

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 [ali@portlandrecovery.org](mailto:ali@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](http://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](http://www.smartrecovery.org))
- [12Step.org](http://12Step.org): Online 12 step recovery meetings
- **AA Intergroup** (<http://aa-intergroup.org>): Online Alcoholics Anonymous
- [NAbyphone.com](http://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



For a list of all Young People in Recovery meetings:  
<https://youngpeopleinrecovery.org/calendar/>

- **BARN All Recovery – Sunday at 6pm**  
BARN Scheduled Group  
Browser or App <https://zoom.us/j/632390343>  
Phone: 312-626-6799 / Meeting ID: 632 390 343  
Password: 142142
- **Lakes Region Recovery Center All Recovery Meetings**  
LRRC Scheduled Group  
Monday, Tuesday, Wednesday, Thursday, Friday, 3:00 pm  
Browser or App: <https://us02web.zoom.us/j/82355160933>  
Phone: 312-626-6799 / Meeting ID: 82355160933  
Saturday 4 pm  
Browser or App: <https://us02web.zoom.us/j/83893182952>  
Phone: 16465588656 / Meeting ID: 838 9318 295

### Alcoholics Anonymous

- **Acadia Living Sober – Tuesday & Thursday at 10:30 am**  
BARN Scheduled Group  
Browser or app: <https://zoom.us/j/87661744037>  
Phone: 16465588656 / Meeting ID: 876 6174 4037  
Password: 142142
- **Men's 12 & 12 – Thursday 6 pm**  
BARN Scheduled Group  
Browser or app: <https://zoom.us/j/698329532>  
Phone: 646-558-8656 / Meeting ID: 698-329-532  
Password: 1212
- **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



**Portland  
Recovery Community  
Center**

Browser or app: <https://amhc.zoom.us/j/867331355>  
Phone: 929-205-6099 / Meeting ID: 867 331 355  
Password: 011446

- **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 Beginners Meeting- 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  
Password: 912412
- **Full list of daily meetings in Maine:**  
<http://csoaamaine.org/virtual-meetings/>

### **Cocaine Anonymous**

- **Email Meetings:** <https://www.ca-online.org/meetings/e-mail/>
- **Voice Meetings:** <https://www.ca-online.org/meetings/voipvoice/>

### **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](mailto:virtual@thefamilyrestored.org) for an invite.
- **Family Restored – Wednesday at 6 pm**  
PRCC Scheduled Group  
Email [virtual@thefamilyrestored.org](mailto: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

### 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

- **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 – Saturday at 7 pm**  
Roads to Recovery: Caribou and Aroostook / ARCH: Aroostook Recovery Center of Hope Scheduled Group  
Browser or app: <https://zoom.us/j/328246265>  
Meeting ID 328-246-265  
Password: 1953
- **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  
Password: 1953
- **Narcotics Anonymous (Women Inspired) – Saturday at 6pm**  
Meeting ID: 84117414925
- **NewBeginnings (NA) – Monday, Wednesday, Friday at 7:30pm**  
BARN Scheduled Group  
Browser or app: <https://zoom.us/j/7207301505>  
Phone: 312-626-6799 / Meeting ID: 720-730-1505
- **Full list of daily NA meetings in Maine:** <https://namaine.org/virtual-meetings/>

## 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
- **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
- **Creative Writing- Tuesdays 10am**  
LRRS Scheduled Meeting  
Browser or app: <https://zoom.us/j/85183293812>  
Meeting ID: 851 8329 3812



Maine's Recovery Community Centers offer free Telephone Recovery Support and Peer Recovery Coaching. Please contact the center nearest you if you are interested in receiving these services.

## Recovery Community Centers in Maine

**\* Aroostook Recovery Center of Hope**

36 North Street, #1, Houlton, ME 04730  
(207) 254-2213

**\* Bangor Area Recovery Network**

142 Center Street, Brewer, ME 04412  
(207) 561-9444

**\* Boothbay Harbor Peer & Wellness Center**

35 School Street, Boothbay Harbor, ME 04538  
(207) 315-6236

**☆ Coastal Recovery Community Center**

24 Lincoln Street, Suite 103, Rockland, ME 04841  
(207) 691-3697

**\* DownEast Recovery Support Center**

311 Main Street, Calais, ME 04619  
(207) 952-9279

**\* DownEast Recovery Support Center**

11 Free Street, Machias, ME 04654  
(207) 259-6238

**\* Lakes Region Recovery Center**

25 Hospital Drive, Suite E, Bridgton, ME 04009  
(207) 803-8707

**☆ Larry Labonte Recovery Center**

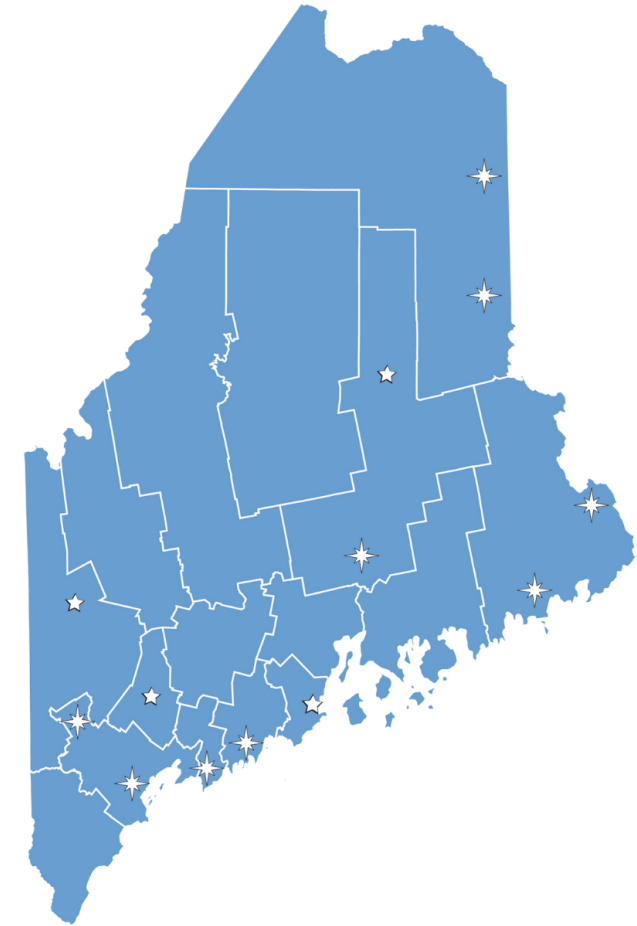
412 Waldo Street, Rumford, ME 04276  
(207) 418-4983

**\* Peer Learning Center at Bath**

340 Oak Grove Avenue, Bath, ME 04530  
(207) 389-4236

**☆ Pir2Peer Recovery Center**

1009 Central Avenue, Millinocket, ME 04462  
(207) 723-1327



**\* Portland Recovery Community Center**

468 Forest Avenue, Portland, ME 04103  
(207) 553-2575

**☆ REST Center**

205 Main Street, Lewiston, Maine 04240  
(207) 783-7378

**\* Roads to Recovery Community Center**

1 Water Street, Caribou, ME 04736  
(207) 493-1278