

Online and Phone Resources for Recovery Support, Parenting and COVID-19

Compiled by the Institute for Health and Recovery

RECOVERY SUPPORTS

The Institute for Health and Recovery continues to accept referrals for behavioral health services.

- Call the Intake line at 857-285-6264

IHR also has a Pinterest page: "**Coronavirus and Taking Care of Ourselves**" This board is meant to serve as a place where users can learn about how and why a history of smoking, vaping, and substance misuse may increase the risks of COVID-19.

<http://www.pinterest.com/healthrecovery>

The Journey Recovery Project is a web resource for women with substance use concerns who are or have been pregnant or parenting. It includes videos of people telling their personal stories, worksheets, in-depth information, and links to resources. There are also sections of the Journey Recovery Project for fathers, co-parents, and other family members.

<https://journeyrecoveryproject.com/>

Shatterproof has a variety of links regarding addiction and support during COVID-19.

<https://www.shatterproof.org/COVID19>

Support After Death by Overdose (SADOD) offers support to those who are grieving the loss of someone by overdose, as well as resources for those who are actively using.

<https://sadod.org/home/recovery/>

ONLINE/PHONE MEETINGS

Alcoholics Anonymous

AA Phone Meetings <http://aaphonemeetings.org/>

AA Western MA Intergroup Virtual Meetings <https://westernmassaa.org/aa-meeting-schedules>

AA en Español https://aa-intergroup.org/languages/index_es.html

AA Boston <https://aaboston.org/>

AA Search by State: https://www.aa.org/pages/en_US/find-aa-resources

AA Intergroup <http://aa-intergroup.org/>

AA Online Group <https://www.onlinegroupaa.org/>

The Token Shop maintains a list of online meetings that is updated regularly. You can search by day and time and they include the topics of specific meetings: https://www.thetokenshop.com/Online_AA_Meetings

Pause a while Free conference calls for AA meetings at 2pm every day.

- Dial in number: 425-436-6360
- Access Code: 422932

A Virtual Awakening Closed online AA meetings for women, trans, and non-binary people.

Sun, Mon, Wed, Fri at 8:30pm EST, Thurs 1:00pm EST

<https://zoom.us/j/4822208285>

Narcotics Anonymous

New England Region of Narcotic Anonymous Virtual Meeting list: <https://nera.org/nera-virtual-meetings/>

Phone meetings: www.nabyphone.com

Global Online meetings: <https://virtual-na.org/>

Free NA Speaker Streaming 24-7 www.naspeaker.com

Never Alone Club Online Meetings <https://www.neveraloneclub.org/>

NA in Multiple Languages: <https://virtual-na.org/meetings/>

Cocaine Anonymous offers online support and services.

<https://www.ca-online.org>

Gamblers Anonymous

Massachusetts Hotline Number: 855-2CALLGA (855-222-5542), GA virtual Meeting on In the Rooms and <http://newenglandga.com/> hosting phone meeting every night of the week from 9:00-11:00 PM Eastern time. Phone Number: 712-770-4160 – Access Code 611704#.

Marijuana Anonymous <http://marijuana-anonymous.org/find-a-meeting/>

Nicotine Anonymous

www.nicotine-anonymous.org - has many online and telephone meetings, with a list available on the website.

Recovery Speakers: Listen to recovery speakers from many different 12 step groups.

www.recoveryspeakers.com

Embark Recovery: Daily 12pm & 6 pm in English and **12:30 and 5:30 in Spanish)**

<https://www.embarkreco.com/events>

Herren Project: Variety of meetings, including Women's Meeting Tuesdays at 7:30PM.

<https://herrenproject.org/recovery-meeting/>

In the Rooms: online meeting at 9am, 12pm, 3pm, 6pm, 9pm. These are "all recovery" meetings and any pathway or programs are welcome.

<https://www.intherooms.com/home/category/community-and-meetings/>

<https://www.intherooms.com/livemeetings/>

LifeRing Secular Recovery is an organization of people who share practical experiences and sobriety support, and embraces what works for individual.

<https://www.lifering.org/online-meetings>

Lion Rock Recovery: Variety of support groups every day of the week.

<https://www.lionrockrecovery.com/online-aa-meetings-and-support-groups>

Recovery Dharma has meetings using Buddhist practice.

<https://recoverydharma.online/>

Reddit Recovery offers a virtual hang out and support during recovery.

<https://www.reddit.com/r/REDDITORSINRECOVERY/>

Refuge Recovery provides online and virtual support.

<http://bit.ly/refugerecovery1>

RSJBarnabas Health offers online meetings.

