

Additional Resources for Families:

Online Meetings/ resources:

- ACOA: <https://adultchildren.org/resources/find-a-meeting/>
- Ted Talks: https://www.ted.com/playlists/506/new_thoughts_on_addiction
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- Additional Info: Drug Free America <https://www.dfaf.org/resources/>

- Podcasts:
 1. <https://www.stitcher.com/podcast/sober-families-podcast/e/296270402>.
 2. <https://podcasts.apple.com/us/podcast/addiction-support-podcast-addiction-support-for-family/id1061223413>
 3. <https://al-anon.org/newcomers/first-steps-al-anon-recovery/>
 4. <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
- Love First: A Family's Guide to Intervention - By: Debra Jay and Jeff Jay
- Paths to Recovery Al-Anon's Steps, Traditions, and Concepts
- The Only Life I Could Save - By: Katherine Ketcham
- Recovery My Kid: Young Adults in Treatment and Beyond - By: Joseph Lee

Apps for families:

- Al-Anon personal Recovery Stories
- Al-Anon Speakers
- Gratitude Happiness Journal
- Parent Pathway

Mindfulness Apps

- Head Space
- Insight Timer
- Calm
- Simple Habit
- Oak: Meditation and breathing
- Motivation- Daily Quotes
- All trails: shows you all hiking trails in your area
- Pigment- Adult Coloring book

