



Family Resources – ONLINE

Al-Anon: <https://al-anon.org/al-anon-meetings/electronic-meetings/>

ACOA: <https://adultchildren.org/resources/find-a-meeting/>

Alateen: <https://al-anon.org/newcomers/teen-corner-alateen/try-an-alateen-chat-meeting/>

Nar-Anon: <http://www.naranon.com/forum/>

Ted Talks: [https://www.ted.com/playlists/506/new thoughts on addiction](https://www.ted.com/playlists/506/new_thoughts_on_addiction)

Additional Info: <https://www.dfaf.org/resources/>
<http://www.williamwhitepapers.com/>

Podcasts:

<https://www.stitcher.com/podcast/sober-families-podcast/e/29627040>

<https://podcasts.apple.com/us/podcast/addiction-support-podcast-addiction-support-for-family/id1061223413>

<https://al-anon.org/newcomers/first-steps-al-anon-recovery/>

<https://tunein.com/podcasts/Podcasts/The-Addiction-Support-Podcast-Addiction-Support-f-p814110/>

Books/Journals/Articles:

- A Gentle Path Through the Twelve Steps - By: Patrick Carnes
- Addiction Recovery: A Family's Journey - By: Diana Clark
- Boundaries - By: Anne Katherine
- Co-Dependent No More - By: Melody Beattie
- Daily Affirmations for Forgiving and Moving On - By: Tian Dayton
- Drinking: A Love Story - By: Caroline Knapp
- Love First: A Family's Guide to Intervention - By: Debra Jay and Jeff Jay
- Paths to Recovery Al-Anon's Steps, Traditions, and Concepts
- Recovery My Kid: Young Adults in Treatment and Beyond - By: Joseph Lee
- Terry: My Daughter's Life and Death Struggle with Alcoholism - By: George McGovern
- The Blessing of a Skinned Knee: Using Jewish Teachings to Raise Self-Reliant Children - By: Wendy Mogel
- The Language of Letting Go - By: Melody Beattie
- The New Co-Dependency - By: Melody Beattie
- The Only Life I Could Save - By: Katherine Ketcham

Apps:

- Al-Anon
- Al-Anon Speakers
- Celebrate Recovery
- Gratitude Happiness Journal
- Meeting Guide

Blogs:

- An Addicts in her Son's Bedroom
- Parent Pathway
- Our Young Addicts

Meditation Apps:

- Head Space
- Insight Timer
- Calm
- Simple Habit
- Oak: Meditation and breathing

At-Home Exercise Apps:

1. Peloton app- 90-day free subscription trial for at home workouts
2. Down Dog apps: Down Dog, Yoga for Beginners, HIIT, Barre, 7 Minute Workout- free till April 1st
3. Tone It Up app is free to new members for the next month
4. Planet Fitness- will stream free 20-minute workouts on their Facebook page every day at 4 pm PST.
5. Nike Training Club and Adidas Training by Runtastic are both free apps