



PRCC is continuously updating a list of online resources nationwide, as well as meetings that have moved online in the greater Portland area and statewide throughout Maine. Recovery community centers support many pathways of recovery, if you know of any meetings in Maine that you would like us to share the information, please email katew@portlandrecovery.org.

All meetings that are regular PRCC meetings are noted below next to the meeting. These meetings are open to anyone. Meetings hosted virtually by PRCC in Portland are also being updated on the PRCC online schedule at <https://portlandrecovery.org/recovery-support/#schedule>.

For meetings that are not hosted by recovery community centers, we are unable to distinguish which are open or closed meetings. For those in programs with anonymity, there are ways to join Zoom meetings and remain anonymous. You can turn off your camera to use only audio and you can have only your first name appear on the screen.

Zoom has informative informational videos at <https://zoom.us/resources> to learn more about how to use the tool.

Online Resources

- **In The Rooms** (www.intherooms.com): A global recovery community
- **Recovery Dharma Online** (<https://recoverydharma.online>): Healing from addiction with Buddhist practice
- **SMART Recovery: Self-Management and Recovery Training** (www.smartrecovery.org)
- [12Step.org](http://12step.org): Online 12 step recovery meetings
- **AA Intergroup** (<http://aa-intergroup.org>): Online Alcoholics Anonymous
- NAbyphone.com

All Recovery

- **PRCC Noon All Recovery Meeting – 7 days a week at 12 pm**
PRCC Scheduled Group
<https://zoom.us/j/99629866539>
Phone: 929-205-6099 / Meeting ID 99629866539
Password: PrCc20
- **YPR – Maine’s Daily All Recovery – 7 days a week at 5 pm**
Browser or app: <http://tinyurl.com/YPRMaineARM>
Phone: 646-876-9923 / Meeting ID 368 842 111



- **BARN All Recovery – Sunday, Tuesday, Thursday, and Saturday at 6pm**
BARN Scheduled Group
Browser or App <https://zoom.us/j/632390343>
Phone: 646-558-8656 / Meeting ID: 632 390 343
Password: 142142
- **Roads to Recovery: Caribou and Aroostook & ARCH Check-in/All Recovery Meeting – Monday, Wednesday, Friday at 10 am**
Roads to Recovery: Caribou and Aroostook / ARCH: Aroostook Recovery Center of Hope Scheduled Group
Browser or app: <https://zoom.us/j/966869247>
Phone: 929-205-6099 / Meeting ID 966869247
- **Lakes Region Recovery Center All Recovery Meetings**
Monday, Wednesday, 3:00 pm Meeting ID: 164797275
Tuesday, Thursday, 1pm Meeting ID: 889 9666 3240
Friday, 12 pm: Meeting ID: 595 913 626
LRRC Scheduled Group
Browser or App:
Phone: 312-626-6799 / Meeting ID: 164797275
- **All Pathways of Recovery Daily Reflections Reading and Discussion – Wednesday 1-2 pm**
DRSC Scheduled Group
Browser or app: <https://amhc.zoom.us/j/96485022117>
Phone: 929-205-6099 / Meeting ID: 964 8502 2117
Call DRSC for password 207-259-6238

Alcoholics Anonymous

- **Acadia Living Sober – Tuesday & Thursday at 10:30 am**
BARN Scheduled Group
Browser or app: <https://zoom.us/j/98113993709>
Phone: 646-558-8656 / Meeting ID: 981 1399 3709
Password: 142142
- **Men's 12 & 12 – Wednesday 6 pm**
BARN Scheduled Group
Browser or app: <https://zoom.us/j/698329532>
Phone: 646-558-8656 / Meeting ID: 698-329-532
Password: 1212
- **Moms on a mission – Wednesdays 7pm (Mothers only)**
Browser or app: <https://zoom.us/j/4982958836>
Phone: 646-876-9923 / Meeting ID: 498 295 8836

