

## **ONLINE SUPPORT GROUPS**

**People Engaged in Recovery (PEIR) in Mobile is offering the following support online on Zoom:**

- Open **Zoom** meeting 12pm – 8pm 7 days a week (Come on the Zoom anytime during those hours for support)
- Sunday Recovery Dharma 12:30pm - 1:30 pm
- Monday LGBTQ+ Support Group 6pm – 7pm
- Tuesday Mental Health and Recovery 6pm – 7pm

There is a live peer facilitating the Zoom platform. Anyone can drop into the meeting at any time between 12 and 8 and get peer support or sign on for the specific support groups.

**PEIR Zoom link:** <https://zoom.us/j/752942626>

**R.O.S.S. in Birmingham is offering online support groups. See hours, log-in, and audio below:**

- **Topic: PRAYER SUPPORT GROUP** Sunday March 22, 2020 07:00 PM – 8:00pm  
<https://zoom.us/j/3857932039> Meeting ID: 385 793 2039 Audio Only: 1-646-558-8656
- **Topic: SUPPORT GROUP** Monday Mar 23, 2020 1:30pm – 2:30pm  
<https://zoom.us/j/3857932039> Meeting ID: 385 793 2039 Audio Only: 1-646-558-8656
- **Topic: SUPPORT GROUP** Wednesday Mar 25, 2020 2:00pm – 3:00pm  
<https://zoom.us/j/3857932039> Meeting ID: 385 793 2039 Audio Only: 1-646-558-8656
- **Topic: SUPPORT GROUP** Wednesday March 25, 2020 6:00pm – 7:00pm  
<https://zoom.us/j/161193983?pwd=UWlrVENjR3czSUprZ1JzdW50SGhiUT09> Password: 049060  
Audio Only: 1-646-558-8656
- **Topic: SUPPORT GROUP**  
**Time: Thursday Mar 26, 2020 12:00 PM Central Time (US and Canada)**  
<https://zoom.us/j/3857932039> Meeting ID: 385 793 2039 Audio Only: 1-646-558-8656
- **Topic: CO-OCCURRING SUPPORT GROUP** Friday Mar 27, 2020 6:00pm – 7:00pm  
<https://zoom.us/j/686278275?pwd=WE5nb21tNXd3Uk8rcXBETGw1UzBVUT09> Password: 16078  
Audio Only: 1-646-558-8656

To offer support during these times, CARESS Inc. are offering online support groups via ZOOM:

- Open dialogue meeting: 12pm-4pm five days a week.  
Join in during these hours @ <https://us04web.zoom.us/j/460890026>
- Tuesdays Making Positive Choices: 5pm-6pm  
@ <https://us04web.zoom.us/j/746866854>
- Wednesdays Support: 6pm-7pm  
@ <https://us04web.zoom.us/j/363843489>
- Sundays Walking Through our Fears: 4pm-5pm @  
<https://us04web.zoom.us/j/772351435>
- Please download and import the following iCalendar (.ics) files to your calendar system.  
Daily: [https://us04web.zoom.us/meeting/uZlIf-CorjksW3YksWIUp6ddxkEOcg18AA/ics?icsToken=98tyKu2urjMjGtSXtlzte7lvW6\\_ibPHqkUYdk6hOqxPQE3ZXZhv9E81BNeMnMfmB](https://us04web.zoom.us/meeting/uZlIf-CorjksW3YksWIUp6ddxkEOcg18AA/ics?icsToken=98tyKu2urjMjGtSXtlzte7lvW6_ibPHqkUYdk6hOqxPQE3ZXZhv9E81BNeMnMfmB)

Join Zoom Meeting with a Peer Support Specialist Hosting All Group