



THE DORM
Celebrating 15 years

SOBER RESOURCES

Support Groups, Activities, and Apps for a Vibrant Sober Community

CONTENTS

SOBER MEETINGS	PAGE 3
SOBER COMMUNITY	PAGE 4
SOBER EVENTS & DESTINATIONS	PAGE 6
SOBER APPS	PAGE 7

Alcoholics Anonymous®

Helping alcoholics recover for more than 80 years. Chapters for young people, LGBTQ+, men, women and codependents. <https://www.aa.org/>

Marijuana Anonymous

Free peer-support program that utilizes the 12 step method for marijuana or cannabis addiction. Find meetings: <https://marijuana-anonymous.org/>

SMART Recovery®

Evidenced-informed recovery method grounded in Rational Emotive Behavioral Therapy (REBT) and Cognitive Behavioral Therapy (CBT). Directory & resources: <https://smartrecovery.org/>

RECOVERY DHARMA

Peer-led movement using Buddhist practices and principles to overcome addiction through meditation, personal inquiry, and community. Find NYC meetings: <https://recoverydharmanyc.org/meetings/?tsml-day=any>

REFUGE RECOVERY

A Buddhist path to recovering from addiction: Find meetings: <https://refugerecoverymeetings.org/meetings>

LifeRing® Secular Recovery

Abstinence based anonymous recovery organization that following a 3-S philosophy of Sobriety, Secularity, and Self-Help. Discover: <https://lifering.org/>



Nonprofit offering sober activities like yoga, CrossFit, outdoor hikes and social events

<https://thephoenix.org/>



Supports young adults in recovery from substance use by offering a peer community, and creating a culture change around stigma.

<https://www.bigvision.nyc/>



Music industry-driven non-profit dedicated to helping young people as they battle addiction and learn coping skills.

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



Meet other local people interested in sobriety: share experiences, inspire and encourage each other!

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



Fun activities, events and outings in the city (without the hangover). NY-specific

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



Sobriety can be hard. Finding a like minded roommate shouldn't be.

<https://mysoberroommate.com/>



DAYBREAKER

Dance parties without alcohol or drugs, featuring live DJs and a vibrant atmosphere. Multiple locations. <https://www.daybreaker.com/>



Sober-curious social evenings hosted by New York's newest sauna+ice cold plunge destination: Othership (NY specific: Flatiron & Williamsburg). <https://www.othership.us/experience>



DC's premier alcohol-free destination is Filipina-owned and hosts regular social events including a new sober storytelling evening starting this July 25th. <https://www.instagram.com/bingebardc/?hl=en>



Annual event offering a family-friendly celebration with music, dance, and food.

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



App for tracking sobriety, setting goals, and joining a community of others in recovery.

<https://apps.apple.com/mr/app/i-am-sober/id672904239>



The ultimate companion for anyone looking to join a robust sober community (also used for dating)

<https://apps.apple.com/us/app/loosid-sober-recovery-network/id1413514350>



A dating app designed with the person in recovery in mind.

<https://cleanandsoberlove.com/>

THANK YOU.