental health and recovery for the Brunswick area and the counties of Sagadahoc, Knox, Waldo, and Lincoln.

At the heart of the center’s mission is the power of peer support. The facility is staffed by Certified Peer

Support Specialists—individuals who have navigated their own mental health or substance use challenges and are trained to support others.

“The purpose of a peer center is to come together to connect, share, and support one another at all stages of a recovery journey,” explains Alaina Knox, Sweetser’s Director of Recovery Services. “There’s something profoundly healing about being truly understood. Not just heard but understood by someone who has walked a similar path, felt the same isolation, and navigated the same challenges. This is the essence of peer support.”

The programming centers around creating a sense of belonging through daily peer-run groups, life skills workshops, and one-on-one support. Crucially, access is universal, removing all barriers to entry. As Alaina Knox states, “You can just bring yourself. No payment,

no insurance, no barriers. Don’t even have to give your full name. Come as you are.” The center’s services are entirely free, funded by a state grant, making it a true community resource.

The SupportME Peer Center also complements Sweetser’s existing statewide Peer Support Line, a 24/7 free resource staffed entirely by peers, which fielded 30,000 calls last year alone. You can call 1-866-771-9276 to reach a shared connection and mutual understanding. The SupportME Peer Center is open Monday through Friday, 8:30 AM to 4:30 PM, at 329 Bath Road in Brunswick. More information can be found at [Sweetser.org/PeerCenter](http://Sweetser.org/PeerCenter).

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# Sobriety, Meetings and What Recovery Means

**W**hen I think back to my first AA meeting, what stands out is the simplicity of the suggestion I received: *Come to meetings, and don't drink or use in between.* It was not complicated, and yet it became the foundation of my recovery.

Over the years, I have reflected often on what sobriety really means and how differently people approach it.

## The Essence of Sobriety

For me, sobriety has always come down to sustained abstinence from alcohol and drugs. However much service we do, however spiritual we strive to be, however many meetings we attend—if we cannot stop drinking and using, it does not add up to sobriety.

I once said at a meeting that the one thing all recovering addicts share, no matter the program or philosophy, is that we have stopped drinking and using. Some pursue spirituality, others do not. Some embrace AA, others seek different paths. But abstinence is the common ground.

Not everyone agreed. One man shot back: “Not drinking is not sobriety.” While his words carried venom, his point has some weight. Many believe sobriety must mean more than abstinence—it must include changes in character, behavior and spiritual outlook.

I see it differently. If we don't drink or use, we are sober. If our behavior causes harm, that makes us unpleasant, not necessarily “not sober.” The steps, the self-examination and the character-building are valuable, but they are not what define sobriety itself.

## On “Dry Drunks”

The term “dry drunk” has always troubled me. It suggests that



someone's abstinence doesn't count because others disapprove of their behavior. Sobriety, in this framing, becomes less about not drinking and more about conforming to someone else's standard of living.

Of course, destructive or antisocial behavior matters. Many of us find that working on ourselves is critical to staying in recovery. But I resist the idea that sobriety requires living up to another's checklist of spiritual or moral growth.

## Why We Used

For me, the reason I drank and used was simple: I liked the way it made me feel. As far as I can tell, non-addicts drink or use for the same reason. The difference is not in why but in *what happens next.*

Addiction, science has shown us, is physiological. It's in our genes, our neurobiology, our metabolism. We respond differently to intoxicants. Once addiction is triggered, the only

reliable solution I know is complete abstinence.

## The Question of Total Abstinence

Over time, I've adopted the view that recovery requires total abstinence. For me, exceptions apply only to medications taken under medical supervision.

Is it possible that some people could recover and later drink moderately? I suspect it might be. But I know myself: The risks are not worth it. My abstinence is more valuable to me than any imagined benefit of occasional drinking.

This is a position widely shared in AA and by many professionals, though not by all. Recovery is not a one-size-fits-all process. Yet for me, and for many others, abstinence is the bedrock.

## Beyond Abstinence

If abstinence is the foundation, what else helps recovery take root? For me,

it has been:

- The friendships and sense of community.
- The democratic nature of AA, where each person's voice matters.
- Witnessing others transform from despair to sobriety.
- The self-examination of the steps.
- Learning to share honestly and listen openly.
- The respect for one another's paths.

All of these have been vital. They do not replace abstinence, but they make abstinence sustainable and meaningful.

### Trust and Discernment

One of the joys and challenges of recovery is hearing so many perspectives. Long-term sobriety doesn't come with a single voice or single set of answers. Some advice will fit, some will not.

