

Digital Recovery Supports

Resource Guide

1. **VCU Rams in Recovery:**

- a. [Virtual Recovery Clubhouse-](https://vcu.zoom.us/j/7836523192) <https://vcu.zoom.us/j/7836523192>
 - i. Beginning March 16, 2020 this service will be available 24/7 for students in recovery to drop in and connect with each other. The space will be staffed by student workers and our AmeriCorps Affiliates during our regular clubhouse hours.
 - ii. Monday-Thursday 10am-10pm
 - iii. Friday 10am-5pm
 - iv. Saturday 12pm-6:30pm
 - v. Sunday 4pm-8pm
- b. Online mutual aid group meetings - These all will be available at their regular meeting time List is available at recovery.vcu.edu
- c. Online 1 on 1 coaching meetings - [Make an Appointment](#)
- d. Online recovery scholars seminar (Optional this week, resumes in full 3/23)
- e. Do you game? [Fill out this form so we can help arrange gaming with other folks in recovery.](#)
- f. Want to throw an online dance party? Or have other ideas about supporting students? Put something in this [Suggestion Box.](#)
- g. *Digital Recovery Zoom Meetings*-All of our recovery meetings that typically meet at our clubhouse or on the VCU campus have moved to virtual spaces with links provided below. To access a meeting by phone, call 646 558 8656 and enter the meeting ID below. [Please also review the attached online meeting etiquette guide.](#)

Monday

- [Hitting the Books, Grapevine AA Meeting, 7p.m.](#) - 595-645-870
- [Those who want it, NA Meeting, 8:30 p.m.](#) - 570-518-944

Tuesday

- [SMART Recovery, 7p.m.](#) (What is [SMART Recovery?](#)) - 374-505-251
- [Recovery Dharma Meeting, 8:30p.m.](#) - 958-363-051

Wednesday

- [AA Meeting, Noon](#) - 379-096-170
- [Marijuana Anonymous](#), 5:45pm - 926-965-229

Thursday

- [Family Education Program, 6:30-8:00PM](#) - 299-427-496
- [We Agnostics \(Secular\) AA Meeting, 7:00 pm](#) - 332421146

Friday

- [Friday Night Young People, AA Meeting, 8:30p.m.](#) - 289-119-017

Saturday

- [Boys to Men, Men's AA Meeting, 12:30pm](#) - 831-587-387
- [All Queer, No Beer, LGBTQ AA Meeting, 5:00p.m.](#) - 650-909-392
- [No Cover Charge \(AA Meeting,\) 9:00pm](#) - 999-201-610

Digital Recovery Supports

Resource Guide

Sunday

- [200% Writing, Writing Workshop, 4:30 All Recovery Meeting](#) - 531774014
- [NA Meeting, 8p.m.](#) - 762-749-172

2. Online Meetings

<u>Day</u>	<u>Time</u>	<u>Meeting Name</u>	<u>Location</u>	<u>Type</u>	<u>Format</u>	<u>Link</u>
<u>Sunday</u>	<u>7:30 AM</u>	<u>Online Faith and Sobriety</u>	<u>RVA</u>	<u>AA</u>	<u>Meditation, Discussion</u>	https://vcu.zoom.us/j/687246604
<u>Sunday</u>	<u>8:00 AM</u>	<u>Stepping on Sunday</u>	<u>RVA</u>	<u>NA</u>		https://vcu.zoom.us/j/631381417
<u>Sunday</u>	<u>9:00 AM</u>	<u>Digital All Recovery</u>	<u>PA</u>	<u>All Recovery</u>		unityrecovery.zoom.us/my/allrecovery
<u>Sunday</u>	<u>12:00 PM</u>	<u>Digital All Recovery</u>	<u>PA</u>	<u>All Recovery</u>		unityrecovery.zoom.us/my/allrecovery
<u>Sunday</u>	<u>3:00 PM</u>	<u>Digital All Recovery</u>	<u>PA</u>	<u>All Recovery</u>		unityrecovery.zoom.us/my/allrecovery
<u>Sunday</u>	<u>8:30 PM</u>	<u>A Virtual Awakening</u>	<u>not sure</u>	<u>AA</u>	<u>Women, Nonbinary, and Trans people</u>	https://zoom.us/j/4822208285
<u>Sunday</u>	<u>8:30 PM</u>	<u>AA Downunder</u>	<u>not sure</u>	<u>AA</u>	<u>Closed, Voice only</u>	http://www.paltalk.com/
<u>Sunday</u>	<u>9:00 PM</u>	<u>Digital All Recovery</u>	<u>PA</u>	<u>All Recovery</u>		unityrecovery.zoom.us/my/allrecovery
<u>Monday</u>	<u>7:30 AM</u>	<u>Online Faith and Sobriety</u>	<u>RVA</u>	<u>AA</u>	<u>Meditation, Discussion</u>	https://vcu.zoom.us/j/687246604
<u>Monday</u>	<u>9:00 AM</u>	<u>Digital All Recovery</u>	<u>PA</u>	<u>All Recovery</u>		unityrecovery.zoom.us/my/allrecovery
<u>Monday</u>	<u>12:00 PM</u>	<u>Digital All Recovery</u>	<u>PA</u>	<u>All Recovery</u>		unityrecovery.zoom.us/my/allrecovery
<u>Monday</u>	<u>3:00 PM</u>	<u>Digital All Recovery</u>	<u>PA</u>	<u>All Recovery</u>		unityrecovery.zoom.us/my/allrecovery

