

# RIVERSIDE RECOVERY



## Resources for Families

### Books

---

**It Takes a Family** by Debra Jay - *Recommended by Louise Wallowitz, Riverside Recovery therapist*

**Addictive Thinking** by Abraham J. Twerski - *Recommended by a fellow Riverside Recovery parent*

**Courage to Change**, Al-Anon Family Groups

**How Al-Anon Works**, Al-Anon Family Groups

**(ODAT) One Day at A Time**, Al-Anon Family Groups

**Paths to Recovery**, Al-Anon Family Groups - *There is an accompanying workbook as well*

### Videos

---

Dr. Charles Smith, **The Science of Addiction**

<https://www.youtube.com/watch?v=vJY55oc1mfg&feature=youtu.be>

### Al-Anon

---

#### NYC Al-Anon Meetings

This is being recommended because these meetings are available via Zoom.

This is a spreadsheet of Al-Anon Meetings, see if you are able to access the information

[https://docs.google.com/spreadsheets/u/0/d/1rBD5yTc6jKLy2KsEkKXhdqkhI1EicHhRDVkJTyNaAzxs/htmlview?usp=gmail\\_thread](https://docs.google.com/spreadsheets/u/0/d/1rBD5yTc6jKLy2KsEkKXhdqkhI1EicHhRDVkJTyNaAzxs/htmlview?usp=gmail_thread)

Al-Anon **Find a Meeting** Link

<https://www.afgarea9.org/find-a-meeting.html>

Additional meeting links for Al-Anon

<https://al-anon.org/al-anon-meetings/>

Al-Anon Literature

[https://www.nycalanon.org/uploads/1/5/9/7/15971028/downloadable\\_literature\\_wso.pdf](https://www.nycalanon.org/uploads/1/5/9/7/15971028/downloadable_literature_wso.pdf)

Al-Anon Detachment Leaflet

<https://al-anon.org/pdf/S19.pdf>

# RIVERSIDE RECOVERY



## Additional Online Resource

---

### **Reddit for AI-Anon**

Reddit is a website and an app on mobile devices

Many stories here, they can be depressing, but they do offer insight

<https://www.reddit.com/r/AIAnon/>

### **The AA Big Book App**

This app is available for a lifetime fee of \$20.00

Read the Big Book (original story of Alcoholics Anonymous on your phone) and receive daily notifications

### **AA Speaker Meetings**

You can attend one or listen online

They are very enlightening. Below is one where the great actor Anthony Hopkins shares his story

<https://www.youtube.com/watch?v=-pgeNiMYiUk&feature=youtu.be>

### **Florida Association of Recovery Residences (FARR)**

The Florida Association of Recovery Residences (FARR) provides a directory of FARR accredited sober living residences throughout the state of Florida. Facilities acquire this accreditation by being in continual compliance with the standards set by the National Alliance of Recovery Residences (NARR) Where appropriate we will exclusively refer clients to FARR accredited residences to ensure your loved one is able to secure recovery oriented and continually monitored sober support services in a residential setting.

Evidence based research shows continuing treatment in sober living, before returning to the clients home environment, statistically shows better outcomes for recovery.

<http://farronline.info/providers#providers-table-pagination=1>