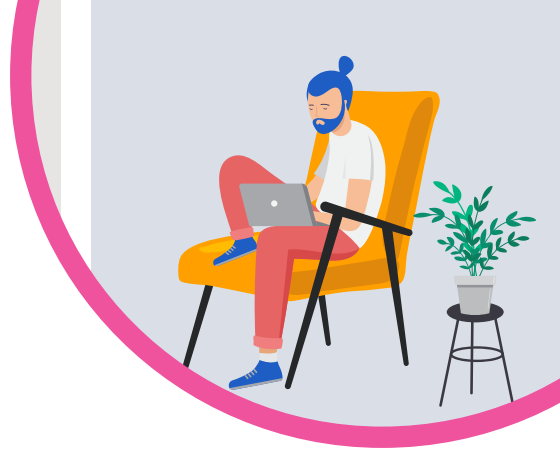


# CHANGING LIVES



## STAY CONNECTED TO YOUR RECOVERY #stayingindoors

During this difficult time, when many of us have been asked to stay at home, we wanted to share with you all the things that are available to support you with your recovery!

**Many Mutual aid meetings are now online:**

<https://www.alcoholics-anonymous.org.uk/AA-Meetings/Online--Telephonic-Meetings>

<https://online.ukna.org/>

<https://smartrecovery.org.uk/online-meetings/>





Breaking free is a great evidence based online resource for being breaking free from substance use. It's free for a period of time to support the Corona Virus isolation of communities.

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

Follow us on Facebook for daily updates, tips and videos:



[@ChangingLivesCharity](https://www.facebook.com/ChangingLivesCharity)

Sobersocial is an online recovery community, ask us about Sobersocial groups online:

