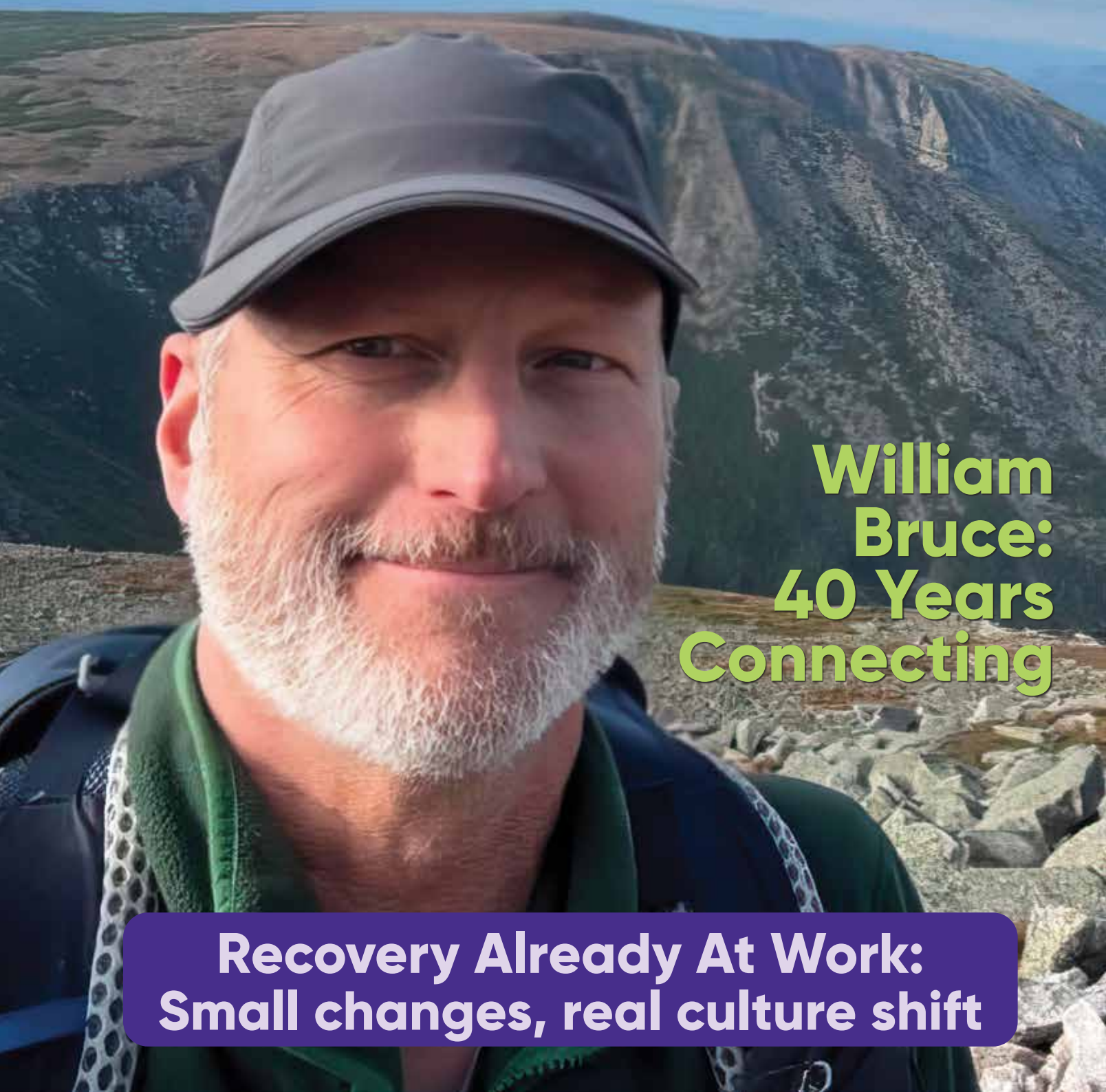


FREE: Resources Inside

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Issue 42 • Summer 2026



**William
Bruce:
40 Years
Connecting**

**Recovery Already At Work:
Small changes, real culture shift**



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journey

making recovery visible

Issue 42 • Summer 2026

Publisher

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Journey was founded in 2019 to make recovery visible. Through stories, resources, and community presence, we show that recovery is real, present, and already part of everyday life. Contributors share their stories voluntarily, review them before publication, and are not paid to participate.

