

ALL VIRTUAL RECOVERY SUPPORT MEETING LISTS

12-Step AA/NA

Alcoholics Anonymous

Sobercast is a free podcast of AA speakers and recorded workshops on different subjects. I find it on Spotify.

AA Richmond intergroup is keeping the website (aarichmond.org) updated with all the meeting closures in red at the bottom of the main page. The meeting that are still listed when you search for a meeting by hitting the meetings tab are ones that still meet in person.

Some AA meetings have moved their meetings to video chat via FB messenger or Zoom (both apps). The only way I have heard of these meetings and have got invited to them is via FB or text. If you are on facebook, join any "RVA Recovery" groups, "Quarantined AA" groups, there is even a "COVID 19 AA" group and ask about what meetings are going on virtually.

Youtube is full of AA speakers that speak on random topics. To keep the anonymity of the speakers, the video is just audio.

You can download free AA or Big Book apps that will allow you to have access to literature and prayers from the fellowship. In the Big Book there are personal stories in the back that depict the experiences of all different types of alcoholics sharing their experience, strength, and hope. By reading these stories, it feels very similar to going to a speaker meeting.

****Now aarichmond.org is listing all the local meeting that have moved to being online. Go to the main page of the website, then click "meetings", go to the drop down meeting tab and scroll down to "online meetings", click "find meetings". Then a list of meetings will show up with their meeting codes to use in Zoom.**

Narcotics Anonymous

The NA website has some listings of their changes that has taken place with meetings shutting down and such. If you have a question about which meetings are still functioning or how to access online NA meetings contact Christian F. at 804-666-1057.

Youtube is full of NA speakers hat speak on different topics. To keep the anonymity of the speakers, the video is just audio.

You can download NA apps that give you the Just For Today, literature, and prayers of the NA fellowship for free.

Trauma Recovery Meetings

Robin's Hope

How to attend: (Zoom changed their process this weekend 4/4/20)

1 – You can download the zoom app at no cost on your phone, tablet, or computer

- Create a profile in zoom
- Click Join Meeting
- Type in the Unique Zoom Meeting ID (773 407 3441) and Password (12345)

2 – Go to our website www.robinshope.com/services/ and click on the link for the zoom meeting you want to attend at the appropriate time.

- we have heard preferably on a chrome browser

3 – Call in using this number 1-646-558-8656

- When prompted type in the appropriate Meeting ID (773 407 3441) and Password (12345) for the group you are attending at the correct time.

Please note – Please use mute when not talking to help with background noise while in groups.

Please note – Everyone will need to acknowledge themselves in the group – for privacy purposes

When: - Meeting ID # 773-407-3441 Password 12345 FOR ALL GROUPS

Monday Groups –

- Monday Peer Support Group (1-2pm)
- Brene Brown Book Study (3-4pm)
- Comfort & Compassion Group (4:30-5:30pm)
- RISE! Resilience Based Support Group (6-8pm)

Tuesday Groups -

Wednesday Groups –

- The Body Keeps the Score (11:30am-12:30pm)
- Life Skills Group (1-2:30pm)
- RISE! Resilience Based Support Group (6-8pm)

Thursday Groups –

- Check In – (1-2pm)

Friday Group – (New)

- Friday Peer Support Group (2-4pm)

Website - <https://robinshope.com/services/>

Facebook - <https://www.facebook.com/events/858550414618454>

VCU Recovery Meetings

Virginia Commonwealth University Recovery Meeting & Event Schedule - Updated 3/12/20

Effective 3/12/2020, the Recovery Clubhouse will be closed for visitors and meetings. Beginning 3/17/20 we will be providing a [Virtual Clubhouse](#) for students to use for recovery support.

We have cancelled the upcoming Recovery Scholars Breakfast and Research to Recovery Conference.

