



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.

#### **Local Recovery Community Centers:**

- Portland Recovery Community Center: 207-553-2575
- Aroostook Recovery Center of Hope: 207-254-2213
- Roads to Recovery Center: 207-493-1278
- Peer Learning Community Center: 207-607-6663
- Harbor Peer & Wellness Center: 207-315-1104
- Lakes Region Recovery Center: 207-803-8707
- DownEast Recovery Support Center- Machias: 207-259-6238
- DownEast Recovery Support Center -Calais: 207-952-9279
- Bangor Area Recovery Network: 207-561-9444
- Larry Labonte Recovery Center: 207-418-4983
- Pir2Peer Recovery Center: 207-723-1327
- Coastal Recovery Community Center: 207-691-3697
- REST Center: 207-783-7378

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 \(https://recoverydharma.online\)](https://recoverydharma.online): Healing from addiction with Buddhism
- 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
- NAbypnone.com

PRCC Virtual Coffee Check-In – Tuesday & Thursday at 9am

PRCC Scheduled Group

<https://zoom.us/j/91328858111?pwd=SGx5ZEQyZDIOR2ZpWFpHTzNIRIEvUT09>

Meeting ID: 913 2885 8111

Passcode: Prcc2020



## All Recovery

PRCC Noon All Recovery Meeting – 7 days a week at 12pm

PRCC Scheduled Group

<https://zoom.us/j/99629866539>

Phone: 929-205-6099 / Meeting ID 99629866539

Password: PrCc20

Peer Group on Zoom – Monday-Friday at 3 pm

Harbor Peer & Wellness Center Scheduled Group

Browser or App: <https://us02web.zoom.us/j/4997856830>

Meeting ID: 499 785 6830

All Recovery Peer Support Group – Monday-Friday at 10am

Peer Learning Community Center at Bath Scheduled Group

Browser or app: <https://us02web.zoom.us/j/84107678143>

All Recovery – Fridays at 5:30pm

Aroostook Recovery Center of Hope Scheduled Group

Meeting ID: 917 5280 8356

Password: 134

All Recovery – Saturday at 4pm

LRRC Scheduled Group

Browser or app: <https://us02web.zoom.us/j/83893182952>

Meeting ID: 838 9318 2952

Young People in Recovery – Tuesdays at 1pm

<https://zoom.us/j/99640824084?pwd=Zkd6aXNDR3g2d2Ixa2ttQXd1cXNIUT09>

Meeting ID: 996 4082 4084

Passcode: YPR

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

All Recovery Meetings- Monday-Friday, 3:00 pm

LRRC Scheduled Group

Browser or App: <https://us02web.zoom.us/j/82355160933>

Phone: 312-626-6799 / Meeting ID: 82355160933

## Alcoholics Anonymous

Joe & Charlie's Big Book Listening Group – Tuesday at 12pm-1pm

PRCC Scheduled Group

Browser or app:

<https://zoom.us/j/741670502?pwd=Q0dqNU5LTdxcEkxSEs0am82bTYwdz09>

Phone: / Meeting ID: 741 670 502

Password: JoeCharlie

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

Alcoholics Anonymous 12 & 12 – Thursday 6 pm

BARN Scheduled Group

Meeting ID: 6900 267 092

Password: 123456

Big Book Step Study – Saturday at 9:30am

BARN Scheduled Group

Meeting ID: 968 6669 6780

Password: 142142

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

AA Back to Basics – Tuesdays at 6pm

BARN Scheduled Group

Meeting ID: 6900 267 092

Password: 123456

AA I Surrender – Wednesday at 6pm

BARN Scheduled Group

Meeting ID: 968 6669 6780

Password: 142142

AA Men's 12 x 12 – Wednesday at 6pm

BARN Scheduled Group

Meeting ID: 698 329 532

Password: 1212

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

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)

### **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

CODA – Fridays at 10am

LRRC Scheduled Group

Browser or app: <https://us02web.zoom.us/j/83893182952>

Meeting ID: 856 2507 0639

### **Family & Parental Support**

Family Restored – Wednesday at 6 pm

PRCC Scheduled Group

Email [virtual@thefamilyrestored.org](mailto:virtual@thefamilyrestored.org) for an invite or by phone: 207-387-0015

Parenting in Recovery – Mondays at 4pm

The Peer Learning Community Center Scheduled Group

Browser or app: <https://us02web.zoom.us/j/84046891573>

### **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

### **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

Meeting ID: 899 8522 2732

Password: 781810

Narcotics Anonymous (Women Inspired) – Saturday at 6pm

BARN Scheduled Group

Meeting ID: 833 9404 0558

Password: Women

Narcotics Anonymous – Ultimate Weapon – Saturday at 7:30pm

BARN Scheduled Group

Meeting ID: 572 681 0574

Password: 142142

NA Recovery is Possible – Thursday at 7pm

LRRS Scheduled Group

Browser or app: <https://us02web.zoom.us/j/85692543773>

Meeting ID: 856 9254 3773

NA Grateful We're Not Dead – Tuesdays and Thursdays – 7pm

BARN Scheduled Group

Meeting ID: 351 875 5333

Password: 000000

NewBeginnings (NA) – Monday, Wednesday, Friday at 7:30am

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

Meeting ID: 690 0267 092

Password: 123456

### **Yoga, Reiki, EFT Tapping**

Sea Change Recovery Yoga – Tuesdays and Thursday at 1:30 pm

PRCC Scheduled Group

Browser or app: <https://zoom.us/j/91837133896>

Meeting ID: 918 3713 3896



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>

### **Additional Recovery Support Groups**

GRASP – Saturdays at 10am

PRCC Scheduled Group

Browser or app: <https://zoom.us/j/96440804956?pwd=MEplTzZoUmJXU3VhUmJXWjdtOUxZZz09>