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

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Cover

William Bruce
Photo by William Bruce

Layout

Dependable Layout & Design

From the Publisher . . .

Recovery is around us, and has been.

People in recovery have always been part of our neighborhoods, workplaces, schools, places of worship, and families.

Across the stories in this issue, one theme emerges again and again: connection. The relationships that help people find support. The communities that make belonging possible. The simple act of showing up for one another.

William Bruce reflects on 40 years of recovery and what it means to walk each other home. We also explore how connection shapes recovery in workplaces, neighborhoods, and communities.

One line from our workplace recovery feature has stayed with me: *“Recovery-friendly workplaces do not bring the problem into the workplace. They’re bringing solutions for the problem that already exists.”*

The solutions have always been there but not readily visible until a crisis

forces a search. They live in personal stories, free programs and resources that have supported recovery for decades, and in communities that continue to show people what’s possible.

Our role has always been to help make those stories, resources, and possibilities more visible.

That’s why you’ll notice a new look for *Journey*, including the bright yellow light above the “j.” That yellow comes from the resource bags we’ve carried into communities for years. Now it serves as a small signal of what *Journey* has always been anchored in: making recovery visible.

Recovery is all around us. The more we recognize it, celebrate it, and share what’s possible, the stronger our communities become.

Carolyn

— Carolyn Delaney
Founder + Publisher

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William Bruce on the Path

40 years of connection

by Joanna Free

When you hear William Bruce in a recovery meeting, what stands out is how candid he is about the challenges he's facing in real time. There's great warmth as well as some spicy language, and a readiness to put it all out there that some long-timers leave behind.

You might then be surprised to see a tattoo on his forearm signifying recovery, with the number "40" at the center.

How does someone who's still so young have 40 years in recovery?

"I got really lucky, really blessed," William said. "People were put in my path at a time when I was able to hear them, to question what I was doing and be open to doing something else. You can call it Higher Power or whatever; certainly that's a part of it."

Like many of his friends, William began using substances at an early age; he was just ten. Unlike some of his friends, he describes his home as a place where he felt safe and loved. He had a big circle of friends. Despite this, he said, "Reality was painful. I sought distraction from reality from as early as I can remember and in so many ways: drinking, drugs, motorcycles, skydiving ... moving fast. I was addicted to risk and to diverting from reality."

On one of those days, William was riding motorcycles with friends. They'd been out near Sebago, going



fast. As they came back into town, he saw his parents at an ice cream stand. He honked and waved just as the friend in front of him slowed down. William crashed, breaking his collarbone. He remembers telling his dad to get the car just as he blacked out from the shock. It was his mother's birthday.

In the emergency room and thereafter, William was prescribed opiates. "I was instantly addicted," he said.

In addition to obtaining medication by prescription, William worked as a pharmacy technician at a local hospital where he was well-liked and trusted. His addiction accelerated, as did his lying.

One day, a woman at work approached him. "You don't look

too good," she said. "What's going on?"

William recalls, "I said, 'I'm not feeling that great...' and then I told her about my use, and told her I was really worried. I trusted her. Again, it felt higher powered. This woman happened to be four or five years in recovery. I didn't really know her, but for some reason I felt safe telling her."

Shortly thereafter, William underwent an intervention initiated by his girlfriend, Jane, and the director of the recovery program at Mercy Hospital, Dr. Stanley Evans. William thought he had other more pressing things he needed to do and began listing those things. "Dr. Evans told me, 'If you don't do this now, you're not gonna have any of that. You'll lose it all.' And even at that age, I believed him." William was 23.

In rehab, what he remembers best was the realization that, in addition to his addiction to opiates, he was also an alcoholic, and he felt the power of the recovery community.

“I started writing things down, as they tell you to do, and that’s when I realized: I’m not just a drug addict, I’m an alcoholic. I’d never considered how much I was drinking. At that age, and the way alcohol is so woven into our culture, you can see why I would have just dismissed that, yet somehow that got through.”

Regarding community, William felt and still expresses such appreciation. “The camaraderie and friendship in the meetings, I thought, ‘Wow, we’re all helping each other,’” he says. “There were many young people who had significant sobriety at that time in Portland. I was able to start a new life. The people made that attractive, made it possible.”

