

COVID-19 Recovery Resources Barnstable County 2020

General Information

- SAMHSA (<https://www.samhsa.gov>) is providing guidance and resources to assist individuals, providers, communities, and states including:
 - A list of virtual recovery meetings
 - Considerations for the Care and Tx of Mental and Substance Use Disorders in the COVID-19 Epidemic
 - Guidance for Opioid Treatment Programs including new MAT guidance
 - Telemedicine information
 - Congregate living recommendations
- www.cdc.gov
- www.mass.gov
- <https://rizema.org/resources/>

Local Recovery Resources

- **Pause a While**
Daily AA Call-ins at 7:00AM, 12:00PM, 2:00PM, and 7:00PM
Dial in: 425-436-6360 Access code: 422932#
- **PIER Recovery Center**
Monday-Friday Zoom meetings at 10:00 am
<https://zoom.us/j/517349883>
Zoom meeting ID 517 349 883
- **Wellstrong**
Offering virtual online wellness classes and meetings for the recovery community
<http://www.wellstrong.org/class-calendar/>
<https://zoom.us/j/3079724073>
Zoom meeting ID 307 972 4073
- **Gosnold Family Education and Support Meeting**
Peer-led peer support group facilitated by a Gosnold clinician
Sundays from 11:00 am – 12:30 pm
<https://zoom.us/j/499635631>
Zoom meeting ID: 499 635 631
Dial in: 929-205-6099
- **Drop-in Meditation**
Mindful meditation practices facilitated by Joy Kingsbury
Mondays from 7:00 – 8:00 pm
<https://zoom.us/j/102243928>
Zoom meeting ID: 102 243 928
Dial in: 929-205-6099

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- **Together We Can**
An All Recovery Group welcoming all fellowships and pathways
Wednesdays from 7:00 – 8:00 pm
<https://zoom.us/j/194335786> | Zoom meeting ID: 194 335 786
Dial in: 929-205-6099
- **Herren Project Online Support Groups**
Virtual support groups for spouses, families, grief, and parental support
- <https://herrenproject.org/online-support>
- **Learn to Cope**
Online support forum open to families, friends and loved ones who have someone in their lives who is struggling with substance use disorder
www.learn2cope.org
- **South Shore Peer Recovery**
1:1 telephone recovery support
<https://tinyurl.com/ssprtrs>