



FREE Virtual Recovery Support Programs for residents of Bergen County.

Although the nation's pandemic has caused us mass isolation and disconnection, your journey through recovery does not have to take a hiatus. **The Center for Alcohol and Drug Resources** is still here to support you! We are hosting free virtual meetings to assist you and your loved ones during this stressful time. You are invited to join in to any of the meetings below to connect with you and your family through the journey of recovery.

Mondays

Recovery Support Meeting

Host: Chrissy

Time: 11:00am to 12:00pm

Zoom: <https://zoom.us/j/593678446>

Meeting ID: 593 678 446

Password: 009678

An open forum to help with keeping an attitude of gratitude, hope, and living one day at a time, patience and tolerance, learning how to plan for the action not the result. We will share ideas and discuss how to sustain a healthy, happy and sober life.

Managing Anxiety

Host: Helena

Time: 2:00pm to 3:00pm

Zoom: <https://zoom.us/j/367562080>

Meeting ID: 367 562 080

A group designated to expressing our feelings of anxiety during the time of COVID-19 and how we can cope with them.

Tuesdays

Meditation

Host: John

Time: 12:30pm to 1:30pm

Zoom: <https://zoom.us/j/6333575420>

Meeting ID: 939 258 0773

Practice the art of mindfulness to achieve mental clarity, and emotional calm by releasing stress and anxiety.

Wednesdays

Recovery Support Meeting

Host: Carmen and Shyra

Time: 10:00am to 11:00am

Zoom: <https://zoom.us/j/6333575420>

Meeting ID: 633 357 5420

For anyone in the recovery field to assist with helping to manage your clients, out-sourcing resources and practicing self-care.



Wednesdays

Nonviolent Communication: The Language of Life

Host: John

Time: 7:00pm to 9:00am

Zoom: <https://zoom.us/j/278460655>

Meeting ID: 278 460 655

We learn about Empathy and how to communicate with others compassionately and without judgement.

Thursdays

Recovery Support Meeting

Host: Christine

Time: 2:00pm to 3:00pm

Zoom: <https://zoom.us/j/654066402>

Meeting ID: 654 066 402

For anyone in the recovery field to assist with helping to manage your clients, out-sourcing resources and practicing self-care.

CRAFT Group for loved ones

Host: Chanel

Time: 6:00pm to 7pm

Zoom: <https://zoom.us/j/8493844252>

Meeting ID: 849 384 4252

Learn skills to build better communicate with "Loved Ones" with an addiction and practice self-care.

Fridays

LGBTQ Plus Recovery

Host: Elaine

Time: 12:30pm to 1:30pm

Zoom: <https://us04web.zoom.us/j/967782348>

Meeting ID: 967 782 348

This is a safe and non-judgmental meeting for members of the LGBTQ+ community in recovery from active addiction and/or substance use disorders. This is in NO way connected to any "12 step" fellowship and will be used as a resource devoted to open sharing, topic discussions and establishing community.

FOR MORE INFORMATION PLEASE CALL

201-740-7030