William had one brief lapse in early May of 1986. He still has the two white chips, the one he picked up in March and the one he picked up in May. The white chip symbolizes clarity and surrender.

Today, William is married to Helen, whom he speaks of with great love for her and the life they share. They have two children, now in their twenties, whom he also speaks of with pride. “I thought I was too immature to have kids but Helen said, ‘We’re having kids.’” The couple adopted first, thinking they couldn’t conceive. Later their second child was born.

He describes the “high” that he gets in so many ways now: being of service in the community, being open about his challenges, and traveling to places near and far. Last year, he decided to summit Mt. Katahdin, the highest peak in Maine, for the first time. He knew not to do that alone, too, and

reached out to an experienced hiker who could safely get them there. That moment at the summit is captured in the photo on the cover of this magazine.

Reflecting on his life in recovery, William describes a scene in the show “Deadwood” to illustrate the power of connection: A man has a brain tumor and is confused, not knowing who to trust. He approaches two men, saying he doesn’t know who his friends are and doesn’t know his way home. The men grasp the severity of his confusion. They reassure him, set down what they are doing, and offer to walk him home. The man’s face turns from confusion to relief as the two men join with him. “This,” William says with great feeling, “is what we’re doing... walking each other home.”

.....
Joanna Free is the author of four books, including the Amazon bestseller BUTTKICKERS: Twenty Ways to Leave Tobacco. She joined Team Journey in 2022, the same year we featured her sobriety story on our cover.
.....


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Recovery in Plain Sight

Already in our neighborhoods

You might walk past it every day without noticing. A group of people meeting at a cafe before work. A hiking club that happens to be sober. A volunteer at the food bank who has been there every Saturday for two years.

Recovery is not hidden: It lives in ordinary routines, friendships, and Tuesday mornings.

That is why it can be so hard to see.

Most people picture recovery as something that happens behind closed doors: in a clinic, a meeting room or a counselor's office. Those spaces matter, but the hours between appointments matter, too, and so do the people who fill them.

Researchers studying social recovery have found a consistent pattern: **Connection is not a side benefit of recovery. It is part of how recovery happens.**

Connection to social communities is not just a nice addition to recovery; it is central to the process. The communities people described were not formal programs. They were places where someone felt welcome, where no one looked at them differently, where they could be a person.

Belonging Before Stability

One of the most persistent myths about recovery is that connection is something you earn but research contradicts this.

A 2021 study in Scotland followed people in a local recovery community. Many described deep isolation in the earliest period of change. The only social network they had was built around using; stepping away from it meant



stepping into silence. The recovery community changed that. It gave people somewhere to be. Friendships formed, support flowed at night, on weekends, during the moments no scheduled program could reach.

A 2025 study of The Phoenix, a sober active community, found that mentors, people in recovery, and fellow members provided significantly more support than other network contacts. The longer someone participated, the stronger their network became. This is how social trust builds: slowly, through repetition, and in spaces where people feel seen.

Recovery networks grow the same way any community grows: by showing up, being welcomed, and returning.

What This Looks Like in Maine

Maine is, in a lot of ways, one small town. You see the same faces at the transfer station, the diner, the

school pickup line. The person sitting next to you at a community supper may be three years into recovery. The volunteer coaching your kid's soccer team may be ten years sober.

In a state where social networks overlap and repeat, the dynamics these researchers describe are not abstract. The cafe where someone feels welcome is a real cafe. The familiar face is someone you actually know.

Recovery here is not hidden in a city of strangers; it is woven into the ordinary rhythm of places where people keep showing up, keep seeing each other, and keep making room.

It's always been there, we get to choose what we make more visible.

Sources: National Library of Medicine articles: PMC9306622, PMC8522802, PMC11906603



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Strength Training for the Soul

What the gym taught me about staying sober

by **Monique Coombs**

One day on the assault bike, which always feels challenging to me, my coach asked if I had one more bucket in me. He said, “If you had to empty Sebago Lake, how would you do it?” One bucket at a time. Sobriety can feel the same: just one day at a time. Do not worry about forever. Focus on what is in front of you, whether it is a tough interval on the bike or simply showing up for yourself.

Returning to Strength Training

I started strength training again a couple of years ago. It was not my first time. After I had my daughter 20 years ago, I fell in love with the gym for both health and connection. Life got busier after my son was born, and while I cared about wellness, it was hard to make it a priority when I was drinking.