Beginning 3/12/2020, all recovery meetings will move to virtual spaces with links provided below. To access a meeting by phone call 646-558- 8656 and enter the meeting ID below. Please also review the attached online meeting etiquette guide.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
200% Writing, Writing Workshop . 4:30 All Recovery Meeting - 531774014 NA Meeting. 8:00 p.m. - 762-749-172	Hitting the Books, Grapevine AA Meeting. 7p.m. - 595-645-870 Those who want it, NA Meeting. 8:30 p.m. - 570-518-944	SMART Recovery. 7p.m. (What is SMART Recovery?) - 374-505-251 Recovery Dharma Meeting. 8:30p.m. - 958-363-051	AA Meeting. Noon - 379-096-170 Marijuana Anonymous, 5:45pm - 926-965-229	Family Education Program. 6:30-8:00PM - 299-427-496 We Agnostics (Secular) AA Meeting. 7:00 pm - 332421146	Friday Night Young People, AA Meeting. 8:30p.m. - 289-119-017	Boys to Men, Men's AA Meeting. 12:30pm - 831-587-387 All Queer, No Beer, LGBTQ AA Meeting. 5:00p.m. - 650-909-392 No Cover Charge (AA Meeting.) 9:00pm - 999-201-610

McShin Virtual Groups and Podcast Link:

<https://mcshin.org/blog/get-in-the-herd-podcast/>

3.18.20 Mental Health and Substance Use Recovery Resources SAMHSA Region 3 COVID-19 communication

Key Message points:

1. We are **concerned** about people with mental illness and substance use disorders.
2. **If you are in crisis** and need immediate help – please call 911.
3. Many have lost access to daily meetings and activities that help them sustain their recovery. While staying at home is important, **there is no need to isolate** - using the phone and computer to stay in touch with your support network is important.
4. Online meetings and other resources are available.
5. These are chronic disease with the potential for both reoccurrence and long-term recovery. **Staying connected and helping each other** is critical.
6. If you or someone you know is thinking about suicide—whether you are in crisis or not—call or live chat the [National Suicide Prevention Lifeline](https://www.suicidepreventionlifeline.org/) at **1-800-273-TALK (8255)**.
7. National Domestic Violence Hotline: When survivors are forced to stay in the home or in proximity to their abuser, it can create circumstances where their safety is compromised The Hotline provides lifesaving tools and immediate support to empower victims and survivors to find safety and live free of abuse. We also provide support to friends and family members who are concerned about a loved one. Resources and help can be found by calling 1-800-799-SAFE (7233).

Online and Virtual Recovery Support Resource List

For those with **mental health conditions**, the [NAMI HelpLine Coronavirus Information and Resources Guide](#) may be helpful if you need information about the pandemic or are looking for support, warm lines, etc.

Hazelden Betty Ford: “[Tips for Staying Connected and Safeguarding Your Addiction Recovery](#)” contains online support meetings, podcasts/blogs, mobile apps, social media groups, and movie/video suggestions. HBF also has [The Daily Pledge](#) which is an online support community with chat rooms and places to hang out virtually with friends in recovery.

Shatterproof: “[How I’m Coping with COVID-19 and Social Isolation as a Person in Long-Term Recovery](#)” provides helpful suggestions of what to do (exercising, reaching out, praying, meditating, focusing on my breathing, listening to music, doing projects you’ve been putting off) and NOT to do

(monitor time on social media, negative self-talk, eat too much unhealthy food, watch the news 24/7).

The Chopra Center: “[Anxious About the Coronavirus? Here Are Eight Practical Tips on How to Stay Calm and Support Your Immune System.](#)”

Alcoholics Anonymous – Offers on line support through their online intergroup link <http://aa-intergroup.org/>

Cocaine Anonymous – Online Services for CA link <https://www.ca-online.org/>

LifeRing – Secular Recovery is an organization of people who share practical experiences and sobriety support. There are as many ways to live free of drugs and alcohol as there are stories of successful sober people. LifeRing Secular Recovery on line support link <https://www.lifering.org/online-meetings>

In the rooms - Online Recovery Meetings - In The Rooms with a simple goal in mind: to give recovering addicts a place to meet and socialize when they’re not in face-to-face meetings. This basic concept has grown into a global online community with over 500,000 members who share their strength and experience with one another daily. Through live meetings, discussion groups, and all the other tools In the Rooms has to offer, people from around the world connect with one another and help each other along their recovery journeys. Link <https://www.intherooms.com/home/>