Meeting ID: 964 4080 4956

Passcode: 330665

SMART Recovery – Wednesdays at 10am

PRCC Scheduled Group

Browser or app:

[https://www.google.com/url?q=https://smartrecovery.zoom.us/j/723306815&sa=D&source=calendar&ust=1608473724009000&usg=AOvVaw0h8jaA5wU\\_6r3SW9WX3MZY](https://www.google.com/url?q=https://smartrecovery.zoom.us/j/723306815&sa=D&source=calendar&ust=1608473724009000&usg=AOvVaw0h8jaA5wU_6r3SW9WX3MZY)

Queer & Trans Recovery Group – Tuesdays at 5pm

PRCC Scheduled Group

Browser or app: <https://zoom.us/j/97103616528?pwd=SmlpM3plMlZBV1h1SzgyWk5hQTh4UT09>

Meeting ID: 971 0361 6528

Passcode: Recovery

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. – Wednesday at 3 pm

PRCC Scheduled Group

Browser or app: <https://zoom.us/j/98362744735?pwd=amdUYWF1M1dlbG9VUDk4dzVxdmJUdz09>

Meeting ID: 983 6274 4735

Password: Prcc2020

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

Employment in Recovery – Wednesdays at 9am

Peer Learning Community Center Scheduled Group

Browser or app: <https://us02web.zoom.us/j/84881715023>



Employment and Recovery Group- Wednesdays at 10am  
Harbor Peer & Wellness Center Scheduled Group  
Browser or app: <https://us02web.zoom.us/j/4997856830>  
Meeting ID: 499 785 6830

Employment in Recovery – Fridays at 3pm  
Peer Learning Community Center Scheduled Group  
Browser or app: <https://us02web.zoom.us/j/88592221394>

Women’s Recovery Group – Tuesdays at 3pm  
Peer Learning Community Center Scheduled Group  
Browser or app: <https://us02web.zoom.us/j/84092757546>

Community Connection Recovery Group – Thursdays at noon  
Peer Learning Community Center Scheduled Group  
Browser or app: <https://us02web.zoom.us/j/82713011283>

Wellness Group – Wednesdays at noon  
Peer Learning Community Center Scheduled Group  
Browser or app: <https://us02web.zoom.us/j/88950955921>

Creative Writing in Recovery – Fridays at noon  
Peer Learning Community Center Scheduled Group  
Browser or app: <https://us02web.zoom.us/j/85238582899>

Creative Writing – Tuesday at 10am  
LRRC Scheduled Group  
Browser or app: <https://us02web.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

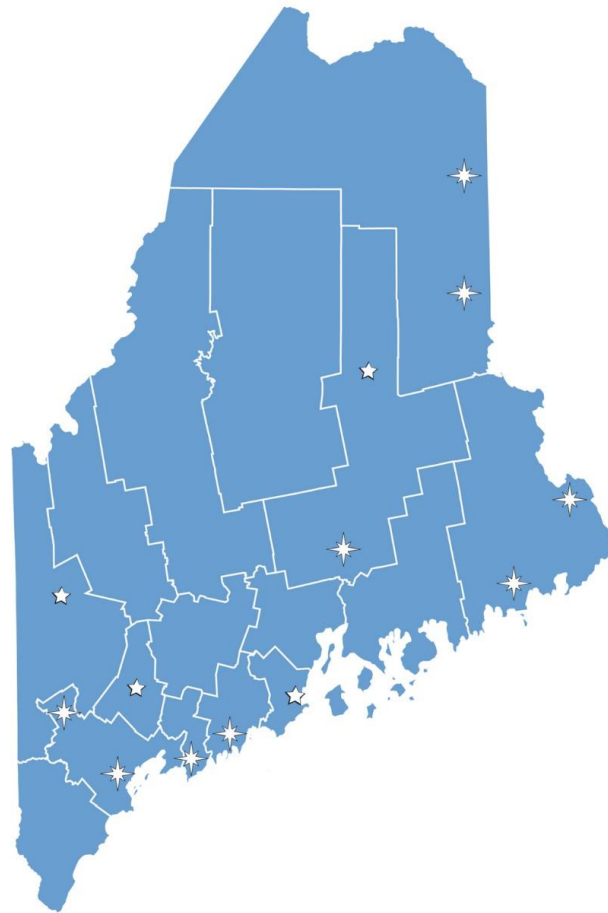
✦ **DownEast Recovery Support Center**  
11 Free Street, Machias, ME 04654  
(207) 259-6238

✦ **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

✦ Designates Maine Recovery Hub funded center