

# Technology Supporting Recovery - iPromises

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iPromises Recovery Campaign at <http://ipromises.org/>

**iPromises is a free iPhone app to help those in recovery from addiction track their progress, easily contact like-minded peers, and build a virtual support community.**

## **With iPromises you can**

- Track Your Recovery - Track your time in recovery, keep a visual journal of your accomplishments, challenges, and triggers, and add and share your meetings with friends in recovery. Set up that all-important SPONSOR contact and quickly dial your sponsor if you face a challenge. You will love the visual graph of how you've been feeling over time.
- Live One Day at a Time - The iPromises recovery app is a great way to stay in the moment. You will be able to read a daily thought or concept to help build your recovery program. You can easily share meetings with friends. You will have an easy way to dial any central office to find a meeting when you are traveling.
- Geo-Position to Add Meetings - Sitting in a meeting for the first time and love it? Use the iPhone's built in geo-positioning to automatically add the address, then add the day and time. Now you have stored a great meeting and can share it with friends.

*The most important thing in recovery is community and the iPromises app lets you build a virtual social community of like-minded peers. Have all your recovery contacts in one place so you can easily contact a friend or your sponsor if you are facing a challenge that day.*

- Store your home group information and all your favorite meetings
- Click the sponsor button to dial your sponsor
- Let your friends know about the app so they can download it and share meetings with each other
- Easily dial any local central office to find a meeting anywhere in the US or Canada.

To sign up for this free app, go to: [www.ipromises.org](http://www.ipromises.org)

***iPromises is not a product of Beacon CBHM.*** This information is being shared as a potential resource and not as an endorsement. Any questions or concerns about the application should be directed to the iPromises Website.