Hope everybody is keeping safe and well

We hope that this Recovery Guide will help you find different ways to find peer support.

Please find information inside that will guide you to different online mutual aid meetings.

Also online support for mental health.
INTERNATIONAL MARATHON MEETINGS

ZOOM MEETING
4949655895
24 HOURS A DAY!
7 DAYS A WEEK!

NA ONLINE HALLOWEEN UNITY DAY
SATURDAY 31ST OCTOBER
16.30 - 22.45

Meditation Breakout Room: 16.00 - 16.30
Yoga Breakout Room: 18.00 - 18.30

Main Share: 16.30 - 18.00
DJ: 18.00 - 18.30
Main Share: 18.30 - 20.00
Clean Time Countdown: 20.00 - 20.15
Quiz: 20.15 - 20.45
Talent Show*: 20.45 - 22.15
DJ: 22.15 - 22.45
All times in BST

"Halloween Fancy Dress
Competition @ The Talent Show"

Zoom ID: 610-187-7043
Password: yahana

YAHANA CONVENTION FUNDRAISER
ALCOHOLICS ANONYMOUS

THE 24 HOUR MARATHON MEETING

292 371 2604
No PASSWORD
ONLINE FAMILY SUPPORT GROUP

Do you have a family member, partner or friend who you believe has let their cannabis use spiral out of control?

ALL WELCOME

Mondays - 6.00 pm – 8.00 pm
cslhg.org/contact to register

This is a support group for like-minded people to share their experiences. Hosted by people who have recovered from problematic cannabis use.

The Cannabis, Spice and Legal Highs Group is an abstinence-based user-led, self-help mutual aid group providing advice, support and information to individuals with a history of cannabis, spice and legal highs use.

For more details or information email: cslhginfo@gmail.com

Voicemail/Text: 07379 915 190

Adfam
Families, drugs and alcohol

It’s not about what we do, it’s what we do next.
Online meetings

Sunday  2.00 - 4.00 pm  Open meeting
Monday  6.00 - 8.00 pm  Family meeting
Tuesday 6.00 - 8.00 pm  Shipley meeting
Wednesday 2.00 - 4.00 pm  Women's meeting
Thursday  6.00 - 8.00 pm  Newcomers meeting
Friday  2.00 - 4.00 pm  Vault meeting

cslhg.org/contact to register
The vault weekly
Zoom meeting
Starting 28th October

The vault will hold a zoom check in
Group every Wednesday
10:30am-12Meeting
ID: 843 7183 4237
Password: 568666
The Vault café groups

We will now be running 2 groups per week from the vault.
Monday 11-12:30pm+Friday 11-12:30pm

These will be attended by pre booking only!!

You will have to send me a text or call me on 07341 510 969 to book your place.

There is strict guidelines in place when attending. 2 meters apart at all times. Mask to be worn till sat, temperature took before entering. Also not under the influence of drugs or alcohol.
With lots of online activities now available access may seem a little daunting, here's a short introduction on how to access Zoom to help you on your way.

Step 1.
Download the iOS or Android app. When you open the app for the first time, you'll be presented with the options to join a meeting.

Step 2.
Enter the meeting ID and password, your name, and set audio/video permissions.

Step 3.
After joining a Zoom meeting, you will be prompted to join the audio automatically. If this prompt does not appear or you close it, tap Join Audio in the meeting controls.
How to raise your hand in Zoom

1. During a meeting, click on the icon labeled "Participants" at the bottom center of your PC or Mac screen.

2. At the bottom of the window on the right side of the screen, click the button labeled "Raise Hand."

Click "Raise Hand" if you want to say something in the meeting. Zoom

Your digital hand is now raised. Lower it by clicking the same button, now labeled "Lower Hand."

If anybody needs any tech support going through this please call me on 07341 510969
Mind in Bradford

Online peer support group via Zoom where you can talk to others, share your worries and find coping strategies. Includes break out rooms for extra support.

Contact 01274 730815 or email admin@mindinbradford.org.uk for registration details.

Narcotics Anonymous Helpline: 10.00am - midnight
0300 999 1212

Alcohol Anonymous Call our National Helpline FREE on 0800 9177 650

Samaritans
Available 24/7   Dial: 116 123

Smart recovery
Telephone: 330 053 6022
http://www.smartrecovery.org.uk/
New Directions Bradford

COME AND HAVE YOUR SAY

Thursday 29th October (and then the last Thursday of the month there after)

11am-12 or 7pm to 8pm

OPEN TO ALL SERVICE USERS

ZOOM MEETING LOGIN DETAILS

Meeting ID  854 5030 8601
Passcode  022357