<https://www.rwjbh.org/treatment-care/mental-health-and-behavioral-health/mental-health-services/institute-for-prevention-and-recovery/all-recovery-meeting/>

SMART Recovery

<https://www.smartrecovery.org/community/> has a wide variety of online resources.

<http://www.smartne.org/meetings.html>: has a listing of meetings but also a link for online meetings.

SoberCity offers an online support and recovery community.

<https://www.sobercity.com/>

Sobergrid offers an online platform to help anyone get sober and stay sober.

<https://www.sobergrid.com/>

Soberistas provides a women-only international online recovery community.

<https://soberistas.com/>

Sober Mommies: online support group for moms in recovery.

<https://sobermommies.com/groups/online-support/>

Sober Recovery provides an online forum for those in recovery and their friends and family.

<https://www.soberrecovery.com/forum>

WEconnect and Unity Recovery - 4 times daily 7 days a week (9am,12pm,3pm,9pm EST).

Join directly from computer or smart phone - unityrecovery.zoom.us/my/allrecovery

➤ unityrecovery.zoom.us/my/allrecovery

Women for Sobriety –<https://womenforsobriety.org/> (website) <https://wfsonline.org/> (online meetings)

Helps women gain hope and encouragement with other women in similar circumstances. Offering tools to a healthier lifestyle.

RECOVERY APPS

(Download to your smartphone via App Store/Google Play/website)

- Sober Grid - App Store
- Celebrate Recovery - App Store
- Smart Recovery - www.smartrecovery.org
- **Connections** smartphone app to support recovery
<https://www.addictionpolicy.org/connections-app>



MEETING GUIDE is a free mobile app focused on helping people find A.A. meetings and resources near them. Also included are DAILY REFLECTIONS – a selection of reflections by and for A.A. members.



NA MEETING SEARCH is a free mobile app developed to help find an NA meeting. It can use your current location to display the meetings nearest you. Daily JUST FOR TODAY meditations are also bundled in this app. <http://www.nabyphone.com/>



RECOVERY PATH is a free mobile app is designed to allow people to navigate their own path to sustained recovery, share progress with others, and receive support.

Facebook Recovery Groups (logon to Facebook, search group, ask to join)

- CLEAN AND SOBER - Addiction Recovery Support Group
- Daily Reflections AA
- Massachusetts Organization of Addiction Recovery
- Methadone & Buprenorphine Discussion and support
- MIPSAs-Methadone Information & Patient Support Network
- Mommy Group
- Recovery Soldiers
- Send it! (Recovery Network)
- Sober Mommies
- Virtual Recovery – Meetings At Home
- Voices To End Addiction & Inspire Recovery
- Women in AA

RECOVERY CENTER FACEBOOK PAGES

A New Way Recovery Center, Quincy

<https://www.facebook.com/A-New-Way-Recovery-Center-447672198690167/>

Alyssa's Place Peer Recovery Center, Gardner

<https://www.facebook.com/Alyssas-Place-Peer-Recovery-and-Resource-Center-1036671136361774/>

Devine Recovery Center, South Boston

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

Everyday Miracles Peer Recovery Center, Worcester

<https://www.facebook.com/EDMPeers> **Peer 2 Peer** Recovery Support Center, Fall River

<https://www.facebook.com/P2PRSC/>

Hope for Holyoke Recovery Center, Holyoke--provides multiple online groups and a puppet show for kids every Tuesday

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

Living in Recovery, Pittsfield

<https://www.facebook.com/Living-In-Recovery-102917867894826/>

New Beginning Recovery Center, Lawrence

<https://www.facebook.com/New-Beginnings-1400295300266527/>

No One Walks Alone (NOWA) PRSC, Whitinsville

<https://www.facebook.com/NOWARSC/SC>

Northampton Recovery Center, Northampton

<https://www.northamptonrecoverycenter.org/calendar>

PIER Recovery Center of Cape Cod, Hyannis

<https://www.facebook.com/Pier-Recovery-Center-of-Cape-Cod-1214021491947603/>

Plymouth Recovery Center, Plymouth

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

Stairway to Recovery, Brockton

<https://www.facebook.com/Stairway2Recovery>

STEPRox Recovery Support Center, Roxbury

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

The RECOVER Project, Greenfield

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

The Recovery Connection, Marlborough

<https://www.facebook.com/therecoveryconnection.org>

Turning Point Recovery Center, Walpole

<https://www.facebook.com/Turning-Point-Recovery-Center-100326408019268/>

FREE YOGA AND FITNESS

Phoenix Gym offers a range of FREE virtual exercise classes (meditation, yoga, CrossFit, etc. for people in recovery. Every 2 hours from 7 am - 9pm

