



**NON-12 STEP SUPPORT GROUPS  
For Those Struggling with Substance Issues**

**Celebrate Recovery [Christian 12-Step Based]**

<https://www.celebraterecovery.com/>

**Harm Reduction, Abstinence, and Moderation Support (HAMS)  
[Virtual, Online, Chat, Email]**

<https://hams.cc/>

**Herren Project [Online Meeting, Ages 18+]**

<https://herrenproject.org/online-meetings/>

**LifeRing Secular Recovery [Online Meeting]**

<https://www.lifering.org/>

**Moderation Management [Facebook, MM Forum, Email, Chat]**

<https://moderation.org/>

**Recovery Dharma [In-Person, Online Meeting, International]**

<https://recoverydharma.org/>

**SMART Recovery [In-Person, Online Meeting, Self + Family/Friends]**

<https://www.smartrecovery.org/>

**SoberCity (app)**

<https://www.sobercity.com/>

**Sober Grid (app)**

<https://www.sobergrid.com/>

**Soberistas [Community, Subscription]**

<https://soberistas.com/>

**The Phoenix [Sober Sports-Based Community, 48 hours of Sobriety Required]**

<https://thephoenix.org/>

**Women for Sobriety [In-Person, Online Meeting, Phone, Facebook, Conference]**

<https://womenforsobriety.org/>

**Young People in Recovery [Teens+, Curriculum-based, Online Meeting]**

<https://youngpeopleinrecovery.org/>