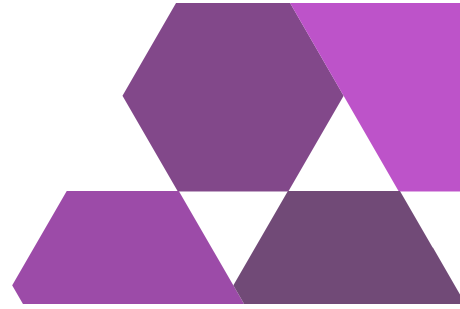




# Cristina's Counseling

## AND RECOVERY

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**Location:** Texas

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# Virtual Support Groups

## With Clickable Links!

# Connect, Share, Heal: Virtual Support Groups for Mental Wellness

## Addiction Support Groups

### 1. SMART Recovery

**Focus:** Science-based addiction recovery (alcohol, drugs, gambling, etc.)

**Format:** Virtual meetings worldwide

**Website:** <https://smartrecovery.org/meeting>

### 2. In The Rooms

**Focus:** A global online community for addiction recovery (12-step and non-12-step).

**Format:** Live and recorded meetings.

**Website:** <https://www.intherooms.com/home/>

### 3. Alcoholics Anonymous (AA) Online Intergroup

**Focus:** Alcohol addiction recovery.

**Format:** Virtual 12-step meetings- International options

**Website:** <https://aa-intergroup.org/meetings/>

## Al-Anon and Family Support Groups

### 1. Al-Anon Family Groups

**Focus:** Support for families and friends of alcoholics.

**Format:** Virtual meetings and resources.

**Website:** <https://al-anon.org/al-anon-meetings/>

### 2. Nar-Anon

**Focus:** Support for families and friends of individuals struggling with drug addiction.

**Format:** Virtual meetings or In-person option

Website: <https://www.nar-anon.org/virtual-meetings>

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## Eating Disorder Support Groups

### 1. National Eating Disorders Association (NEDA) Support Groups

**Focus:** Support for individuals with eating disorders and their loved ones as well as treatment options w/ insurance verification.

**Website:** <https://www.nationaleatingdisorders.org/find-treatment/>

### 2. Eating Disorders Anonymous (EDA)

**Focus:** 12-step program for eating disorder recovery.

**Format:** Virtual meetings

**Website:** <https://eatingdisordersanonymous.org/meetings/>

### 3. Project HEAL

**Focus:** Peer support and recovery for eating disorders.

**Format:** Virtual support groups and mentorship- Community heal virtual program

**Website:** <https://www.theprojectheal.org/community-care-program>

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## Parent Support Groups

### 1. Postpartum Support International (PSI)

**Focus:** Support for parents dealing with postpartum depression, anxiety, and other perinatal mental health challenges.

**Format:** Virtual support groups and resources.

**Website:** <https://www.postpartum.net/get-help/psi-online-support-meetings/>

### 2. Parents Anonymous

**Focus:** Support for parents facing stress, isolation, or challenges in parenting.

**Format:** Virtual meetings.

**Website:** <https://parentsanonymous.org/program/parents-anonymous/>

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# Trauma Support Groups

## 1. The Mighty

**Focus:** Peer support for trauma survivors (PTSD, abuse, etc.).

**Format:** Online community and virtual groups.

**Website:** <https://themighty.com/groupdirectory/>

## 2. NAMI (National Alliance on Mental Illness)

**Focus:** Support group for people with mental health conditions. Groups meet weekly, every other week or monthly, depending on location. Many support groups are virtual and attendance is open to everyone across the country

**Format:** Virtual support

**Website:** <https://www.nami.org/support-education/support-groups/>

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# Retreat Events for Self-Care and Relaxation

## 1. The Omega Institute

**Focus:** Wellness retreats for self-care, mindfulness, and relaxation.

**Format:** Virtual and in-person retreats.

**Website:** <https://www.eomega.org>

## 2. Kripalu Center for Yoga & Health

**Focus:** Yoga, meditation, and self-care retreats.

**Format:** Virtual and in-person retreats.

**Website:** <https://kripalu.org>

## 3. Esalen Institute

**Focus:** Personal growth, mindfulness, and relaxation.

**Format:** Virtual workshops and in-person retreats.

**Website:** <https://www.esalen.org>

## 4. Mindful Leader

**Focus:** Mindfulness and self-care retreats for professionals and individuals.

**Format:** Virtual and in-person events.

**Website:** <https://www.mindfulleader.org>

## 5. Within Center - Austin, TX

**Focus:** Psychedelic assisted therapy tailored for depression, anxiety, substance use and mood disorders

**Format:** in-person retreats

**Website:** <https://within.center>

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