

Virtual Recovery Meetings Hosted via Zoom

- Zoom: <https://zoom.us>
- See how Zoom Video Conference works:
https://www.youtube.com/watch?time_continue=6&v=VnyitUU4DUY&feature=emb_logo
- Get to Zoom directly at this link: <https://zoom.us/join>
- Next, copy & paste (or type) in the ID # listed in the far-right column below.

*NOTE: All meetings included on this list are EST

Meeting Key:

AA: Alcoholics Anonymous
 NA: Narcotics Anonymous
 AR: All Recovery
 Al-A: Al-Anon
 M: Mens
 W: Womans
 BB: Big Book Study
 OD: Open Discussion
 CD: Closed Discussion
 O: Open meeting
 C: Closed meeting

West Virginia Virtual Meetings Available by Zoom

| Day | Time | Type | Meeting Name | Area | Zoom ID #: |
|---------------|----------|-------|---------------------------|----------------|--------------|
| 7 days a week | All day | NA | 24-Hour Coffee Lounge | Huntington, WV | 220 667 526 |
| | | | | | |
| Monday | 12:00 pm | NA | Still Sick | Morgantown, WV | 664 645 7946 |
| | 12:00 pm | NA-OD | Not High in the Afternoon | Morgantown, WV | 664 645 7946 |
| | 1:00 pm | AR | All Recovery Support | Buckhannon, WV | 809 422 747 |

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|----------------|----------|-------|---------------------------|--------------------|-------------------------------|
| | 7:00 pm | NA | We Came to Believe | Buckhannon, WV | 335 753 039 |
| | 7:30 pm | NA | New Beginnings | Charleston, WV | 3762732429 |
| | 8:00 pm | AA | Huntington Area AA | Huntington, WV | ID: 982 233 252 PW: 007869 |
| | 8:00 pm | NA-OD | Not High in the Afternoon | Morgantown, WV | 664 645 7946 |
| | 8:00 pm | NA | Still Sick | Morgantown, WV | 664 645 7946 |
| | | | | | |
| Tuesday | 12:00 pm | NA | Still Sick | Morgantown, WV | 664 645 7946 |
| | 12:00 pm | NA-OD | Not High in the Afternoon | Morgantown, WV | 664 645 7946 |
| | 1:00 pm | AR | All Recovery Support | Buckhannon, WV | 809 422 747 |
| | 6:30 pm | NA | No Reservations Group | Morgantown, WV | 964 500 058 |
| | 7:00 pm | NA | We Came to Believe | Buckhannon, WV | 335 753 039 |
| | 7:00 pm | AA | E St. Group | So. Charleston, WV | |
| | 7:30 pm | NA | Bring Your Own Coffee | Charleston, WV | 963 240 6938 |
| | 7:30 pm | NA-CD | The Home Group | Morgantown, WV | 614 376 217 |
| | 8:00 pm | NA-OD | Not High in the Afternoon | Morgantown, WV | 664 645 7946 |
| | 8:00 pm | AA | Huntington Area AA | Huntington, WV | ID: 982 233 252 PW: 007869 |
| | 8:00 pm | NA | Still Sick | Morgantown, WV | 664 645 7946 |

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|------------------|----------|-------|---------------------------|----------------|-------------------------------|
| | | | | | |
| Wednesday | 12:00 pm | NA | Still Sick | Morgantown, WV | 664 645 7946 |
| | 12:00 pm | NA-OD | Not High in the Afternoon | Morgantown, WV | 664 645 7946 |
| | 1:00 pm | AR | All Recovery Support | Buckhannon, WV | 809 422 747 |
| | 7:00 pm | NA | We Came to Believe | Buckhannon, WV | 335 753 039 |
| | 7:30 pm | NA- O | Live Clean or Die | Morgantown, WV | 547 641 576 |
| | 7:30 pm | NA | Charleston Central | Charleston, WV | 6119497908 |
| | 8:00 pm | NA-OD | Not High in the Afternoon | Morgantown, WV | 664 645 7946 |
| | 8:00 pm | AA | Huntington Area AA | Huntington, WV | ID: 982 233 252 PW: 007869 |
| | 8:00 pm | NA | Still Sick | Morgantown, WV | 664 645 7946 |
| | | | | | |
| Thursday | 12:00 pm | NA | Still Sick | Morgantown, WV | 664 645 7946 |
| | 12:00 pm | NA-OD | Not High in the Afternoon | Morgantown, WV | 664 645 7946 |
| | 1:00 pm | AR | All Recovery Support | Buckhannon, WV | 809 422 747 |
| | 6:00 pm | NA | Spoonful of Miracles | Morgantown, WV | 768 095 123 |
| | 7:00 pm | NA | We Came to Believe | Buckhannon, WV | 335 753 039 |
| | 8:00 pm | NA-OD | Not High in the Afternoon | Morgantown, WV | 664 645 7946 |