A friend encouraged me to join their gym, and I quickly remembered how much I loved lifting. Now, almost seven years sober, training feels easier to prioritize. It has become an anchor in my life. I even worked with a coach for over a year who helped me improve my form and rethink what effort really means.

Finding Steady Ground

When I first quit drinking, I was motivated by shame and anxiety. I held on tightly and hoped something would change. Even though the cravings faded, I was not always putting myself in situations that supported sobriety. One of my favorite instructors always says, “You don’t have to get ready if you stay ready.” My motivation now comes from a steadier place rather than fear.

That shift did not happen in a single moment. It came slowly,



like a tide inching in. Strength training taught me that kind of gradual transformation. In the gym, progressive overload means adding a little more weight or one extra rep over time. Sobriety works in a similar way. Each day without drinking, each time I faced discomfort instead of numbing it, built something I did not recognize at first. Rest mattered too. Muscles need recovery to grow. Sobriety needs stillness, reflection, and connection.

Accountability and Community

In the gym, accountability might come from a coach or training partner. In sobriety, it comes from the people who notice when something is off: friends, meetings, a sponsor, or anyone who keeps you grounded. Knowing you are not doing this alone makes the hard days easier.

Building for the Hard Moments

Strength training teaches that progress is not always linear. Some days everything feels heavy. Sobriety has those days too. The practice is continuing to return to what keeps you steady. Being sober is not only about avoiding alcohol. It is about creating habits and routines that help you respond with clarity instead of retreating into old patterns.

What began as a way to rebuild my body eventually became the way I rebuilt my life. Strength training gave me the structure to stay sober, and sobriety gave me the clarity to keep getting stronger, one bucket, one rep, one day at a time.

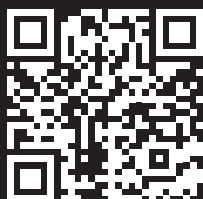
.....
Monique Coombs has been sober for seven years. She lives in Harpswell, is part of a fishing family, and works for the Maine Coast Fishermen's Association.
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Recovery Already At Work

Small changes lead to real culture shift

Recovery-friendly workplaces do not bring the problem into the workplace,” said Eliza Zarka, who leads the National Recovery-Friendly Workplace (RFW) Institute. “They’re bringing solutions for the problem that already exists.”

Eliza’s reframe cuts against how most employers hear this conversation. Workplace recovery tends to get treated as a new responsibility, something a company is being asked to take on. But the numbers describe the opposite. Fourteen million people in the United States work and are in long-term recovery. They are already employed, already contributing, already part of the workforce that shows up every day.

The reality those employers are responding to is one they already carry. In a recent HRCI webinar, Eliza described presenteeism, when an employee is physically at work but mentally focused on helping a family member who is struggling. It doesn’t show up on a timesheet. It shows up in focus, productivity, and the quiet strain that often goes unseen.

For employers, that reality is not a liability. It’s an opportunity.

Two employers shared what that looks like in practice.

Gorilla Glue and Associated Builders and Contractors (ABC), the national trade association representing 23,000 construction companies, both

became nationally certified recovery-friendly workplaces in 2024.

Gorilla Glue’s Stephanie Styles, who works in HR, described how adopting a recovery-friendly workplace model has improved the company’s processes and helped shift its approach to substance use disorder—from relying on traditional drug testing to recognizing SUD as a treatable health condition. Through a two-year partnership with an Ohio recovery-friendly workplace initiative, the company also gained access to shared resources, training, and policy guidance.

For ABC, the certification process was “... really was just the beginning,” said DeAnna Thomas, vice president of HR at ABC. Following certification, the organization continued to invest in education, training, and learning opportunities with other recovery-friendly employers, helping its team build a deeper understanding of recovery and the communities they serve.

Learning from other recovery-friendly organizations gave ABC practical ideas for supporting employees in recovery. The company has focused on intentionally incorporating recovery-friendly practices into the programs, policies, and workplace culture already in place.

What changed for both companies was small and visible.

Culture. Both moved non-alcoholic options at company events into their own station, separate from the bar. The change reads as logistics. The effect was not. “We actually had someone tell us they’ve cut back on alcohol consumption at events because we separated the two areas,” DeAnna said. Guests could order a soda without anyone handing them a cocktail. Stephanie described the larger pattern as “moving as a company from a reactive zero-tolerance type mindset to a proactive, empathetic-driven culture.”

