



**We're here
for you**



With COVID-19 having such a dramatic impact on our daily lives, we want you to know that we are here for you. Recovery is hard work, and with so many finding it difficult to attend peer support groups right now, we want to make sure you have an alternative to in-person support.

Starting immediately, Dynamicare is offering **FREE LIVE ONLINE** recovery support meetings every day at 12:00PM Eastern Time. These meetings will be hosted by peers in recovery and allies, and are open to anyone in the community. No registration is required.

M, W, F - Hosted by peers in recovery
T, Th, S, Su - Hosted by allies

HOW TO JOIN A REMOTE RECOVERY MEETING

- Join us at bit.ly/remoterecoverygroup or by phone at **(646) 558-8656** (enter in meeting ID: 462 886 437). We will use the same link and number for all the group sessions.
- If you need any help downloading the Zoom app on your phone or computer, call us at (855) 539-6264. We will be available 15 min before the call to help troubleshoot.
- After you join, we'll have a welcome, a reading, a speaker briefly sharing about reading, and then open discussion for anyone who would like to share!
- Please note: Your phone number and/or your name will be displayed to the other participants. By joining the call, you consent to this and will not be anonymous.