

### Online Resources:

- Alcoholics Anonymous Online Intergroup: online meetings (<http://aa-intergroup.org/>)
- A-CHESS: Comprehensive Health Enhancement Support System: free app provides relapse prevention; peer connection; content and support ([www.chess.health](http://www.chess.health))
- LifeRing: secular recovery providing online support communities as well as email support groups ([www.lifering.org](http://www.lifering.org))
- In the Rooms: offer a sober online community with online meetings. Members have access to over 130 live online meetings with many fellowships (<https://www.intherooms.com/>)
- Step Away iPhone app: guides users through cravings and high-risk situations (<http://stepaway.biz/>)
- SMART Recovery: in-person and online meetings (<http://www.smartrecovery.org/>)
- MyStrength: "Health Club for Your Mind" helps people manage depression, anxiety, and substance use disorders (<https://www.mystrength.com/>)
- Centerstone Military Services: online classes and support groups for veterans (<https://centerstone.org/locations/military-services/>)
- WeConnect + Unity Recovery: Offering online recovery support groups which will be available four times daily at 9AM, 12PM, 3PM, and 9PM EST. All recovery meetings are non-denominational, agnostic to any specific recovery pathway, and are open to anyone. (<https://unityrecovery.org/digital-recovery-meetings>)
- TeleHealth Suite: offering free use of virtual platform, can provide demos to anybody interested Contact: Matthew Rumbaugh Email: [Matthew@telehealthsuite.com](mailto:Matthew@telehealthsuite.com) Phone: (412) 425-7676
- ReConnect, Inc: offering free use of platform until June // Contact: [support@reconnect.io](mailto:support@reconnect.io)
- Center for Connected Health Policy: Telehealth policy changes made in the face of addressing COVID-19 have been rapidly developing and changing on an almost daily basis. <https://www.cchpca.org/>
- Search for providers using telemedicine through: [www.findtreatment.gov](http://www.findtreatment.gov)
- <https://virtual-na.org/meetings/>

### **Sparta AA Online:** Zoom Audio-Video Conference

Meeting times:

Monday thru Friday 1p.m.

Monday thru Sunday 7p.m.

Tuesday 7p.m. (12x12) Sunday 7p.m. (Big Book)

Call-in: (312) 626-6799 enter meeting ID when prompted

Meeting ID: 5427486168 \*6 to Mute and unmute, \*9 to raise your hand to speak

Zoom Online: <https://us04web.zoom.us/j/5427486168> or type join.zoom.us on any browser and enter the meeting ID number: 5427486168 or Download Zoom App for your smartphone and use Meeting ID above

**Alcoholics Anonymous Online Intergroup:** online meetings (<http://aa-intergroup.org/>)

**A-CHESS:** Comprehensive Health Enhancement Support System: free app

provides relapse prevention; peer connection; content and support  
([www.chess.health](http://www.chess.health))

**LifeRing:** secular recovery providing online support communities as well as email support groups ([www.lifering.org](http://www.lifering.org))

**In the Rooms:** offer a sober online community with online meetings. Members have access to over 130 live online meetings with many fellowships  
(<https://www.intherooms.com/>)

**Sober Grid:** Create online profiles and interact, support, and engage with other people in recovery using a platform similar to Facebook. Also, use the app to create anonymous check-ins about whether you're sober or not, your mood, and what's going on. (<https://www.sobergrid.com/>)

**SoberTool:** Track your clean and sober days. The app includes daily motivational messages, reminders to keep you on target, and work through triggers to avoid relapse. You can earn rewards by hitting different milestones for the time that you have stayed sober. (<http://www.sobertool.com/>)

**Step Away iPhone app:** guides users through cravings and high-risk situations  
(<http://stepaway.biz/>)

**SMART Recovery:** in-person and online meetings  
(<http://www.smartrecovery.org/>)

**MyStrength:** "Health Club for Your Mind" helps people manage depression, anxiety, and substance use disorders (<https://www.mystrength.com/>)

**WeConnect + Unity Recovery:** Offering online recovery support groups which will be available four times daily at 9AM, 12PM, 3PM, and 9PM EST. All recovery meetings are non-denominational, agnostic to any specific recovery pathway, and are open to anyone. (<https://unityrecovery.org/digital-recovery-meetings>)

**To Find current meeting schedule in person or virtual:**

NA: <https://wisconsinna.org/meetings/>

AA: <https://mtg.area75.org/meetings.html?dist=1>