DIGITAL – PHONE – ONLINE MEETINGS

Self-Managed Recovery - <u>www.smartrecovery.org</u>

Various types of recovery meetings - www.intherooms.com

Narcotics Anonymous - www.virtual-na.org

Narcotics Anonymous Telephone dial-in – www.nabyphone.com

Alcoholics Anonymous -

https://www.thetokenshop.com/Online AA Meetings

Alcoholics Anonymous Telephone dial-in - http://aaphonemeetings.org/

Various Recovery Speakers - <u>www.recoveryspeakers.com</u>

Depression and Bipolar Support Alliance - http://www.dbsalliance.org

Overeaters Anonymous - https://oa.org

Recovery International (peer led mental health)https://recoveryinternational.org/meetings/

Codependents Anonymous - https://coda.org/find-a-meeting/

Online AA Meeting

"When Two Or Three Are Gathered"

EVERYDAY AT 6:30 PM CST

OPEN MEETING: ALL ARE WELCOME!



ZOOM [DOWNLOAD THE ZOOM APP] ID 784-579-9473

PLEASE DIAL IN 10 MINUTES EARLY IF YOU WOULD LIKE TO DO A READING OR GIVE A LEAD.

| | | | NA PI | none Meeting Schedule | - NAD | yPhone.com | Access | Playback 24 |
|-----------------------|---|--|--|--|--|--|----------|--|
| Castom | Central | Mountai | n Pacific | Group & ICC# (If Applicable) | Lengin | Number | Access | |
| Essent | California | | diskaping with | Monday - Friday Mu | rnings | | 0007E7# | 712.432.108 |
| * *** | 6:30a | 5:30a | 4:30a | What A Way To Start A Day | 1.0 Hr. | 712.432,0075 | 299757# | 641.715.365 |
| 7:30a | 7.40a | 6:40 | 5:40a | Spirit Of Gratitude | 1.0 Hr. | 641.715.3655 | 848885# | 641.715.360 |
| 8:40a | 7:40a | 6:40 | 5:40a | Our Gratitude Speaks | 1.0 Hr. | 641.715.3610 | 890926# | 712.770.500 |
| 8 40a | 000000000000000000000000000000000000000 | IIII (740 6 5 c III (10 | 6:00a | Freedom From Insanity | 1.0 Hr. | 712.770.4005 | 632506# | 712.770.500 |
| 9:00a | 8.00a | 7:00a | 7:30a | One Primary Purpose | 1.5 Hr. | 712.432.0075 | 571968# | 712.432.108 |
| 10:30a | 9.30a | 8:30a | 7.308 | Monday | | | | |
| | | 40.004 | 9.00a | Recovery At Noon | 1.5 Hr. | 774 220 4000 | 6213845# | |
| 12:00n | 11:00a | 10:00a | | Miracles at 3 ICC-1 | 1.0 Hr. | 605.472.5662 | 108470# | |
| 3:00p | 2:00p | 1:00p | | More Will Be Revealed ICC-5 | 1.0 Hr. | 712.770.4160 | 942839# | |
| 5:00p | 4:00p | 3:00p | 2,00p | | 1.5 Hr. | 641.715.3605 | 343267# | |
| 7:00p | 6:00p | 5:00p | 4:00p | Recovery Continues ICC-4 | | 605.475.6720 | 387870# | |
| 8:00p | 7:00p | 6:00p | 5:00p | The Bridge | 1.0 Hr. | | | |
| 10:00p | 9:00p | 8:00p | 7:00p | The Gift of Recovery | 1.5 Hr. | 641.715.0857 | 300253# | |
| | | | | Tuesday | | | | |
| 1.00p | 12:00n | 11:00a | | We Return Home | 1.5 Hr. | 415.464.6800 | 2221085# | |
| 5:00p | 4:00p | 3,00p | 2:00p | More Will Be Revealed ICC-5 | 1.0 Hr. | 712.770.4160 | 942839# | |
| 8:00p | 7:00p | 6:00p | 5:00p | The Bridge | 1.0 Hr. | 605.475.6720 | 387870# | |
| 9:00p | 8:00p | 7:00p | 6:00p | Tues. Night Mtg. of NA ICC-3 | 1.0 Hr. | 641.715.3580 | 126078# | |
| 11:00p | 10:00p | 9:00p | 8:00p | TLC-Tues Living Clean ICC-6 | 1.5 Hr. | 712,770.5000 | 809366# | |
| | | | | Wednesday | | | | |