Trust is not automatic; it is earned. Part of recovery is learning to recognize whose judgment we can rely on, and part is learning to trust ourselves. In the end, recovery is personal. It is your life, your choices, your path.

### Closing Reflection

That first day, I walked into an AA meeting not knowing what to do with my life. I walked out with a simple plan: Go to meetings, and don't drink or use in between.

Decades later, the simplicity still holds true.

Everything else—steps, service, friendships, spiritual growth—has enriched my recovery.

But without abstinence, none of it would stand.

Recovery is not about perfection or meeting someone else's standard. It is about finding what works, holding on to it, and continuing the journey.

Above all, it is about staying sober and discovering what life has to offer beyond addiction.

— Stephen

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# Recover Together

## Randy Beard's story of paying hope forward

by Amy Paradysz

For decades, Randy Beard's life followed a painful loop—using drugs, selling drugs, going to jail, and surviving stretches of homelessness. That pattern lasted 36 years. And while it shaped much of his past, it didn't define his future. Today, Randy is known for the way he shows up for others and for starting recover2gether, a community he created in 2021.

His journey toward recovery began in 2019 with a simple but powerful invitation from his adult daughter. Although he wasn't physically or emotionally there for much of her childhood, she told him that she'd love to see him on her birthday — if he was well. That hope pushed him to try getting sober on his own, even while living on the curb where he hustled. The attempt was so difficult that he became depressed and intentionally overdosed.

A stranger found Randy and performed CPR until help arrived. He detoxed in the Cumberland County jail. Because he couldn't afford a phone call, it was weeks before he could get word to his daughter that he was alive. During that time, she assumed—based on his history—that he had probably overdosed and died and just hadn't been found yet.

"Hearing that changed me," Randy says. "Every other time I'd been arrested, I'd gone back to homelessness and using. But this time I didn't."

He signed power of attorney over to his daughter, who helped him get out on bail and find an apartment in a quiet part of a Maine rural town. It was during the pandemic, and without transportation, he stayed

home and away from the trouble that had always been nearby.

At the suggestion of his parole officer, Randy took a recovery coach course—mainly, as he says, "to be on her good side." Instead, it ended up changing his life. In that course, Randy met Ryan Paige, another person in recovery also wanting to be helpful to others. The two of them kept circling back to the same truth: people often want help, but the window is small. A bed at detox isn't available, or transportation falls apart, or the timing just doesn't line up. They wondered what would happen if ordinary people helped each other in those critical moments.

Around the same time, Randy lost a friend who had become dependent on a prescription medication. When the prescription ended, his friend tried to find the same drug on the street, and what he got ultimately killed him. That loss fueled an idea for a Black Balloon day event in Maine — to honor the ones lost, support the ones still struggling, and bring awareness to the ones not born yet. The first event, held in 2020, honored 400 people and included a cookout, community gathering, and even a cold ocean plunge. To organize it, Randy started a private Facebook group called recover2gether.

Since that first event, recover2gether has grown to more than 5,000 members. The group now hosts a spring softball game, a memorial Easter egg hunt, and a Ride to Recovery motorcycle event each September. They also partner with other recovery support groups to



provide holiday gifts for children whose parents have died from overdose—57 children last year alone.

Most importantly, recover2gether has become a place where people can ask for immediate support: a tip on an open bed, a ride to court, a lead on an apartment, or someone to sit with them in a tough moment.

Randy was the first active volunteer driver, even as he enrolled at Southern Maine Community College to study mental health and at-risk populations. But about five years ago, the community he helped build ended up holding him up.

"My landlord decided to sell the building, and I couldn't afford the new rent," he says. "So I posted in the group that I couldn't be homeless again."

A fellow recovery support person stepped in with an apartment and a chance to train and work in a residential recovery setting. Randy took the opportunity and moved into a role providing support at a treatment program in Lewiston. Over the next few years, he earned credentials as a Certified Residential

Medication Aide (CRMA) and an Alcohol and Drug Counselor Aide (ADCA).

Through the Maine Recovery Action Project, he spoke in favor of Maine's Good Samaritan Law—now the strongest such law in the nation—and Wyatt's Bill, which makes it possible for incarcerated people to make a weekly phone call regardless of their ability to pay.

In December 2024, he accepted an offer to manage a 48-bed recovery home in Whitefield. The work went well enough that he was later asked to also help run a 20-bed sober living home in Lewiston. He now supports men in multiple homes and stays closely connected to thousands of Mainers through the recover2gether network.

