

RECOVERY RESOURCES

V V F O S M J O J P H O N E C A L L S N
F W C A H E E O W Q T S I D M Q P W O O
A I S P O N S O R S V X E B E P A R U U
O P D C R T F B G I N T E G R I T Y O U
T Y O G A O F T W E L V E S T E P S T M
S C C A E R S K O O B A F T E R C A R E
O G O O A S J O I E U S T A E R T E R Z
B H N N O T J Y A K Y M F S O R P X T P
E U O S O C I A L M E D I A V O O D B R
R A I S B A O O O U N O U T A T Q O M E
L U T D J O U R N A L S N M D E E N M D
I C A N O N L I N E C L A S S E S R A E
V U T E A N D U T A M E E T I N G S P K
I K I I I U P C A O E E R D P L O I F Z
N F D R M R E W O P R E H G I H D R E U
G C E F R U O N L I N E M E E T I N G S
C O M P A N I O N S H I P R E F U G E V

AFTERCARE

BOOKS

COMPANIONSHIP

FRIENDS

HIGHER POWER

INTEGRITY

JOURNALS

MEDITATION

MEETINGS

MENTORS

ONLINE CLASSES

ONLINE MEETINGS

PHONE CALLS

REFUGE

RETREATS

SOBER LIVING

SOCIAL MEDIA

SPONSORS

YOGA OF TWELVE STEPS

We have lots of resources in recovery to keep us in balance.