

ONLINE SUPPORT GROUPS

Smart Recovery.org online activities Smart Recovery Message Board

Online Meetings Schedule, Text Chat Meeting Help, Voice Chat Meeting Help, Online Volunteers

AA online support groups www.area78.org click online meetings –

SPIRIT OF THE NORTH

WHEN: Every Sunday, Monday, & Wednesday Night

TIME: Mondays (big book study) 7:00 PM Mountain Time.

TIME: Sunday and Wednesday 7:00 PM Mountain Time

HOW TO JOIN US:

- **From a Computer/Laptop/Tablet:**
- - Download Zoom (Zoom.us – The Cloud Meeting)
- - Dark grey area at the bottom of the page
- - Computer must have camera and microphone
- **From a Smartphone/iPad:**
- - Download Zoom app

CLICK: Join Meeting

Enter PMI (Personal Meeting ID): 886-459-0234

These are open meetings, particularly for those who cannot make it to a face to face meeting. We are here to help and especially welcome those located in remote areas, newcomers and also those who have limited accessibility and special needs.

Please note: There is a Canadian call-in number 1 (647)558-0588; if you choose to attend this meeting by telephone you will be asked for the meeting ID number which is the **PMI** above. Long distance charges will apply. Please check your rates and what your plan covers.

The maximum number of participants is 100. If you are not able to get onto the meeting, please send an email to us through this link here.

The Area 78 Remote Communities Committee is committed to carrying the A.A. message of Recovery, Unity and Service to the suffering alcoholic in communities that are remote in terms of geography, language and culture.

<https://www.intherooms.com/home/live-meetings/>

<https://www.12step.org/social/online-meetings/>

Narcotics Anonymous *www.chinookna.org* #1-877 463-3537

CRISIS LINE Connect you to the help, you want. Non-judgemental emotional support to help you get through the day. All calls welcome! 1-888-353-2273 Support to help you get through the day. All calls welcome! **1-888-353-2273**