

Recovery Tools While Practicing Physical Distancing



1. AA
 - a. Online Meetings: <https://www.aa-intergroup.org/>
 - b. Phone Connection: 608-222-8989 for access to someone in AA 24/7

2. NA
 - a. Online Meetings: <https://virtual-na.org/>
 - b. Phone Connection: 614-252-1700 for access to someone in NA 24/7
 - c. Clean and Cyber, virtual NA Meeting through Zoom
 - i. Meeting Link <https://zoom.us/j/2828930125>
 - ii. Meeting ID: 282 893 0125
 - iii. When: Fridays and Sundays at 7pm

3. SMART Recovery
 - a. Online Only: <https://www.smartrecovery.org/>

4. In the Rooms
 - a. Online Only: <https://www.intherooms.com/home/>

5. Download "SoberGrid" in your smart phone's App store
 - a. Free
 - b. 24/7 live peer coaching, no matter where you are

"Success is the sum of small efforts, repeated day in and day out."

—Robert Collier