| 12:00n | 11:00a | 10:00a | 9:00a | Recovery At Noon | 1,5 Hr. | 774.220.4000 | 6213845# | |
| 3:00p | 2.000 | 1:00p | 12:00n | Miracles at 3 ICC-1 | 1.0 Hr. | 605,472,5662 | 108470# | |
| 5:00p | 4:000 | 3:00p | 2:00p | More Will Be Revealed ICC-5 | 1.0 Hr. | 712.770.4160 | 942839# | |
| 8.00p | 7.00p | 6:00p | 5:00p | Loving Our Long-Timers ICC-5 | DECOMPOSE AND ADDRESS OF THE PARTY OF THE PA | 712.770.4160 | 108786# | 712,770,416 |
| 8.00p | 7:00p | 6:00p | 5:00p | The Bridge | 1.0 Hr. | 605.475.6720 | 387870# | 1,2,,,,,,, |
| 10:30p | 9.30p | 8:30p | 7:30p | Recovery Continues ICC-4 | 1.5 Hr. | 641.715.3605 | 343267# | |
| | | / IN 18/23 | | Thursday | | 04111 15,0005 | 343207# | |
| 12:00n | 11:00a | 10:00a | 9:00a | Recovery At Noon | 1.5 Hr. | 774.220.4000 | corpores | |
| 5:00p | 4:00p | 3:00p | 2:00p | More Will Be Revealed ICC-5 | 1.0 Hr. | | 6213845# | |
| 7:00p | 6:00p | 5:00p | 4:00p | Serenity On Thursday | 1.5 Hr. | 712 770 4160 | 942839# | 712.770.416 |
| 3:00p | 7.00p | 6:00p | 5.00p | The Bridge | | 774.220.4000 | 31831# | |
| 7999E000111 | 11.00p | 10:00p | 9.00p | | 1.0 Hr. | 605.475.6720 | 387870# | |
| 2.00111 | 17.000 | ru.uup | 9.00p | Recovery 911 ICC-4 | 1.5 Hr. | 641.715.3605 | 845687# | 641.715.359 |
| 12:00n | 11:00a | 10.00- | 0.00- | Friday | | | | |
| 000p | 2:00p | 10:00a | 9:00a | Recovery At Noon | 1.5 Hr. | 774.220.4000 | 6213845# | |
| 30p | | 1:00p | | Miracles at 3 ICC-1 | 1.0 Hr. | 605.472.5662 | 108470# | |
| | 4:30p | 3:30p | 2:30p | Friday Night Special ICC-6 | 1.5 Hr. | 712.775.7465 | 181551# | 723.775.747 |
| 00p | 7:00p | 6:00p | 5:00p | The Bridge | 1.0 Hr. | 605,475,6720 | 387870# | 120.10 |
| 0:00p | 9:00p | 8:00p | 7:00p | JAM-Just A Meeting ICC-6 | 1.0 Hr. | 712.775.7465 | 181551# | |
| HILLS MI | 2 30 3 | | | Saturday | | | 101001# | |
| 40a | 7:40a | 6:40 | 5:40a | Spirit Of Gratitude | 1.5 Hr. | 641.715.3655 | 848885# | |
| :40a | 7:40a | 6:40 | 5:40a | Our Gratitude Speaks | 1.0 Hr. | 641.715.3610 | | 641.715.365 |
| PER PRINCIPAL PROCESS | 9:30a | 8:30a | 7:30a | One Primary Purpose | 1.5 Hr. | 712.432.0075 | 890926# | 641.715.360 |
| | 11:00a | 10:00a | 9:00a | Recovery At Noon | 1.5 Hr. | THE RESERVE OF THE PARTY OF THE | 571968# | 712.432.108 |
| 00p | 2:00p | 1:00p | 10 100 150 150 150 150 150 150 150 150 1 | Miracles at 3 ICC-1 | 1.0 Hr. | 267,507,0420 | 6213845# | |
| | 4:00p | 3:00p | 2:00p | A STATE OF THE PARTY OF THE PAR | SPICE TO THE PROPERTY. | 605.472.5862 | 108470# | |
| | 7:00p | 6:00p | 5:00p | Recovery Continues ICC-4 | 1.5 Hr. | 712.770.4160 | 182862# | VALUE OF THE PARTY |
| the second second | 7:00p | 6:00p | 5:00p | The Bridge | 1.5 Hr. | 641/715.5805 | *343267# | |
| - P - OUR | 9:00p | 8:00p | 7:00p | | 1.0 Hr. | 605.475.6720 | 387870# | |
| | 11:00p | (SEASON SEASON S | minimum and a second | JAM-Just A Meeting ICC-6 | 1.0 Hr. | 712.775.7465 | 181551# | |
| - Dores | -1.00p | 10.00p | 9:00p | Recovery 911 ICC-4 | 1.5 Hr. | 641.715.3605 | 845687# | |
| | | | | | | | 410014 | 641,715,359 |

NA Telephone meetings