- **Big Book Step Study – Thursday 6-7:30 pm**
BARN Scheduled Group
Browser or app: <https://zoom.us/j/356391036>
Phone: 646-558-8656 / Meeting ID: 356-391-036
Password: 146650
- **Big Book Step Study – Saturday 9:30-11 am**
BARN Scheduled Group
Browser or app: <https://zoom.us/j/933125654>
Phone: 646-558-8656 / Meeting ID: 933-125-654
Password: 566436
- **Golden Slippers – Friday at 7:30 pm**
PRCC Scheduled Group
Browser or app: <https://zoom.us/j/817266372>
Phone: 929-205-6099 / Meeting ID 817 266 372
Password: PrCc20
- **Buy Times (Women's Meeting) – Saturday at 12 pm**
DRSC Scheduled Group
Browser or app: <https://amhc.zoom.us/j/867331355>
Phone: 929-205-6099 / Meeting ID: 867 331 355
Call DRSC for password 207-259-6238
- **Women's Living Free – Saturday at 10:00 am**
PRCC Scheduled Group
Browser or app: <https://zoom.us/j/305728061>
Phone: 929-205-6099 / Meeting ID 305 728 061
Password: PrCc20
- **Sober Sunday - Sunday at 11am**
Browser or app: <https://us02web.zoom.us/j/85185320668>
Phone: 646-558-8656 / Meeting ID: 851 8532 0668
- **LRRC AA – Sunday at 12 pm**
LRRC Scheduled Group
Browser or app: <https://us04web.zoom.us/j/268066500>
Phone: 646-558-8656 / Meeting ID: 268 066 500
Password: 843204
- **Roads to Recovery Alcoholics Anonymous – Sunday at 6 pm**
Roads to Recovery: Caribou and Aroostook / ARCH: Aroostook Recovery
Center of Hope Scheduled Group
Browser or app: <https://zoom.us/j/595159550>
Phone: 929-205-6099 / Meeting ID 595159550

- **Daily reflections Wednesdays -1pm**
DRSC Regularly Scheduled Meeting
Browser or app: <https://amhc.zoom.us/j/96485022117>
Phone: 929-205-6099 / Meeting ID 964 8502 2117
Password: 044870
- **Full list of daily meetings in Maine:**
<http://csoaamaine.org/virtual-meetings/>

Crystal Meth Anonymous (CMA)

- **Carry the Meth-Age – Saturday 7:00pm**
PRCC Scheduled Group
Browser or app: <https://us04web.zoom.us/j/946265084>
Meeting ID: 946 265 084
Password: crystal

Co-Dependents Anonymous

- **Precious & Free – Tuesdays at 5:30 pm**
PRCC Scheduled Group
Browser or app: <https://zoom.us/j/651021325>
Phone: 929-205-6099 / Meeting ID: 651 021 325
Password: PrCc20

Family & Parental Support

- **Family Restored – Tuesday at 6 pm**
PRCC Scheduled Group
Email virtual@thefamilyrestored.org for an invite.
- **Family Restored – Wednesday at 6 pm**
PRCC Scheduled Group
Email virtual@thefamilyrestored.org for an invite.
- **Parental Support Group – Monday at 8 pm**
LRRC Scheduled Group
Browser or app: <https://us02web.zoom.us/j/331606670>
Phone: 646 558 8656 / Meeting ID: 331 606 670

Heroin Anonymous

- **A Way Out – Sundays at 9am**
PRCC Scheduled Group
Browser or app: <https://zoom.us/j/93709212090>
Phone: 646-558-8656 / Meeting ID: 937 0921 2090
Passcode: PrCc20

Justice System Support Groups

- **Life after Incarceration Recovery Group – Monday-Friday at 2 pm**
Harbor Peer & Wellness Center Scheduled Group
A Peer Recovery meeting for individuals that have experienced incarceration, probation and are seeking or sustaining recovery from Substance Misuse, Co-Occurring Challenges or other addictive behaviors. This is an open meeting to peers.
Browser or app: <https://us04web.zoom.us/j/902711513>
Phone: 929-205-6099 / Meeting ID: 902 711 513
Password: 267202
- **Probation and Recovery – Tuesday at 1:30 pm**
Roads to Recovery: Caribou and Aroostook / ARCH: Aroostook Recovery Center of Hope Scheduled Group
Browser or app: <https://zoom.us/j/95773506305>
Phone: 929-205-6099 / Meeting ID 95773506305
Password: 932788

Marijuana Anonymous

- **Weed Recovery – Thursday at 4 pm room will open at 3:45**
PRCC Scheduled Group
Phone: (312) 626-6799/ Meeting ID: 739 271 881
Password: 743259