Digital Recovery Supports

Resource Guide

<u>Monday</u>	<u>7:00 PM</u>	<u>Hitting the Books</u>	<u>RVA-VCU</u>	<u>AA</u>		https://vcu.zoom.us/j/595645870
<u>Monday</u>	<u>7:00 PM</u>	<u>Collegiate All Recovery</u>	<u>National</u>	<u>All Recovery</u>		https://zoom.us/j/328951750
<u>Monday</u>	<u>7:30 PM</u>	<u>Westhampton Big Book</u>	<u>RVA</u>	<u>AA</u>		https://us04web.zoom.us/j/546270936?pwd=UGcxSEtzWngweExNlUDJlNU3pqeJRQT09
<u>Monday</u>	<u>8:00 PM</u>	<u>Easy Does It Women's</u>	<u>RVA</u>	<u>AA</u>	<u>Women, Nonbinary, and Trans people</u>	https://vcu.zoom.us/j/371883091
<u>Monday</u>	<u>8:30 PM</u>	<u>Those who want it</u>	<u>RVA-VCU</u>	<u>NA</u>		https://vcu.zoom.us/j/570518944
<u>Monday</u>	<u>8:30 PM</u>	<u>A Virtual Awakening</u>	<u>not sure</u>	<u>AA</u>	<u>Women, Nonbinary, and Trans people</u>	https://zoom.us/j/4822208285
<u>Monday</u>	<u>8:30 PM</u>	<u>AA Downunder</u>	<u>not sure</u>	<u>AA</u>	<u>Closed, Voice only</u>	http://www.paltalk.com/
<u>Monday</u>	<u>9:00 PM</u>	<u>Digital All Recovery</u>	<u>PA</u>	<u>All Recovery</u>		unityrecovery.zoom.us/my/allrecovery
<u>Monday</u>	<u>9:30 PM</u>	<u>5th Dimension</u>	<u>not sure</u>	<u>AA</u>		https://zoom.us/j/687118144
<u>Monday</u>	<u>10:00 PM</u>	<u>164 and Beyond</u>	<u>not sure</u>	<u>AA</u>		https://zoom.us/j/2316225487
<u>Tuesday</u>	<u>7:30 AM</u>	<u>Online Faith and Sobriety</u>	<u>RVA</u>	<u>AA</u>	<u>Meditation, Discussion</u>	https://vcu.zoom.us/j/687246604
<u>Tuesday</u>	<u>9:00 AM</u>	<u>Digital All Recovery</u>	<u>PA</u>	<u>All Recovery</u>		unityrecovery.zoom.us/my/allrecovery
<u>Tuesday</u>	<u>12:00 PM</u>	<u>Digital All Recovery</u>	<u>PA</u>	<u>All Recovery</u>		unityrecovery.zoom.us/my/allrecovery
<u>Tuesday</u>	<u>3:00 PM</u>	<u>Digital All Recovery</u>	<u>PA</u>	<u>All Recovery</u>		unityrecovery.zoom.us/my/allrecovery
<u>Tuesday</u>	<u>5:30 PM</u>	<u>Skipwith Women's</u>	<u>RVA</u>	<u>AA</u>	<u>Women's</u>	https://us04web.zoom.us/j/5825355367
<u>Tuesday</u>	<u>7:00 PM</u>	<u>SMART Recovery</u>	<u>RVA-VCU</u>	<u>SMART</u>		https://vcu.zoom.us/j/374505251

