

June 2026 Member Blog Topic

How Do You Use Technology to Enhance Your Recovery?

When used mindfully, technology can be a great ally in recovery by helping us stay connected to our program and other members and maintain healthy habits wherever we are. June's blog topic invites reflection: "How Do You Use Technology to Enhance Your Recovery?"

We also welcome sharings about Al-Anon's three Legacies, with this month featuring Step Six, Tradition Six, and Concept Six, and how they guide personal growth, group life, and service.

Please share with us at [**al-anon.org/member-blog**](https://al-anon.org/member-blog)

Sharings on the Member Blog may be used in future Al-Anon publications.

New topics are being added each month!