Meditation Groups

- **Harbor Peer and Wellness Meditation Group – Monday at 6:30**
Harbor Peer & Wellness Center Scheduled Group
Browser or app: <https://us04web.zoom.us/j/8304930015>
Phone: 929-205-6099 / Meeting ID: 830 493 0015
- **Mind and Body Training with Angela – Wednesday at 1:30 pm**
PRCC Scheduled Group
Browser or app: <https://zoom.us/j/97901310788>
Meeting ID: 97901310788

Narcotics Anonymous (NA)

- **Narcotics Anonymous – Thursday at 9 am**
Roads to Recovery: Caribou and Aroostook / ARCH: Aroostook Recovery Center of Hope Scheduled Group
Browser or app: <https://zoom.us/j/353847730>
Phone: 929-205-6099 / Meeting ID 353847730
- **New Beginnings Meeting of Narcotics Anonymous – Monday, Tuesday Thursday and Friday at 12 pm**
PRCC Scheduled Group
Browser or app: <https://zoom.us/j/962237384>
Phone: 312-626-6799 / Meeting ID: 962 237 384
Password: Miracles
- **Narcotics Anonymous – Saturday at 7pm**
Roads to Recovery: Caribou and Aroostook / ARCH: Aroostook Recovery Center of Hope Scheduled Group
Browser or app: <https://zoom.us/j/328246265>
Phone: 929-205-6099 / Meeting ID 328246265
- **NewBeginnings (NA) – Monday at 7:30pm, Saturday at 12:00 pm**
BARN Scheduled Group
Browser or app: <https://zoom.us/j/7207301505>
Phone: 312-626-6799 / Meeting ID: 720-730-1505

Wellbriety

- **Wellbriety – Thursday at 6:00pm**
BARN Scheduled Group
Browser or app: <https://zoom.us/j/3986969287>
Phone: 929-436-2866 / Meeting ID: 398 696 9287
Password: 793387

Yoga, Reiki, EFT Tapping

- **Sea Change Recovery Yoga – Thursday at 1:30 pm**
PRCC Scheduled Group
Browser or app: <https://zoom.us/j/795476522>
Phone: 312-626-6799 / Meeting ID: 795 476 522
Password: PrCc20
- **Reiki – Monday and Thursday at 2:00pm**
PRCC Scheduled Group
Mondays Browser or app: <https://zoom.us/j/3437849104>
Thursdays Browser or app: <https://us04web.zoom.us/j/2636931986>

- **EFT Tapping – Monday at 10:00 am**
PRCC Scheduled Group
Browser or app: <https://zoom.us/j/3437849104>

Additional Recovery Support Groups

- **DownEast Recovery Support Center Daily Zoom Check-in
Monday – Friday at 10am and 4 pm**
DRSC Scheduled Group
10am morning check in
Browser or app: <https://amhc.zoom.us/j/373022686>
Meeting ID: 373 022 686/Password: 091927
4pm afternoon check in
Browser or app: <https://amhc.zoom.us/j/830205359>
Meeting ID: 830 205 359 / Password: 025318
- **Peer Recovery Support Group – Monday- Friday at 3 pm**
Harbor Peer & Wellness Center Scheduled Group
Browser or app: <https://zoom.us/j/3861269169>
Phone: 929-205-6099 / Meeting ID: 386 126 9169
Password: 047051
- **H.O.P.E. – Thursday 5:30-7:00 pm**
PRCC Scheduled Group
Browser or app: <https://zoom.us/j/578220927>
Phone: 929-205-6099 / Meeting ID: 578 220 927
Password : PrCc20
- **MAT Recovery Support Group – Friday at 1:00 pm**
Roads to Recovery: Caribou and Aroostook / ARCH: Aroostook Recovery
Center of Hope Scheduled Group
Browser or app: <https://zoom.us/j/966869247>
Phone: 929-205-6099 / Meeting ID: 966 869 247
Triggers & Coping Skills - Saturdays 2:30 pm
- **Creative Writing- Tuesdays 1pm**
LRRC Scheduled Meeting
Browser or app: <https://zoom.us/j/88996663240>
Meeting ID: 899 9666 3240