Hiring and retention. When DeAnna joined ABC, she narrowed the criminal-records lookback used in hiring from 30 years to 7. Candidates with substance-related items on their record receive a conversation and a chance to provide context. Meanwhile, Gorilla Glue is building a second-chance program with a return-to-work agreement for employees affected by substance use disorder.

Benefits. During certification, Gorilla Glue updated its health plan documents to state clearly that substance use disorder treatment is covered the same as other medical conditions. Meanwhile, ABC offers employees a choice between two Employee Assistance Programs.

Education and awareness. A key part of the work, ABC incorporated role-play scenarios so frontline managers could build confidence in responding to difficult situations

before they occurred. Reasonable suspicion training emphasized dignity, respect, and support rather than surveillance.

Both companies placed naloxone next to their Automated External Defibrillators (AED), with employees trained to use it. At Gorilla Glue, a resource poster carries a QR code that routes employees to county recovery resources around the clock, the same poster an employee can take home to help a friend or family member.

For DeAnna, recovery-friendly workplaces are about more than policies and programs. “It’s not about compliance,” she said. “It’s about the culture and compassion that you show your employees.”

“You don’t know what you don’t know,” Stephanie said, “and you don’t know who’s been affected until you start talking to people.”

Recovery has always been at work. What is changing is how employers are making it more visible.

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First in a series from Journey Magazine and the National Recovery-Friendly Workplace Institute. The full HRCI webinar is available on YouTube: <https://bit.ly/4umzceD>

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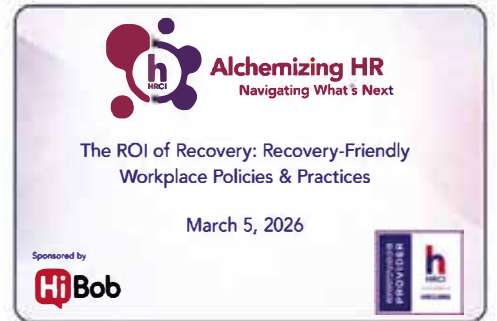
1 Post recovery resources where employees can access them privately, anytime.

2 Confirm your health plan covers substance use disorder the same as other conditions.

3 Set up a separate non-alcoholic drink area at company events.

4 Inform employees of their legal rights regarding treatment.

5 Watch the youtube video: The ROI of Recovery: Recovery-Friendly Workplace Policies & Practices – HRCI



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Dealing with Outstanding Debt in Recovery



by **Brittany Eaton and Nicole Lemieux**

People in recovery often face many financial challenges including dealing with outstanding debt. Owing money to family and friends, businesses, the government, or for medical or legal expenses, can be stressful and feel overwhelming. Plus, unresolved debt can impact your credit score and make it harder to access credit later. Getting a pay-off plan in motion will help you feel in control of your debt and hopeful for your financial future. Keep in mind, the debt did not appear overnight and paying it off won't happen overnight either.

Take a breath and make a plan.

Know Where You Stand

Knowing what you owe is the first step forward. Open those bills and statements and make a list of all your outstanding debts and the people and organizations you owe money to including credit cards, auto loans, personal loans, student loans, treatment, legal bills, etc. List out who you owe, how much you owe, interest rates, if applicable, and how much you are currently paying, if anything. Once you know where you stand, you can create a debt repayment plan.

Stop Accumulating Debt

Reduce your temptation to create more debt by taking a break from

your credit cards or taking out any new loans. Even if money is tight, try to avoid payday lenders who often charge extremely high interest rates making it very difficult to get out of that debt cycle.

Assess Your Current Financial Situation

Create a simple budget. Look at all your income sources — paycheck, money from side jobs, etc. List your current expenses — rent/mortgage, food, transportation, cell phone, etc. See where you can reduce spending to free up money to put towards debts. Streaming services, take-out, secondary vehicles may all be places you can find savings. You may need to consider getting a second job or selling assets to have more money to put towards debts.

Paying Down Debt

There are a couple of debt repayment methods to consider. Choose the one that works best for you.

Roll Up – Dedicate a specific amount of money to paying debt. The amount does not change as debt is repaid. Instead, the same amount is reallocated among remaining debts.

