

## **VIRTUAL RECOVERY PROGRAMS**

### **Flight Attendant Drug and Alcohol (FADAP)**

*Job Uncertainty and Your Sobriety - 2020 has been an incredibly tough year for everyone. The level of changes and uncertainty in the airline industry has been historical. As you navigate these challenging times, protecting or achieving sobriety can be difficult. The attached supportive advice offered by an expert physician who has treated many Flight Attendants may be helpful to you, especially at this time.*

**Dr. Nelson's Message to FADAP** - <https://www.youtube.com/watch?v=950vzoujalA&feature=youtu.be>

### **Wings of Sobriety Telephonic Meetings**

Telephonic meetings are open to all Flight Attendants who are exploring their need for or seeking recovery from substance use disorders.

Meeting times are scheduled on Wednesday at 900 am/HST (1200 pm/PST) and Sunday at 1100 am/HST (200 pm/PST). Each meeting will last between forty-five (45) minutes to one (1) hour.

Conference Call-In Number: **1 (855) 544-2320**

**Flight Attendant Drug and Alcohol Program** - These programs offer online support and services

**Alcoholics Anonymous** - <https://aa-intergroup.org/>

**Cocaine Anonymous** - <https://www.ca-online.org/>

**LifeRing** - <https://www.lifering.org/online-meetings>

**In The Rooms** - <https://www.intherooms.com/home/> (Online support through live meetings and discussion groups)

**Marijuana Anonymous**: <https://ma-online.org/>

**Narcotics Anonymous** - <https://www.na.org/meetingsearch/> (A variety of online and skype meeting options)

**Self-Management and Recovery Training (SMART) Recovery** - <https://www.smartrecovery.org/>  
(A global community of mutual-support groups, forums including a chat room/message board)

**SoberCity** - <https://www.soberocity.com/> (An online support and recovery community)

**Sobergrid** - <https://www.sobergrid.com/> (An online platform to help anyone get sober and stay sober)

**Soberistas** - <https://soberistas.com/> (A women-only international online recovery community)

**Sober Recovery** - <https://www.soberrecovery.com/forums/> (An online forum for those in recovery and their friends and family)

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