

Webinar #3: Storm Alert-Relapse and Recovery

Click on the following links:

[Recovery Ministries of the Episcopal Church](#)

[Find a Virtual Recovery Meeting](#)

[Online Resources for Recovery Meetings](#)

[Article in the Atlantic: I Won't Drink Today, and I Won't Get the Virus Today](#)

[Alcoholics Anonymous prepared me for the pandemic.](#)

[13 Characteristics of Addiction – How Do You Know When Someone is an Addict?](#)

[An Overview of Behavioral Addiction](#)

[The 9 Best Online Therapy Programs of 2020](#)

[The Top 24 Sober Communities Beyond Traditional AA](#)

[Friendship in Sobriety: Your Guide To Making Friends While Sober](#)

[Igbtq+ Recovery Resources](#)

[4 Ways Atheists and Agnostics Recover](#)

[UNCANNY: THE LIKENESS BETWEEN EARLY RECOVERY AND LOCKDOWN](#)

[Listen to “Weathering quarantine as a sober parent in an alcohol-obsessed culture” from PeakConnection on Apple Podcasts.](#)

Sobriety Podcasts:

- A sober girls guide
- Mother recovering (this one doesn't have any new episodes since 2018 but the ones it does have are good)
- Recovery Happy Hour
- Seltzer Squad
- Terrible Thanks for asking (not sobriety related but it touches on a lot of trauma and difficult events including addiction in a very gentle, forgiving way).
- The Confessional, Nadia Bolz-Weber
- This naked mind
- Unlocking Us (this is Brene Brown's podcast, also not strictly sobriety related but a good listen because she's awesome).

Sober celebrities and authors:

- Laura Clery and her husband Stephen Hilton (both sober, they're famous for their Youtube videos but he has a really great story on getting sober)
- Eminem
- Elton John
- Demi Lovato
- Kristin Davis
- Tim McGraw
- Robe Lowe
- Karen Kilgariff (she's a comedian, writer and podcaster)
- Sia
- Jamie Lee Curtis
- Russell Brand (He has a great documentary and book on addiction)
- Dax Shephard (he also has a podcast called Armchair Expert which is not sobriety related but he is very open about his recovery through AA)
- Annie Grace (author and podcaster of This Naked Mind)

Instagram sobriety accounts:

- Girlwalksout
- Unexpectedjoyof
- boozeless
- Sobermomtribe
- Soberwitch
- sobergirlsociety
- thisnakedmind
- Boozeless
- Recoveryhappyhour
- Holly
- Laraannfrazier
- Recoceryisthenewblack
- Laura_Mckowen
- Rhi.fit.sober