Snowball – Pay off the smallest debts first and gradually take on larger debt amounts. This can be motivating to pay off entire debts sooner.

Avalanche – Focus on paying high-interest debts before lower interest

debts. This method will likely save more money on interest charges over time.

Depending on your situation, you may be able to consolidate high interest debts into one loan with a lower interest rate and a better term. Contact your financial institution to see if this is an option for you.

Reaching Out to Creditors

Once you know how much money you have available to put towards your debts, prioritize the people and organizations you owe and determine what you can pay each month. If you are behind on any debts, be proactive and reach out for help. Most creditors, including collections agencies, are open to creating workable payment arrangements.

At Town & Country Federal Credit Union we believe everyone deserves a second chance. If you would like to talk with someone about creating a debt repayment plan or have other financial questions, contact us at info@tcfcu.com, or call 800.649.3495.

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Brittany Eaton is Collections Manager and Nicole Lemieux is Mortgage Loan Officer for Town & Country Federal Credit Union. They both champion financial wellness in the community and work with people in the recovery community.
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Live Free and Thrive

Brandy Rickaby's journey from survival to leadership in the Granite State

by Emily Sheffield

I was not here to live, so I must have been here to die.”

Brandy Rickaby often invokes New Hampshire's famous motto when she tells her story. Seven years ago, pregnant, facing a federal indictment, and struggling with untreated trauma and substance use disorder, her future looked impossibly dark. Today, she is the executive director of New Generation, an emergency homeless shelter for pregnant women and mothers with young children, and a board member of Hope on Haven Hill, which is where her transformation began.

A Critical Turning Point

In 2017, Brandy turned herself into the Federal Building in Concord and was incarcerated at Strafford County Correctional Facility. She was pregnant, with two young daughters at home. A judge placed her in the jail's therapeutic community program. Her lawyer was clear: Without a stable housing plan, her newborn son would go into foster care.

While in the program, Moné Cassier, founder of what was then called Sober Sisters Recovery (now Malley Farm for Women), visited to share information about the organization's services. Because Sober Sisters didn't have housing for children, Moné referred Brandy to Hope on Haven Hill. Brandy was accepted, and moved in shortly after her release.

“Hope Saved My Life”

When Brandy arrived in 2018, Hope on Haven Hill had just opened its flagship farmhouse in Rochester, New Hampshire. Executive Director Kerry Norton made it possible for Brandy's daughters to visit. “That was the first time I could hug them

without Plexiglass between us,” Brandy says.

Beyond safe housing, Hope provided weekly counseling, group sessions, life skills classes and uninterrupted time with her newborn. As Brandy neared the end of her program, a bed at Hope's next transitional site wasn't going to be ready in time. Kerry and her team found an alternative: New Generation had a room available. A crucial door opened.

A New Chapter

As Brandy looked for work, one of her first offers came from Buffalo Wild Wings, the same location outside which she'd been dropped off after her car was impounded a year earlier. She was honest with the manager about her background, and he hired her on the spot.

She balanced work there and at New Generation's thrift store while continuing her recovery and caring for three young children.

From Resident to Executive Director

Over the next five years, Brandy's career at New Generation grew steadily: from resident support staff, to care coordinator, to case manager, to family services manager. In 2023, she became the executive director.

“Before coming to New Generation, I never saw myself in a role supporting anyone,” she says. “But hearing others' stories carried me through.”

Her leadership is shaped by lived experience, but she is careful about what that means. “This isn't my story anymore. It's theirs,” she says. “We're here to connect families with the support that's already here in our community.”



Building Bridges

Brandy later joined Hope on Haven Hill's board, contributing perspective as a former resident. “Sitting at the same table where decisions are made, as someone who was once in the program, is powerful.” Her favorite moments are the Mission Moments, where current success stories are shared. “Almost every time, I tear up,” she says.

Her strongest belief is that recovery services don't succeed in silos. She says, “In New Hampshire, everyone is a phone call or an email away.”

A New Vision of Freedom

“I used to say I was in New Hampshire to die,” she reflects. “What I found out is that I was here to live again. To find myself, my purpose, and to become the mom and community member I'd always wanted to be.”

For more information:

New Generation (newgennh.org), Hope on Haven Hill (hopeonhavenhill.org), and Malley Farm for Women (malleyfarmforwomen.org).

.....
Emily Sheffield is a writer and nonprofit development professional living in Maine.
.....

