



My First Year of Recovery and Recovery Support Services

Client Resources

Literature:

- AA Big Book
- NA Basic Text
- Twelve Steps & Twelve Traditions
- As Bill Sees It
- Living Sober
- Came to Believe
- Daily Reflections
- Drop the Rock
- A Woman's Way Through The Twelve Steps
- Man Way Through The 12 Steps
- Brene Brown
- Four Agreements
- Get Up
- Staying Sober
- Codependent No More
- The Addictive Brain

Speaker Tape Apps:

- **AA Audio Companion**
[Google Play](#)
[App Store](#)
- **AA Speaker Tapes & 12 Steps**
[App Store](#)
- **AA Speakers**
[Google Play \(free\)](#)
[App Store \(\\$1.99\)](#)
- **Daily Bread**
[App Store](#)

Phone AA meetings:

- One Day at a Time- Everyday including weekends at 1pm
 - Phone number: 712-755-7031
 - Access Code: 198520#
- Sober Voices- Daily at 12pm
 - Phone Number: 712 432 0075
 - Access Code: 654443#
- Additional AA Phone Meetings:

Online Meetings:

- Aaonline.net
- Aachats.org
- <https://aa-intergroup.org/directorytelephone.php>
- <https://virtual-na.org/meetings>
- SMARTrecovery.org
- Refugerecovery.org
- Celebraterecovery.com

Activities:

- Meditation
- Call Sober Contacts/ Supports
- Call family members
- AA readings (12 & 12, Big Book, Daily Reflection, etc.)
- Read for pleasure
- Home exercises

Exercise programs:

- Peloton app- 90-day free subscription trial for at home workouts
- Down Dog apps: Down Dog, Yoga for Beginners, HIIT, Barre, 7 Minute Workout-free till April 1st
- Tone It Up app is free to new members for the next month
- Planet Fitness- will stream free 20-minute workouts on their Facebook page every day at 4pm PST.
- Nike Training Club and Adidas Training by Runtastic are both free apps

Apps:

- Calm
- Headspace
- Pink Cloud
- A new pair of Glasses
- AA Speaker Tapes
- Nomo- Sobriety Clocks
- Daily Bread