<https://thephoenix.org/virtual/>

Down Dog Yoga

<https://www.downdogapp.com/>

Trauma-informed Yoga/The Trauma Institute in Boston

<https://www.traumasensitivelyoga.com/online-tctsy.html>

Peloton App (offering free trial for 90 days, no bike)

<https://www.onepeloton.com/app>

Alo Yoga

<https://www.youtube.com/channel/UCJEi1foUiGOBzzQM3QA2H5A>

SUPPORTS FOR FAMILIES WITH A LOVED ONE WITH SUD

Al-anon Electronic meetings for anyone affected by alcoholism in a family member or friend

Al-anon.org/electronic-meetings

Learn to Cope

<https://www.learn2cope.org/>

Smart Recovery Family

Smartrecovery.org/family

PARENTING/FAMILIES

Breastfeeding Warmline: Breastfeeding support from trained and experienced peers

Call: 857-301-8259

Or email: Breastfeedingboston@gmail.com

Children's Trust has resources about COVID-19, as well as links to online parent groups and play groups

<https://onetoughjob.org/>

Families First has a variety of resources on their website

<https://www.families-first.org/resources/>

Hello It's Me is a Facebook group for families that are pregnant and close to delivery or home with a newborn during COVID-19

<https://www.facebook.com/groups/204741563956171/>

Mass Home Visiting Initiative sends out a regular newsletter about COVID-19 resources. You can subscribe by emailing Maxene Spolidoro at: maxene.spolidoro@state.ma.us

National Parent Helpline

1-855-4APARENT (1-855-427-2736)

Northeast Recovery Learning Community has a support for parents trying to juggle work and parenting

<https://abh.memberclicks.net/assets/docs/COVID-19/Online%20Parents%20Support%20Group%20-%20NERLC.pdf>

OYYAS Resource Guide (from the Office of Youth and Young Adult Services at BSAS) mostly focuses on teens and young adults, but has activities, website links and resources for younger children as well.

<https://sites.google.com/view/ooyas-resource-guide/home>

Parents Helping Parents

Parental Stress Line (available 24/7): 1-800-632-8188

Online Support Groups occurring every day but schedule changes week to week

Check the website for schedule: <https://www.parentshelpingparents.org/>

- Click this link to join the meeting by computer or smartphone: <https://zoom.us/j/6607380697>
- No Computer, Dial in by phone: 1-646-558-8656 then input the meeting id 6607380697#

Signs Your Child Might Need Help with information about how to find behavioral health support in English and Spanish:

<https://www.mass.gov/doc/signs-your-child-may-need-help-flier/download>

<https://www.mass.gov/doc/signs-your-child-may-need-help-flier-spanish/download>

Sober Mommies: online support group for moms in recovery

<https://sobermommies.com/groups/online-support/>

The Neighborhood: A Virtual Hub for LGBTQ+ Families has links for virtual events for LGBTQ+ parents/families

<https://www.familyequality.org/neighborhood/>

Vital Village Network has links to many online resources, including where to get food.

<https://www.vitalvillage.org/data-dashboard/customize/covid-19-resources>

William James Colleges Events Page has links to online parent groups and playgroups

<https://www.williamjames.edu/community/resource-hub/public-events-calendar.cfm>

Zero to Three has information for families about COVID-19, including answers to parents' questions about Coronavirus and infants/toddlers

<https://www.zerotothree.org/resources/3210-tips-for-families-coronavirus>

COVID-19 AND KIDS

Child Mind Institute has a variety of resources for helping families and kids cope with COVID-19
<https://childmind.org/>

Heart Association provides a list of 25 ways for kids to get moving at home
https://www.heart.org/en/healthy-living/fitness/getting-active/25-ways-to-get-moving-at-home-infographic?utm_campaign=fyi_newsletter&utm_medium=email&utm_source=govdelivery

Just for Kids: A Comic Exploring the New Coronavirus
<http://www.capradio.org/articles/2020/03/07/just-for-kids-a-comic-exploring-the-new-coronavirus/>

Kids Activities Blog has lots of suggestions for things kids can do while stuck at home
<https://kidsactivitiesblog.com/category/stuck-at-home/>

National Child Traumatic Stress Network provides resources on helping parents talk to children about COVID-19, as well as ideas about activities to do at home
https://www.nctsn.org/sites/default/files/resources/fact-sheet/outbreak_factsheet_1.pdf

Link to same in multiple languages:

<https://www.nctsn.org/resources/parent-caregiver-guide-to-helping-families-cope-with-the-coronavirus-disease-2019>

Simple Activities for Children and Adolescents

https://www.nctsn.org/sites/default/files/resources/fact-sheet/simple_activities_for_children_and_adolescents_4.pdf

Sesame Street has a Caring for Each Other page, with videos, activities, and online books to support young children and their parents during the COVID-19 crisis. Parents can also sign up for an online newsletter to get updates.