Anchored in Connections

by Carole Fontaine

I've never felt more connected to life, nature and the human race than when I was in the middle of the sea, surrounded by water on all horizons. The vast silence and soothing embrace of the sea allowed me to take a deep look at life. My soul's reflection on the ocean showed me how small my problems were.

My husband and I lived on a sailboat for 20 years. We docked, anchored, and sailed to more places than I can remember. New boats often get a welcome invitation as soon as they drop the hook in a new anchorage. There's always someone to catch your lines in marinas or help with whatever you need. Potlucks are a way of life, and the sense of community is strong.

Maybe it's the fact that out there, you're on your own. Hurricanes, storms, sinking boats: There's no one coming to help you. You're at the mercy of the elements, stripped of modern life's protection, and must rely on your wits, skills, and sometimes favor from the sea gods to survive. You're back to basics: Face nature, survive, help when you can. Being alone with your salty crew makes the encounters on land so much more precious.

We met people from around the world, from different cultures and beliefs, and some have become lifelong friends. What I love the most is their willingness to look beyond appearance or social status. Out there, it doesn't matter if you're a millionaire or scruffy boat bum: We face the same elements, and when one is in trouble, we show up for a rescue... and everyone looks the same in flip-flops.

One day, the wind changed, and I needed rescuing.



Chronic illness, surgeries, and a shift to sober living made this period of transition very difficult.

I didn't fit into my life anymore. I felt lost. We were docked at a busy marina constantly surrounded by people, with lively gatherings at the tiki hut every night, and those were my loneliest days.

It doesn't matter if you live in paradise, how far you travel, or how big your life is; if you're disconnected from your heart, Source, and others, you'll feel the void. My closest girlfriends held and supported me, mirroring things I could not see, stuck in a cycle of anxious thoughts. I dug deep within and slowly understood what my heart was crying for: connection.

Without my circle, I would not have seen the solutions that were hiding behind false beliefs and mind chatter. Friends can be our eyes and hearts when we're overwhelmed. They helped me ask the right questions and steer me back to myself, spirit and a community aligned with my heart.

It's the connections that fill our lives with love that make it worth living.

- **Connection to self:** clarity, compassion, confidence, boundaries, and self-care.
- **Connection to others:** joy, laughter, support, accountability, and a compass when I lose sight of land.
- **Connection with spirit:** creativity, peace, inspiration, and trust in the unknown.

I recently survived breast cancer, and a huge lesson I got from this ordeal is how important it is to have a strong, loving community around you when life's cosmic 2 x 4 hits you. My circle reminds me of my inner light, especially on dark days when it's easy to disconnect and forget.

Who you surround yourself with can help you shine or leave you drifting. How does each of your relationships make you feel? Uplifted, neutral, or deflated?

Fill your circle with people who make you feel light and bright.

That treasure is the gold.

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Carole Fontaine is the award-winning author of the SAIL Above the Clouds series, sailor of storms, teacher of hearts, and book whisperer, guiding women to transform fire into wisdom and dreams into books.
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Resource pages
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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. 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. Our goal is to provide options and shine a light on different approaches that people use to maintain lasting recovery.

MUTUAL AID PROGRAMS

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

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

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 AA 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

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

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

Debtors Anonymous is a fellowship 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 compulsive debting. debtorsanonymous.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

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

Gam-Anon is a 12-step program of men and women who have been affected by the gambling problem of another. 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

LifeRing Secular Recovery is a secular program providing peer-run addiction recovery groups. The program provides support and assistance to people seeking to recover from alcohol and drug addiction, and also assists partners, family members, and friends. lifering.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

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

Nicotine Anonymous® ("NicA") is a 12-step program of people helping each other to live lives free of nicotine. 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

Recovery Dharma uses Buddhist principles and practices to recover from addiction. 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

Wellbriety — White Bison offers sobriety, recovery, addictions prevention, and wellness/Wellbriety learning resources to the Native American/Alaska Native community nationwide. wellbriety.com

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

FIND RECOVERY ONLINE

319 AA Group — Since March 19, 2020, this online AA meeting has run without interruption, 24 hours a day, seven days a week. A new chair takes the virtual seat every hour. No schedules to work around, no geography required. If you have a desire to stop drinking and a device to connect with, there is a seat available right now. 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

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

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

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