Digital Recovery Supports

Resource Guide

<u>Tuesday</u>	<u>8:00 PM</u>	<u>Men's Meeting</u>	<u>RVA</u>	<u>AA</u>		https://us04web.zoom.us/j/480768987
<u>Tuesday</u>	<u>8:30 PM</u>	<u>Recovery Dharma Online</u>	<u>RVA-VCU</u>	<u>Recovery Dharma</u>		https://vcu.zoom.us/j/958363051
<u>Tuesday</u>	<u>8:30 PM</u>	<u>AA Downunder</u>	<u>not sure</u>	<u>AA</u>	<u>Closed, Voice only</u>	http://www.paltalk.com/
<u>Tuesday</u>	<u>9:00 PM</u>	<u>Digital All Recovery</u>	<u>PA</u>	<u>All Recovery</u>		unityrecovery.zoom.us/my/allrecovery
<u>Wednesday</u>	<u>7:30 AM</u>	<u>Online Faith and Sobriety</u>	<u>RVA</u>	<u>AA</u>	<u>Meditation, Discussion</u>	https://vcu.zoom.us/j/687246604
<u>Wednesday</u>	<u>9:00 AM</u>	<u>Digital All Recovery</u>	<u>PA</u>	<u>All Recovery</u>		unityrecovery.zoom.us/my/allrecovery
<u>Wednesday</u>	<u>12:00 PM</u>	<u>Hitting the Books</u>	<u>RVA-VCU</u>	<u>AA</u>		https://vcu.zoom.us/j/379096170
<u>Wednesday</u>	<u>12:00 PM</u>	<u>Digital All Recovery</u>	<u>PA</u>	<u>All Recovery</u>		unityrecovery.zoom.us/my/allrecovery
<u>Wednesday</u>	<u>1:30 PM</u>	<u>Collegiate All Recovery</u>	<u>National</u>	<u>All Recovery</u>		https://zoom.us/j/328951750
<u>Wednesday</u>	<u>3:00 PM</u>	<u>Digital All Recovery</u>	<u>PA</u>	<u>All Recovery</u>		unityrecovery.zoom.us/my/allrecovery
<u>Wednesday</u>	<u>5:45 PM</u>	<u>Marijuana Anonymous</u>	<u>RVA-VCU</u>	<u>MA</u>		https://vcu.zoom.us/j/926965229
<u>Wednesday</u>	<u>8:00 PM</u>	<u>Speaking of Steps</u>	<u>RVA</u>	<u>AA</u>		email speakingofsteps@gmail.com to request link
<u>Wednesday</u>	<u>8:30 PM</u>	<u>A Virtual Awakening</u>	<u>not sure</u>	<u>AA</u>	<u>Women, Nonbinary, and Trans people</u>	https://zoom.us/j/4822208285
<u>Wednesday</u>	<u>8:30 PM</u>	<u>AA Downunder</u>	<u>not sure</u>	<u>AA</u>	<u>Closed, Voice only</u>	http://www.paltalk.com/
<u>Wednesday</u>	<u>9:00 PM</u>	<u>Digital All Recovery</u>	<u>PA</u>	<u>All Recovery</u>		unityrecovery.zoom.us/my/allrecovery
<u>Wednesday</u>	<u>9:30 PM</u>	<u>5th Dimension</u>	<u>not sure</u>	<u>AA</u>		https://zoom.us/j/687118144