Marijuana Anonymous – District 13 online fellowship of people who share our experience, strength, and hope with one another to solve common problem and help others to recover from pot addiction. Link <https://ma-online.org/>

Narcotics Anonymous – Offers a variety of online and skype meeting options. Link <https://www.na.org/meetingsearch/text-results.php?country=Web&state&city&zip&street&within=5&day=0&lang&orderby=distance>

Reddit Recovery – Redditors in recovery to hang out, share experiences, and support each other. Discuss the various ways to achieve and maintain a life free from active addiction. Everyone is welcome. Link <https://www.reddit.com/r/REDDITORSINRECOVERY/>

Refuge Recovery – Refuge Recovery is grounded in the belief that Buddhist principles and practices create a strong foundation for a path to freedom from addiction. This program is an approach to recovery that understands: All individuals have the power and potential to free themselves from the suffering that is caused by addiction. Link to online support <https://refugerecovery.org/meetings?tsml-day=any&tsml-region=online-english>

SMART Recovery – Self-Management And Recovery Training (SMART) is a global community of mutual-support groups. They offer online support and forums including a chat room and message board. Link <https://www.smartrecovery.org/community/>

SoberCity – Soberocity could be a great solution for you if you're looking for an online community that occasionally also has live events across the country. Link <https://www.soberocity.com/>

Sobergrid – A platform to help anyone get sober and stay sober. Some join to get support, others to give it. Each free download, post, and connection create an opportunity to stay sober while helping others do the same. Link <https://www.sobergrid.com/>

Soberistas – International Online Recovery Community online-only community is worldwide, which makes it easy to connect with like-minded women who are friendly, non-judgmental, and helping each other kick the booze and stay sober. Link- <https://soberistas.com/>

Sober Recovery - The forums of Sober Recovery are a great place for people with substance use disorder to find assistance and helpful information. The community has more than 168,000 people who are recovering from substance use disorder and/or codependence, as well as their friends and family. Link <https://www.soberrecovery.com/forums/>

We Connect Recovery - Online recovery support groups will be available daily. They are open to anyone who is dealing with substance use, mental health concerns, disordered eating, as well as any other quality of life concerns. Everyone is welcome no matter your pathway to recovery or recovery status. Link <https://www.weconnectrecovery.com/free-online-support-meetings>

Recovery Path App – In depth app that is free to download. Includes help with locating online meetings. Easily record triggers and urges, log activities or risky environments, exc. https://play.google.com/store/apps/details?id=com.recoverypath&hl=en_US

Simple steps for 12 step groups using various virtual platforms for meetings

Great quick start information on Zoom, Google Hangouts, and FreeConferenceCall: <https://www.nyintergroup.org/remote-meeting-listing/help-setting-up-online-meetings/#zoom>

Example of Flyer being used to publicize meetings. This flyer is sent to group members via email and text, posted on this AA District Website and posted on door of church that is

closed in an attempt to reach anyone who shows up for a meeting.



Nuts and Bolts om
flyer.pdf

To host a meeting on zoom:

1. Set up a free account here: <https://zoom.us>
When you set up a free account, you can only host a meeting for 45 minutes. To host longer meetings, you need a paid account (\$120 a year or about \$18/month).

2. How to schedule a meeting (the video is the most helpful):
<https://support.zoom.us/hc/en-us/articles/201362413-Scheduling-meetings>
3. How to invite people to join a meeting :
<https://support.zoom.us/hc/en-us/articles/201362183-How-do-I-invite-others-to-join-a-meeting->

Simple zoom use instructions:

- Menu bar is at the bottom of the screen when you are in zoom on a computer, at the top on a mobile device.
- Use Mic and Video icons to turn on mic and camera.
- Click on Up Arrow located to right of microphone icon to test speakers and microphone on your computer.
- Host can use Manage Participants Icon to see who is online and mute people if needed, including muting everyone.
- Chat Icon can be used by participants to communicate via chat

Use Gallery View/Speaker View at the top right to flip between seeing just the speaker and seeing everyone in the

In response to Covid-19 Social-Distancing, MARA (Medically Assisted Recovery Anonymous) leaders will be hosting ZOOM Meetings:

Tuesdays and Thursdays, 11:00 am EST

[Join Zoom Meeting](#)

Meeting ID: 602 750 376

One tap mobile

+13126266799,,602750376# US (Chicago)

+16468769923,,602750376# US (New York)

Contact Carol at (203) 507-4223 for more information.