<https://www.sesamestreet.org/caring>

Talking to children about Covid-19

[Talking to Children About COVID-19 \(Coronavirus\): A Parent Resource](#) (available in multiple languages)

Time to come in, Bear (a short video for young children about physical distancing)

https://www.youtube.com/watch?v=DA_SsZFYw0w&fbclid=IwAR38adgHsKi7U0LYE33HFhVXP4rJPDcS-6zY_JytF_1JwylWII7IbK_FM7Y

COVID-19 AND BEHAVIORAL HEALTH

7cups offers free emotional support. No matter what you are going through you will be heard and cared for. 24/7 chat.

<https://www.7cups.com/online-therapy/>

Advocates for Human Potential has developed a guide for overcoming isolation during COVID-19

<https://tinyurl.com/y7oqonwo>

Centers for Disease Control offers tips on managing stress during COVID-19

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>

Child Mind Institute has an article on how to avoid passing along anxiety to your kids

https://childmind.org/article/how-to-avoid-passing-anxiety-on-to-your-kids/?utm_source=newsletter&utm_medium=email&utm_content=%20Parents%20Guide%20to%20Problem%20Behavior&utm_campaign=Weekly-03-16-20

Cory Johnson Program for Post-Traumatic Healing

Can We Talk? provides opportunities for people to share their stories of trauma and loss, and to heal together. By phone, Every Thursday night at 6:30pm

For information about meeting call-in information, check on Facebook:

https://www.facebook.com/events/376326353045038/?event_time_id=376326383045035

Crisis Text Line

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

Futures Without Violence has a variety of resources for survivors of/people experiencing sexual assault/domestic violence, as well as resources for programs

<https://www.families-first.org/resources/>

National Domestic Violence Hotline offers help to people experiencing violence in their home during COVID-19 restrictions. There is a hotline, texting service, and webchat service.

<https://www.thehotline.org/2020/03/13/staying-safe-during-covid-19/>

National Suicide Prevention Lifeline

➤ 800-273-8255

Samaritans: Helpline remains open 24/7 for calls and texts at

➤ 877-870-4673

SAMHSA National Helpline

➤ 800-662-4357

<https://www.samhsa.gov/find-help/national-helpline>

Taking care of your behavioral health during COVID-19 (from SAMHSA)

<https://www.samhsa.gov/sites/default/files/tips-social-distancing-quarantine-isolation-031620.pdf>

US Department of Veterans Affairs has information on managing stress specifically for people with PTSD

https://www.ptsd.va.gov/covid/COVID_managing_stress.asp

FINANCIAL AND BASIC NEEDS ASSISTANCE DURING COVID-19

Aunt Bertha is a website from Anthem/Blue Cross Blue Shield that helps connect individuals and families to free and reduced-cost social services in their communities. These programs include COVID-19-specific assistance, such as food delivery and help paying for bills. Searchable by zip code

<https://anthembcbs.auntbertha.com/>

The Greg Hill Foundation Restaurant Strong Foundation provides grants to restaurant workers in need:

<https://www.thegreghillfoundation.org/restaurantstrong/>

Harvard Law School Federal Tax Clinic is offering help through July 15 with filing State and Federal Tax returns in order (which are required to receive stimulus checks)

Call MONDAY - FRIDAY FROM 9am – 5pm for more information and to schedule a virtual appointment:
(617) 390-1729 or (617) 522-3003

“Meals for Kids” Interactive Map directs people to local sites where kids can get free meals. The site finder currently lists more than 20,000 meal sites from 23 states, and more sites will be added as states submit data each week. The map is available in both English and Spanish at www.fns.usda.gov/meals4kids.

Parenting Journey is creating an emergency fund and families can request a stipend (it’s not required that you have attended any PJ groups, any families in need of assistance are welcome to apply) for those impacted financially by the COVID-19 crisis.

<https://parentingjourney.org/it-takes-a-village-emergency-fund/>

Project Bread’s FoodSource Hotline provides up-to-date information– in multiple languages – about what is happening in school districts and what resources are available, such as SNAP application assistance, and referrals to open community resources.

The FoodSource Hotline can be reached at 1-800-645-8333 or by chat at Gettingsnap.org