

Al-Anon (Alateen), AA, NA sites:

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

<https://www.aa.org/>

<https://www.na.org/>

Birds of a Feather (BOAF) sites:

<https://boafalanon.org/>

<https://boaf.org/>

BOAF Al-Anon Meetings (Zoom):

TUESDAY 11:00 EST/ 10:00 CST (Workbook Study)

ID # 837 5867 1792

Password: Birds

FRIDAY 11:00 EST / 10:00 CST

ID # 837 5867 1792

Password: Birds

HIMS Family Support:

<https://himsprogram.com/family-support/>

Under "Get Help Now" you will find the link to family support and HIMS Chairmen

Therapist Referrals:

Barbara D. Woods, LCSW, ACSW, SAP Qualified

972-467-7993 Barbara@barbarawoodsandassociates.com

or have them contact insurance company

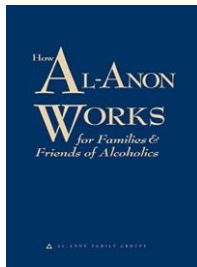
Dr. Bedi's Addiction Presentation:

<https://www.youtube.com/watch?v=j4wCgJ551w0>

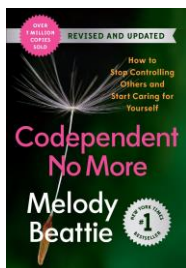
Crisis Hotlines and Resources:

<https://www.apa.org/topics/crisis-hotlines>

Books:



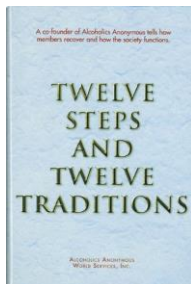
<https://www.goodreads.com/book/show/22730406-how-al-anon-works-for-families-friends-of-alcoholics>



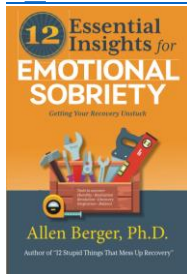
<https://www.goodreads.com/book/show/61865476-codependent-no-more>



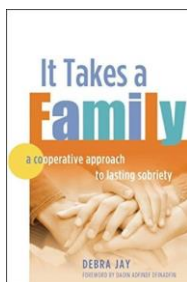
<https://www.goodreads.com/book/show/38915855-it-s-not-supposed-to-be-this-way>



https://www.goodreads.com/book/show/3059.Twelve_Steps_and_Twelve_Traditions



<https://www.goodreads.com/book/show/58375764-12-essential-insights-for-emotional-sobriety>



<https://www.goodreads.com/book/show/24083572-it-takes-a-family>