Aside from professional bowling twice a week, Randy's days are full. He attends and often leads seven support meetings a week, oversees sober homes, responds to requests in the recover2gether community, and steps forward wherever he sees someone struggling. When asked why he does so much, his answer is simple: "Someone stopped and saved me."

He often asks the men he works with to imagine what might happen if everyone in recovery paid that hope forward. "I just feel lucky," he says. "I get to be the messenger."

Having lost so many years to addiction, Randy is focused on making the most of the life he has now.

"I want to get my childish grin back," he says. "I want to be the best grandfather, best father, and best friend I can be. That's all I care about—being there when somebody needs me."



Amy Paradysz is a freelance writer and photographer based in Scarborough. She can be reached at [amyparadysz@gmail.com](mailto:amyparadysz@gmail.com).



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# Recovery at Work

## Why employment plays a critical role

Nearly 1 in 11 full-time workers lives with substance use disorder. They're showing up and doing their jobs every day—in offices and hospitals, on construction sites and in schools. They're co-workers, neighbors, and family members doing their best.

Here's what makes employment so powerful for people in recovery: It offers what many people need most—daily structure, meaningful connection, financial stability, and purpose. When researchers ask people in recovery what matters most after getting well, having a job consistently ranks at the top.

Work doesn't just support recovery. It strengthens it.

The transformation can be remarkable. Workers in recovery miss fewer days than almost anyone—10.9 days per year compared to 15 days for typical workers. They stay in their jobs longer. They show up more

consistently. They often become the most reliable people on their teams.

Recovery doesn't just bring someone back to where they were. It often reveals strength they didn't know they had.

Some people find what works through medication-assisted treatment. Others connect through counseling or peer support. Many use a combination of approaches. The person who struggled can become the colleague everyone counts on. These changes happen every day in workplaces across the country.

Two-thirds of adults with substance use disorder are employed. That means workplaces reach people right where they are—offering not just a paycheck but structure, connection, and daily purpose.

Some people find stability quickly. Others need more time and different approaches. A return to use doesn't

mean failure—it means someone needs different support. Many people with years of stable recovery experienced setbacks early on. They kept moving forward.

The benefits reach far beyond one individual. Families begin to heal. Teams function better when everyone can show up fully. The whole group's energy shifts. Work gets easier. Connection deepens.

Other workers notice too. They see that struggling doesn't mean failure. They learn that asking for help is possible. They watch someone come back from crisis and thrive—and they remember that if they ever need support, it's there.

Recovery works. Employment strengthens it. When these two forces come together, lives change in profound ways.

Someone near you might be on this journey right now.





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## FREE RECOVERY PROGRAMS

*We are fortunate to live during a time when there are many options for finding and sustaining lasting recovery from addiction. We are all individuals and while there are many aspects of our personal journeys that may be similar to those of others, we are each called to discover for ourselves what works and what doesn't work for us. Our goal is to provide options and shine a light on different approaches that people use to maintain lasting recovery without endorsing specific approaches or recovery programs.*

### MUTUAL AID PROGRAMS

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**Adult Children of Alcoholics (ACA)** is a 12-step program of men and women who grew up in alcoholic or otherwise dysfunctional homes. The ACA program was founded on the belief that family dysfunction is a disease that affected us as children and affects us as adults. [adultchildren.org](http://adultchildren.org)

**Al-Anon** is a 12-step program for people whose lives have been affected by someone else's drinking. By sharing common experiences and applying the Al-Anon principles, families and friends of alcoholics can bring positive changes to their individual situations, whether or not the alcoholic admits the existence of a drinking problem or seeks help. [al-anon.org](http://al-anon.org)

**Alcoholics Anonymous** is a 12-step program and fellowship of people who come together to solve their drinking problem. It doesn't cost anything to attend A.A. meetings. There are no age or education requirements to participate. Membership is open to anyone who wants to do something about their drinking problem. [aa.org](http://aa.org)

**Cocaine Anonymous** is a 12-step program of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others recover from their addiction. [ca.org](http://ca.org)

**Codependents Anonymous (CoDA)** is a 12-step program of people whose common purpose is to develop healthy and loving relationships. [CoDA.org](http://CoDA.org)

**Drug Addicts Anonymous** is a 12-step program of men and women who have recovered from addiction and are committed to helping those who still suffer. We have recovered by using the twelve steps as outlined in the book of Alcoholics Anonymous. [daausa.org](http://daausa.org)

**Food Addicts in Recovery Anonymous (FA)** is a program based on the twelve steps of Alcoholics Anonymous (AA). It is designed for individuals who have problems with food such as overeating, undereating, food addiction, purging, restricting, or anyone who is obsessed with food, weight, or dieting. [foodaddicts.org](http://foodaddicts.org)

**Gam-Anon** is a 12-step program of men and women who have been affected by the gambling problem of another. [gam-anon.org](http://gam-anon.org)

**Gamblers Anonymous** is a 12-step program of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from a gambling problem. [gamblersanonymous.org](http://gamblersanonymous.org)

**LifeRing Secular Recovery** is a secular, non-profit organization providing peer-run addiction recovery groups. The organization provides support and assistance to people seeking to recover from alcohol and drug addiction, and also assists partners, family members and friends of addicts or alcoholics.  
[lifering.org](http://lifering.org)

**Millati Islami** is a fellowship of men and women, joined together on the Path of Peace. Following Millati Islami's 12 Steps to Recovery, members look to Allah (G-D) to guide us on Millati Islami (the Path of Peace). While recovering, we strive to become rightly guided Muslims, submitting our will and services to Allah.  
[millatiislami.org](http://millatiislami.org)

**Nar-Anon Family Groups** is primarily for those who know or have known a feeling of desperation concerning someone's addiction problem.  
[nar-anon.org](http://nar-anon.org)

**Narcotics Anonymous (NA)** is a 12-step program of people for whom drugs had become a major problem. We are recovering addicts who meet regularly to help each other stay clean. This is a program of complete abstinence from all drugs. We suggest that you keep an open mind and give yourself a break. [na.org](http://na.org)

**Nicotine Anonymous® ("NicA")** is a 12-step program of people helping each other to live lives free of nicotine.  
[nicotine-anonymous.uk](http://nicotine-anonymous.uk)

**Overeaters Anonymous** is a community of people who through shared experience, strength and hope are recovering from unhealthy relationships with food and body image. [oa.org](http://oa.org)

**Recovery Dharma** uses Buddhist principles and practices to recover from addiction.  
[RecoveryDharma.org](http://RecoveryDharma.org)

**SMART Recovery** is an abstinence-oriented program for individuals with addictive problems. Our self-empowering, free mutual support meetings focus on ideas and techniques to help you change your life from one that is self-destructive and unhappy to one that is constructive and satisfying. [smartrecovery.org](http://smartrecovery.org)

**Wellbriety** — White Bison offers sobriety, recovery, addictions prevention, and wellness/Wellbriety learning resources to the Native American/Alaska Native community nationwide. [wellbriety.com](http://wellbriety.com)

**Women for Sobriety** is based on a new life program of positivity that encourages emotional and spiritual growth. It is run by women in small mutual aid groups held in hospitals, clinics, treatment facilities, women centers, and wherever women with alcoholism are being treated. [womenforsobriety.org](http://womenforsobriety.org)

**Workaholics Anonymous** is a 12-step program for individuals to share their experience, strength, and hope with each other that they may solve their common problems and help others to recover from workaholism. [workaholics-anonymous.org](http://workaholics-anonymous.org)

## FIND RECOVERY ONLINE

**319 AA Group** — We are a group of alcoholics working together to get and stay sober. We are doctors, custodians, mothers, fathers, children, and everyone in between living our lives one day at a time. Everyone who has a desire to stop drinking is welcome to become a member of our family as we trudge the road of happy destiny. [319aagroup.org](http://319aagroup.org)

**IN THE ROOMS** — Through live meetings, discussion groups, and all the other tools In the Rooms has to offer, people from around the world connect with one another and help each other along their recovery journeys.  
[intherooms.com/home](http://intherooms.com/home)

**Reddit Recovery** — A place for Redditors in recovery to hang out, share experiences, and support each other. They discuss the various ways to achieve and maintain a life free from active addiction. Everyone is welcome. [reddit.com/r/REDDITORSINRECOVERY](http://reddit.com/r/REDDITORSINRECOVERY)

**SHE RECOVERS Foundation** is a global grassroots movement currently consisting of more than 325,000 women in or seeking recovery from substance use disorders, other behavioral health issues and/or life challenges. All efforts are designed to end the stigma and shame of "being in recovery" so that more women can heal and grow. [sherecovers.org](http://sherecovers.org)



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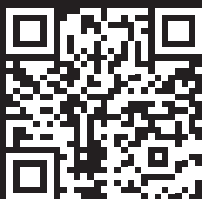
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