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|-----------------|----------|-----------|-----------------------------------|-------------------|-------------------------------|
| | 8:00 pm | AA | Huntington Area AA | Huntington, WV | ID: 982 233 252 PW: 007869 |
| | 8:00 pm | AA | Thursday Night Speaker Meeting | Charleston, WV | 625 640 530 |
| | 8:00 pm | NA | Still Sick | Morgantown, WV | 664 645 7946 |
| | | | | | |
| Friday | 12:00 pm | NA | Still Sick | Morgantown, WV | 664 645 7946 |
| | 12:00 pm | NA- OD | Not High in the Afternoon | Morgantown, WV | 664 645 7946 |
| | 1:00 pm | AR | All Recovery Support | Buckhannon, WV | 809 422 747 |
| | 7:00 pm | NA | We Came to Believe | Buckhannon, WV | 335 753 039 |
| | 7:30 | NA- CD | The Home Group | Morgantown, WV | 614 376 217 |
| | 8:00 pm | NA- OD | Not High in the Afternoon | Morgantown, WV | 664 645 7946 |
| | 8:00 pm | AA | Huntington Area AA | Huntington, WV | ID: 982 233 252 PW: 007869 |
| | 8:00 pm | NA | Still Sick | Morgantown, WV | 664 645 7946 |
| | | | | | |
| Saturday | 12:00 pm | NA | Still Sick | Morgantown, WV | 664 645 7946 |
| | 12:00 pm | NA- OD | Not High in the Afternoon | Morgantown, WV | 664 645 7946 |
| | 1:00 pm | AR | All Recovery Support | Buckhannon, WV | 809 422 747 |
| | 6:00 pm | NA | End of the Road | Morgantown, WV | 260 282 250 |

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|---------------|----------|-----------------|---------------------------|----------------|-------------------------------|
| | 7:00 pm | NA | We Came to Believe | Buckhannon, WV | 335 753 039 |
| | 7:30 pm | NA | Our Primary Purpose | Charleston, WV | 252 368 2608 |
| | 8:00 pm | NA-OD | Not High in the Afternoon | Morgantown, WV | 664 645 7946 |
| | 8:00 pm | AA | Huntington Area AA | Huntington, WV | ID: 982 233 252 PW: 007869 |
| | 8:00 pm | NA | Still Sick | Morgantown, WV | 664 645 7946 |
| | 8:00 pm | AA | Hill Unity | Charleston, WV | 462 977 679 |
| | | | | | |
| Sunday | 12:00 pm | NA | Still Sick | Morgantown, WV | 664 645 7946 |
| | 12:00 pm | NA-OD | Not High in the Afternoon | Morgantown, WV | 664 645 7946 |
| | 1:00 pm | AR | All Recovery Support | Buckhannon, WV | 809 422 747 |
| | 6:00 pm | NA- O-11th step | Old Bugaboos | Morgantown, WV | 374 086 4536 |
| | 6:30 pm | NA | No Reservations Group | Morgantown, WV | 964 500 058 |
| | 7:00 pm | NA | We Came to Believe | Buckhannon, WV | 335 753 039 |
| | 8:00 pm | NA-OD | Not High in the Afternoon | Morgantown, WV | 664 645 7946 |
| | 8:00 pm | AA | Huntington Area AA | Huntington, WV | ID: 982 233 252 PW: 007869 |
| | 8:00 pm | NA | Still Sick | Morgantown, WV | 664 645 7946 |

Tri-State Virtual Recovery Meetings Available by Zoom

| Day | Time | Type | Meeting Name | Area | Zoom ID #: |
|------------------|----------|------|-----------------------|-----------------|---|
| Monday | 12:00 pm | NA | Fresh Start | Grassroots (KY) | https://us04web.zoom.us/j/165009888 |
| | 8:00 pm | NA | New Discovery of Life | Grassroots (KY) | https://us04web.zoom.us/j/549661847 |
| | | | | | |
| Tuesday | 12:00 pm | NA | The Nooner | Grassroots (KY) | https://us04web.zoom.us/j/5454851142 |
| | 7:00 pm | NA | KCB | Grassroots (KY) | https://us04web.zoom.us/j/609153490 |
| | 8:00 pm | NA | New Discovery of Life | Grassroots (KY) | https://us04web.zoom.us/j/549661847 |
| | | | | | |
| Wednesday | 12:00 pm | NA | Fresh Start | Grassroots (KY) | https://us04web.zoom.us/j/165009888 |
| | 7:00 pm | NA | The Meeting Spot | Grassroots (KY) | https://us04web.zoom.us/j/9598782127 |
| | 7:00 pm | NA | Simplicity is Key | Grassroots (KY) | https://us04web.zoom.us/j/623917685 |
| | | | | | |
| Thursday | 12:00 pm | NA | The Nooner | Grassroots (KY) | https://us04web.zoom.us/j/5454851142 |
| | 7:00 pm | NA | The Bridge | Grassroots (KY) | https://us04web.zoom.us/j/45589756 |

