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





Narcotics Anonymous

aa-intergroup.org/directory.php

onlinegroupaa.org

aaonlinemeeting.net

virtual-na.org

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

SMART Recovery

Online/Digital
Recovery Support
Resources

Other Resources

smartrecovery.org/smartrecovery-toolbox/smartrecovery-online

smartrecovery.org/private -convenient-onlinerecovery-support



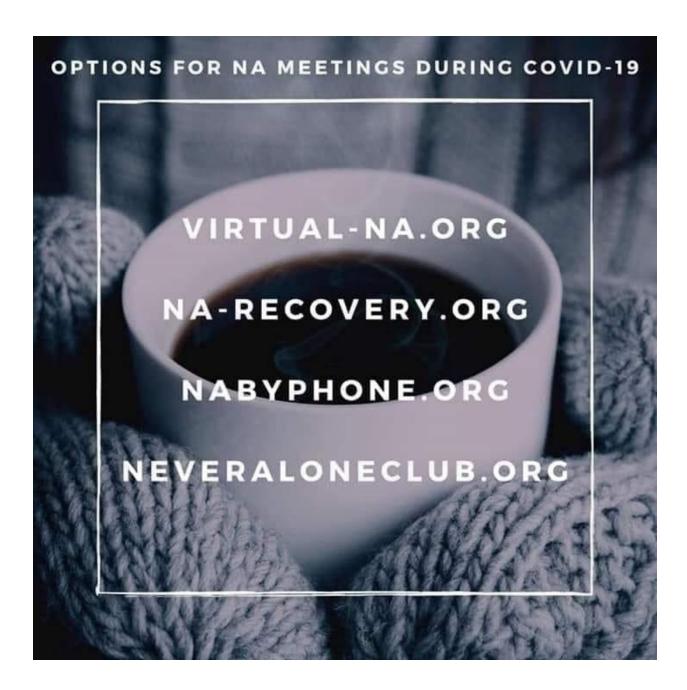
addictioncampuses.com/ alcohol/apps-for-recovery

sobergrid.com/howitworks

intherooms.com/home

unityrecovery.zoom.us/ my/allrecovery







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.aaonlinemeeting.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



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/freepeersupport





















DINOSAUR SPEAKER JAM

SAT. MARCH 28th

2-7:30 pm (PST)

Speakers with 30 years+

ZOOM ID 6420833054

San Diego