

For emergencies call 911. For additional resources call 211.

Crisis Lines	Website/Phone Number		
National Suicide Prevention	1-800-273-8255		
Adult Crisis Line DMHAS	860-418-7000		
Children's Mobile Crisis	860-550-6393		

Not everyone can make it to meetings in person. Here are some resources that many use to access vital recovery support online from home:

Alcoholics Anonymous



aa-intergroup.org/directory.php
onlinegroupaa.org
aaonlinemeeting.net



Narcotics Anonymous

virtual-na.org
na.org/meetingsearch
 *for country, select "Web"

Online/Digital Recovery Support Resources

SMART Recovery

smartrecovery.org/smart-recovery-toolbox/smart-recovery-online
smartrecovery.org/private-convenient-online-recovery-support



Other Resources

addictioncampuses.com/alcohol/apps-for-recovery
sobergrid.com/howitworks
intherooms.com/home
unityrecovery.zoom.us/my/allrecovery



OPTIONS FOR NA MEETINGS DURING COVID-19

VIRTUAL-NA.ORG

NA-RECOVERY.ORG

NABYPHONE.ORG

NEVERALONECLUB.ORG



ATTEND A MEETING A NIGHT VIRTUALLY

*Hosted by the NorthStar Online Group of
Narcotics Anonymous*

Join us

Every night at 7pm by link

<https://zoom.us/j/2012572764>

or by phone at

+16465588656,,2012572764#

*Times listed in Eastern Standard
Time, New York. Meetings are English
speaking.*

**FOR MORE MEETINGS AND
INFO VISIT VIRTUAL-NA.ORG**

WeHa AA 7 am meeting on Zoom

Open, all-inclusive, all genders, LGBTQ-friendly,
new comers and old timers

Mon 7 am EST Come To Believe

Tue 7 am EST Living Sober

Wed 7 am EST Big Book

Thu 7 am EST Daily Reflection

Fri 7 am EST 12 steps

Sat 7.30 am EST BB 164 pages

Sun 9 am EST 11 step

From your **computer**:

<https://us04web.zoom.us/j/799787544>

From your **phone**:

1. Download Zoom app
2. Click "Join a Meeting" put Meeting ID 799 787 544

Call the meeting:

Call +1 646 558 8656 and put Meeting ID 799 787 544

Download free books:

<https://www.aonlinemeeting.net/literature.html>

Digital All Recovery Meetings

WEconnect and Unity Recovery are partnering together to offer 4x daily all recovery meetings to anyone in the world. Meetings will follow an open format and are available to anyone in or seeking recovery.

7 days a week
9AM, 12PM, 3PM, 9PM EST

Join directly by navigating to
unityrecovery.zoom.us/my/allrecovery
in your browser or from your smartphone



WEconnect
HEALTH MANAGEMENT

UNITY RECOVERY
RECOVERY COMMUNITY ORGANIZATION

**IF YOU ARE AT HOME SICK
AND
NEED A MEETING**

*Pause A While will host a free
conference call for AA meetings.*

2pm Every Day
Starting Today

Dial-in number:

(425)436-6360

Access Code

422932#

Please Share this Announcement

We also need host volunteers to chair the phone meetings please

email: pauldart@pauseawhile.org



SMART RECOVERY DURING COVID 19!

**FEEL OVERWHELMED OR ANXIOUS?
USING ALCOHOL & DRUGS TO COPE?**

SMART Recovery peer groups help you develop self-management and coping skills to make positive changes in your life or help a loved one.

FREE online groups (audio or video) with facilitators right here in Southwest CT:

- Ages 18 & up: Tuesdays, 6pm-7:30pm
- Teens: Wednesdays, 4pm-5:30pm
- Family & Friends: Thursdays, 6:30-8pm



<https://meetings.ringcentral.com/j/6651939516>
Click meeting link on thehubct.org/calendar



Questions: Contact Amy at oestreicher@thehubct.org

Visit TurningPointCT.org/smart or TheHubCT.org/freepersupport





*Join Us In
Celebration*

**Saturday Night's
Speaker Meeting at
7:30pm**

<https://zoom.us/j/162713326>

*Don't let social isolation keep you from celebrating your
sobriety milestones! Join us!*



DINOSAUR SPEAKER JAM

SAT. MARCH 28th

2-7:30 pm (PST)

Speakers with 30 years+

ZOOM ID 6420833054

San Diego