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**FREE Virtual Recovery Support Programs for residents of Bergen County.**

Although the nation’s pandemic has caused us mass isolation and disconnection, your journey though 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**

**Reflections in Recovery**

**Host:** Chrissy and Rebecca

**Time**: 11:00am to 12:00pm

**Zoom:** [https://zoom.us/j/5](https://zoom.us/j/98593263796)93678446 **or Call In:** {646) 558-8656

**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 and Maria

**Time**: 2:00pm to 3:00pm

**Zoom:** <https://zoom.us/j/97968636011> **or Call In:** (646) 558-8656

**Meeting ID**: 979 6863 6011

A group designated to expressing our feelings of anxiety and how we can cope with them.

**Tuesdays**

**Meditation**

**Host:** John Paul

**Time:** 12:30pm to 1:30pm

**Zoom:** <https://zoom.us/j/92964961138> **or Call In:** (929) 205-6099

**Meeting ID:** 929 6496 1138

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

**Wednesdays**

**Alone Together**

**Host:** Carmen and Shyra

**Time**: 10:00am to 11:00am

**Zoom:** <https://zoom.us/j/99191294035> **or Call In:** (646) 558-8656

**Meeting ID**: 991 9129 4035

**Password**: 879819

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

practicing self-care.



**Wednesdays**

**Compassionate Nonviolent Communication: The Language of Life**

**Host:** John Paul

**Time**: 7:00pm to 9:00pm

**Zoom:** <https://zoom.us/j/682665045> **or Call In:** (929) 205-6099

**Meeting ID:** 682 665 045

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

**Thursdays**

**Recovery Support Meeting**

**Host:** Christine and Alex

**Time**: 2:00pm to 3:00pm

**Zoom:** <https://zoom.us/j/99104451682> **or Call In:** (646) 558-8656

**Meeting ID:** 654 066 402

**Password:** 421080

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/891110613](%20https://zoom.us/j/891110613) **or Call In:** (646) 558-8656

**Meeting ID:** 891 110 613

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

**Fridays**

**LGBTQ Plus Recovery**

**Host:** Elaine

**Time**: 6:00pmto 7:00pm

**Zoom:** <https://us04web.zoom.us/j/967823>782348 or **Call In:** (646) 558-8656

**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 meeting 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**