

RECOVERY ACTIVITY GUIDE

Ways to Connect

October 2020

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

UNITED KINGDOM



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 B.S.T

*HALLOWEEN FANCY DRESS
COMPETITION @ THE TALENT SHOW

Zoom ID: 610-187-7043

Password: yahana

MEDITATION BREAKOUT ROOM 16.00 - 16.30

YOGA BREAKOUT ROOM: 18.00 - 18.30

YAHANA CONVENTION FUNDRAISER

Zoom

292 371 2604

NO PASSWORD

ALCOHOLICS ANONYMOUS

THE 24 HOUR MARATHON MEETING



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



cslhg.org/contact

It's not about what we do, it's what we do next.

<https://www.cslhg.org/>

C

Cannabis

<https://twitter.com/cslhginfo>

S

Spice

<https://www.facebook.com/cslhg/>

LH

Legal Highs

M. 07379 915 190

G

Group

Online meetings



Sunday	2.00 - 4.00 pm	Open meeting
Monday	6.00 - 8.00 pm	Family meeting
Tuesday	6.00 - 8.00 pm	Shiplely 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](https://www.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

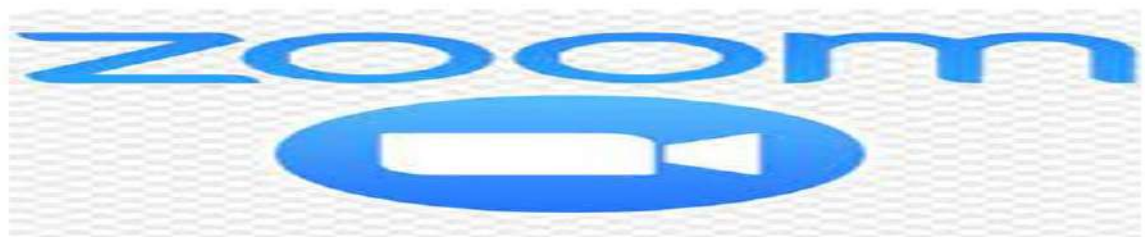
These will be attended by pre booking only!!

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 short introduction on how to access Zoom to help you one 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