



# Resources for Families

## Books



### **It Takes a Family** *by Debra Jay*

Recommended by Bianca Hollon, RN,  
MCAP - Family Program Manager



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



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

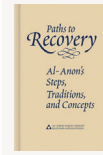


### **Addictive Thinking** *by Abraham J. Twerski*

Recommended by a fellow  
Riverside Recovery parent



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



### **Paths to Recovery**

Al-Anon Family Groups - There is an  
accompanying workbook as well



## Al-Anon

### **NYC Al-Anon Meetings**

These meetings are recommended because they are  
available via Zoom. You can find a list of online  
NYC Al-Anon meetings here:

<https://al-anon.org/al-anon-meetings/find-an-al-anon-meeting/>

### **National Al-Anon Meeting Finder**

For Al-Anon meetings outside of NYC, including virtual  
options, you can use the national meeting search tool:

<https://al-anon.org/al-anon-meetings/find-an-al-anon-meeting/>

### **PAL (Parents of Addicted Loved Ones)**

[Parents of Addicted Loved Ones | Support Group  
for Parents, Spouses, Family of Addicted Loved  
One \(palgroup.org\)](https://palgroup.org/)

### **Celebrate Recovery (Christian-based, all-inclusive recovery meetings)**

[Home - Celebrate Recovery](https://celebraterecovery.org/)

### **Nar-Anon**

<https://www.nar-anon.org/virtual-meetings>



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## Additional Online Resource

### The AA Big Book App

This free app lets you read the original Big Book (the foundational text of Alcoholics Anonymous) right from your phone and receive daily notifications. Some features require in-app purchases, including a \$19.99/year subscription.

### Reddit for Al-Anon

A forum-based online community where family members and loved ones of those struggling with addiction can share experiences, ask questions, and find encouragement.

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

### 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 earn this accreditation by maintaining continual compliance with the standards set by the National Alliance of Recovery Residences (NARR). Whenever appropriate, we exclusively

refer clients to FARR-accredited residences to ensure your loved one receives recovery-oriented and consistently monitored sober support services in a residential setting. Evidence-based research shows that continuing treatment in a sober living environment, before returning to the home setting, statistically leads to better recovery outcomes.

<https://farronline.info/home>

## Videos

### The Science of Addiction

*Dr. Charles Smith*



[Addictionologist Dr. Charles Smith Shares His Story & Expertise](#)



### 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.

in "White Chip" on Facebook  
  
Link is in Description

[Anthony Hopkins - Pacific Group Meeting - AA Speaker](#)