Mondays, 6:30 pm CST

[Join Zoom Meeting](#)

Meeting ID: 963 731 8655

One tap mobile

+19292056099,,9637318655# US (New York)

+13126266799,,9637318655# US (Chicago)

Contact [Casie D.](#) or call (860) 549-3350 for more information.

Thursdays, 7:30 pm EST

1. [Download Zoom](#)

2. Enter Meeting I.D. 891-800-6393

3. Allow access to your mic & camera (optional)

Contact Reed at 561-358-6030 for more information.

Saara Of Virginia

SAARA will be closed for on-site services beginning Monday March 23rd, 2020 until further notice. SAARA's recovery groups are now available virtually via Zoom. For guidance using Zoom or to download SAARA's Zoom Group schedule, visit www.saara.org. See below.

Mondays

11:00 AM - 12:00 PM

Letting Go

Meeting ID: 344-166-930

1:00 PM - 2:00 PM

Anger Management

Meeting ID: 914-828-744

3:00 PM - 4:00 PM

All Recovery

Meeting ID: 439-474-312

Tuesdays

11:00 AM - 12:00 PM

Life Skills

Meeting ID: 662-552-568

1:00 PM - 2:00 PM

Women's Recovery

Meeting ID: 572-427-348

1:00 PM - 2:00 PM

Men's Recovery

Meeting ID: 813-022-092

3:00 PM - 4:00 PM

Early Recovery

Meeting ID: 887-411-834

Wednesdays

11:00 AM - 12:00 PM

Wellness Recovery

Meeting ID: 704-962-219

1:00 PM - 2:00 PM

MARS Recovery

Meeting ID: 293-441-730

3:00 PM - 4:00 PM

All Recovery

Meeting ID: 39-982-504

Thursdays

11:00 AM - 12:00 PM

Addictive Thinking

Meeting ID: 164-345-373

1:00 PM - 2:00 PM

Wellness Recovery

Meeting ID: 728-900-431

3:00 PM - 4:00 PM

All Recovery

Meeting ID: 670-856-702

Fridays

11:00 AM - 12:00 PM

All Recovery

Meeting ID: 461-255-974

1:00 PM - 2:00 PM

Wellness Recovery

Meeting ID: 803-765-383



Recovery Dharma RVA:

-promotes healing from addiction and mental health challenges and personal growth through meditation, grounding techniques, and Buddhist principles

From rdrva.org:

****** Please note that all in-person meetings are temporarily closed ******

The evening meetings have been replaced with Zoom meetings:

Tuesday 8:30pm meeting –
<https://vcu.zoom.us/j/958363051>

Wednesday 7:30pm meeting –
<https://zoom.us/j/722926049>

Thursday 7:30pm meeting –
<https://zoom.us/j/463817986>

***** Recovery Dharma also hosts online meetings at other times –**

<https://recoverydharma.org/online-meetings>

***** Keep an eye on announcements for outdoor meetings**

→ The Richmond Sangha of Recovery Dharma uses the Recovery Dharma literature and meeting format.

→ All meetings are 1 hour. No prior knowledge of Buddhism is necessary.

→ The Sangha holds a business meeting on the first Thursday of each month, after the Thursday meeting.

General Recovery websites with various different online meetings:

<https://unityrecovery.org/digital-recovery-meetings>

<https://secularaa.org/online-meetings/>

Family Online Support Meetings:

<https://al-anon.org/al-anon-meetings/electronic-meetings/>