Digital Recovery Supports

Resource Guide

<u>Thursday</u>	<u>7:30 AM</u>	<u>Online Faith and Sobriety</u>	<u>RVA</u>	<u>AA</u>	<u>Meditation, Discussion</u>	https://vcu.zoom.us/j/687246604
<u>Thursday</u>	<u>9:00 AM</u>	<u>Digital All Recovery</u>	<u>PA</u>	<u>All Recovery</u>		unityrecovery.zoom.us/my/allrecovery
<u>Thursday</u>	<u>12:00 PM</u>	<u>Digital All Recovery</u>	<u>PA</u>	<u>All Recovery</u>		unityrecovery.zoom.us/my/allrecovery
<u>Thursday</u>	<u>3:00 PM</u>	<u>Digital All Recovery</u>	<u>PA</u>	<u>All Recovery</u>		unityrecovery.zoom.us/my/allrecovery
<u>Thursday</u>	<u>7:00 PM</u>	<u>We Agnostics</u>	<u>RVA-VCU</u>	<u>AA</u>		https://vcu.zoom.us/j/332421146
<u>Thursday</u>	<u>7:30 PM</u>	<u>RVA YPG</u>	<u>RVA</u>	<u>AA</u>		https://us04web.zoom.us/j/792566164
<u>Thursday</u>	<u>8:30 PM</u>	<u>AA Downunder</u>	<u>not sure</u>	<u>AA</u>	<u>Closed, Voice only</u>	http://www.paltalk.com/
<u>Thursday</u>	<u>9:00 PM</u>	<u>Digital All Recovery</u>	<u>PA</u>	<u>All Recovery</u>		unityrecovery.zoom.us/my/allrecovery
<u>Thursday</u>	<u>10:00 PM</u>	<u>164 and Beyond</u>	<u>not sure</u>	<u>AA</u>		https://zoom.us/j/2316225487
<u>Friday</u>	<u>7:30 AM</u>	<u>Online Faith and Sobriety</u>	<u>RVA</u>	<u>AA</u>	<u>Meditation, Discussion</u>	https://vcu.zoom.us/j/687246604
<u>Friday</u>	<u>9:00 AM</u>	<u>Digital All Recovery</u>	<u>PA</u>	<u>All Recovery</u>		unityrecovery.zoom.us/my/allrecovery
<u>Friday</u>	<u>12:00 PM</u>	<u>Digital All Recovery</u>	<u>PA</u>	<u>All Recovery</u>		unityrecovery.zoom.us/my/allrecovery
<u>Friday</u>	<u>3:00 PM</u>	<u>Collegiate All Recovery</u>	<u>National</u>	<u>All Recovery</u>		https://zoom.us/j/328951750
<u>Friday</u>	<u>3:00 PM</u>	<u>Digital All Recovery</u>	<u>PA</u>	<u>All Recovery</u>		unityrecovery.zoom.us/my/allrecovery
<u>Friday</u>	<u>7:00 PM</u>	<u>RVA POC</u>		<u>AA</u>	<u>Open, Rotating</u>	http://vcu.zoom.us/j/947230370
<u>Friday</u>	<u>8:30 PM</u>	<u>Friday Night Young People</u>	<u>RVA-VCU</u>	<u>AA</u>		https://vcu.zoom.us/j/289119017
<u>Friday</u>	<u>8:30 PM</u>	<u>A Virtual Awakening</u>	<u>not sure</u>	<u>AA</u>	<u>Women, Nonbinary,</u>	https://zoom.us/j/4822208285

Digital Recovery Supports

Resource Guide

					<u>and Trans people</u>	
<u>Friday</u>	<u>8:30 PM</u>	<u>AA Downunder</u>	<u>not sure</u>	<u>AA</u>	<u>Closed, Voice only</u>	http://www.paltalk.com/
<u>Friday</u>	<u>9:00 PM</u>	<u>Digital All Recovery</u>	<u>PA</u>	<u>All Recovery</u>		unityrecovery.zoom.us/my/allrecovery
<u>Saturday</u>	<u>7:30 AM</u>	<u>Online Faith and Sobriety</u>	<u>RVA</u>	<u>AA</u>	<u>Meditation, Discussion</u>	https://vcu.zoom.us/j/687246604
<u>Saturday</u>	<u>9:00 AM</u>	<u>Digital All Recovery</u>	<u>PA</u>	<u>All Recovery</u>		unityrecovery.zoom.us/my/allrecovery
<u>Saturday</u>	<u>12:00 PM</u>	<u>Digital All Recovery</u>	<u>PA</u>	<u>All Recovery</u>		unityrecovery.zoom.us/my/allrecovery
<u>Saturday</u>	<u>12:30 PM</u>	<u>Boys to Men</u>	<u>RVA-VCU</u>	<u>AA</u>	<u>Men's</u>	https://vcu.zoom.us/j/831587387
<u>Saturday</u>	<u>3:00 PM</u>	<u>Digital All Recovery</u>	<u>PA</u>	<u>All Recovery</u>		unityrecovery.zoom.us/my/allrecovery
<u>Saturday</u>	<u>8:00 PM</u>	<u>Saturday Young People's</u>	<u>not sure</u>	<u>AA</u>		https://us04web.zoom.us/j/584709264?pwd=YTE3amFPR1RBeTRmOU84YTNTblovUT09
<u>Saturday</u>	<u>8:30 PM</u>	<u>AA Downunder</u>	<u>not sure</u>	<u>AA</u>	<u>Closed, Voice only</u>	http://www.paltalk.com/
<u>Saturday</u>	<u>9:00 PM</u>	<u>No Cover Charge</u>	<u>RVA-VCU</u>	<u>AA</u>		https://vcu.zoom.us/j/999201610
<u>Saturday</u>	<u>9:00 PM</u>	<u>Digital All Recovery</u>	<u>PA</u>	<u>All Recovery</u>		unityrecovery.zoom.us/my/allrecovery
<u>Sunday</u>	<u>9:30 AM</u>	<u>Awakenings</u>	<u>RVA</u>	<u>AA</u>	<u>open speaker</u>	https://zoom.us/j/531502231
<u>Sunday</u>	<u>10:00 AM</u>	<u>Sunday Morning Serenity</u>	<u>RVA</u>	<u>AA</u>	<u>open</u>	https://zoom.us/j/216646641?pwd=MDV4Sm04WTYvdzNHUHhLdTVkdK1QUT09
<u>Sunday</u>	<u>6:30 PM</u>	<u>Speaking of Steps</u>	<u>RVA</u>	<u>AA</u>	<u>step</u>	emailspeakingofsteps@gmail.com to request link
<u>Sunday</u>	<u>7:00 PM</u>	<u>12-Step for Beginners</u>	<u>not sure</u>	<u>AA</u>		https://sites.google.com/site/beginnermeeting/
<u>Daily</u>		<u>General/Discussion</u>	<u>not sure</u>	<u>SMART Recovery</u>		https://www.smartrecovery.org/community/calendar.php

Digital Recovery Supports

Resource Guide

<u>Daily</u>		<u>Recovery Dharma Online</u>	<u>not sure</u>	<u>Recovery Dharma</u>		https://recoverydharma.online/?fbclid=IwAR0_eoz4AqbxFzsn5q1UaHLJN5ztAFMbWcC6q1sZkdcithGU88xV9t-txKo
<u>Daily</u>		<u>Various</u>	<u>website</u>	<u>Various</u>		https://www.intherooms.com/home/live-meetings/
<u>Daily: 10pm</u>		<u>NA Online</u>	<u>not sure</u>	<u>NA</u>		http://na-recovery.org/Narcotics Anonymous Online Meeting Schedule.html
<u>Daily: 9am, 12pm, 3pm, & 9pm</u>		<u>Digital All Recovery</u>	<u>PA</u>	<u>All Recovery</u>		unityrecovery.zoom.us/my/allrecovery

3. **In the Rooms:** In The Rooms is a free online recovery tool that offers 130 weekly online meetings for those recovering from addiction and related issues. They embrace multiple pathways to recovery, including all 12 Step, Non-12 Step, Wellness and Mental Health modalities. www.IntheRooms.org
4. **Facebook Groups**
 - a. **Quarintined AA**
 - b. **RVA Recovery**
 - c. **COVID 19 AA group RVA and Surrounding area**
5. **Digital All Recovery Meetings:** Access to online meetings 7 days a week (9AM, 12PM, 3PM, & 9APM ES. Join directly by navigating to unityrecovery.zoom.us/my/allrecovery in your browser or from your smartphone
6. **SAFE Campuses Collegiate Recovery Leadership Academy:** students will be leading virtual Collegiate All-Recovery meetings three times a week starting on Monday, March 16th. Participation is open to all students and alumni in recovery.

Below are the days/times that we have scheduled for the upcoming week and meetings continue weekly until further notice:

Mondays, starting March 16th - 7pm EST

Wednesdays, starting March 18th - 1:30pm EST

Fridays, starting March 20th - 3pm EST

Please share this information with your students, alumni, and any other student who might be interested. Use this link to access each of the upcoming Collegiate All-Recovery meetings:

<https://zoom.us/j/328951750>

Digital Recovery Supports

Resource Guide

7. **Sober Cast** podcast is a podcast channel of AA speakers at workshops (on various different topics) and regular meetings from all around the US. They are pretty diverse speakers and represent AA as a whole well. You can find this channel on any player.

Spreadsheet of national recovery meetings (by Katana):

<https://docs.google.com/spreadsheets/d/1rX5OgFqhEpkfDvBic4z9uDwufZ2dZbMug3tVSHenEOc/edit?usp=sharing>