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| | 7:30 pm | NA | Inside Job | Grassroots (KY) | https://us04web.zoom.us/j/3807761913 |
| | 8:00 | NA | New Discovery of Life | Grassroots (KY) | https://us04web.zoom.us/j/549661847 |
| | | | | | |
| Friday | 12:00 pm | NA | Fresh Start | Grassroots (KY) | https://us04web.zoom.us/j/165009888 |
| | 7:00 pm | NA | KCB | Grassroots (KY) | https://us04web.zoom.us/j/813707292 |
| | 8:00 | NA | New Discovery of Life | Grassroots (KY) | https://us04web.zoom.us/j/549661847 |
| | | | | | |
| Saturday | 11:00 am | NA | Easy Does it | Grassroots (KY) | https://us04web.zoom.us/j/288193021 |
| | 7:00 pm | NA | Fresh Start | Grassroots (KY) | https://us04web.zoom.us/j/209306905 |
| | 8:00 pm | NA | New Discovery of Life | Grassroots (KY) | https://us04web.zoom.us/j/549661847 |
| | | | | | |
| Sunday | 9:00 am | | NA- Simplicity is Key | Grassroots (KY) | https://us04web.zoom.us/j/5837004562 |

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|--|------|--|---------|-----------------|---|
| | 6:00 | | NA- KCB | Grassroots (KY) | https://us04web.zoom.us/j/309604107 |
|--|------|--|---------|-----------------|---|

Other Online Resources

- [Online Alcoholics Anonymous Meetings](#)
- [Online Narcotics Anonymous Meetings](#)
- [AI-Anon online and phone meetings](#)
- [In the Rooms](#) offers over 130 weekly on-line meetings for people experiencing substance use and related mental health disorders.
- [Recovery Dharma](#) is a peer-led, grass-roots, democratically-structured organization whose mission is to support individuals on their path of recovery from addiction using Buddhist practices and principles. Their website offers online meetings and other recovery support resources.
- Eating Recovery Center offers [virtual support groups](#) for people with eating disorders.
- [The Phoenix](#) sober active community is offering free virtual meditation, yoga, and Cross-Fit classes for people in recovery.
- [Recovery Link](#) provides free online peer support, recovery meetings, Cross-Fit, and yoga classes.
- The WV Drug Intervention Institute has compiled [a resource guide](#) with other virtual recovery support services and resources.

Zoom Meeting Help Guide

Before joining a Zoom meeting on a computer or mobile device, you [can download the Zoom app](#) onto your device. Otherwise, you will be prompted to download and install

Zoom when you click a join link. You do not need to download Zoom if you will only join by telephone, but you will not have access to video if you chose this route.

You can [watch this video tutorial](#) or [join a test meeting](#) to familiarize yourself with Zoom.

To join a meeting without an invitation (with a meeting ID # or link):

[Download Zoom](#) onto your device according to the instructions above.

You can join a meeting directly by [clicking here](#) and entering the meeting ID number.

If you have a full link to a Zoom meeting, clicking on the link provided will take you straight into the meeting.

To join from a meeting invitation:

At the top of the invitation, you will see the title of the meeting. This is how you know which meeting you are joining.

The date and time of the meeting are listed right below the title. If the meeting is recurring, meaning it happens every so often, then you might see an “event series” listed below the date and time. This schedule of events can be added to your calendar (Google, Outlook, etc.) by clicking the link provided.

Right below the date/time schedule on the meeting invitation, you’ll see “Join zoom meeting.” To join from your computer or phone with video, you can simply click the link provided. This will take you straight into the meeting.

If you’d like to call in only, you click “one tap mobile (New York),” which is listed right below the meeting ID. When you click this link, it’ll automatically enter the meeting ID for you. You will not need to enter it manually.

Underneath that, you’ll see “dial by location.” You can join this way as well, if you want to. You’d simply click the phone number listed Next to “New York” (If you’re in WV) and then enter the **meeting ID** when prompted. If you decide to go this route, it’s helpful to write the meeting ID down and have it handy when you call in.

Helpful Tips:

Keep in mind, neither call-in options include video. We ask that you mute yourself using your phone's keypad when you're not talking so we can clearly hear the person sharing. Simply un-mute yourself to speak.

If you're joining online, as you log-in to the meeting, you'll be shown a video of yourself and asked if you want to join without or without video. It's up to you what you choose! The video setting can be turned on and off during the meeting as well, so no pressure.

Next, you'll be asked if you want to join using the computer audio or dial-in. Unless you are planning to join the meeting by both phone and computer, chose the option to join by computer. Otherwise, you'd need to dial-in separately. Feel free to use headphones if you'd like, and make sure your speaker and your volume or on and to your comfort level.

Quick tip: If you're joining by laptop, you may have a microphone control on the top row of your keyboard (it's the 4th button to the right of ESC for me). If your speaker isn't working, it could be that you just need to push this button.

Once you're in the meeting, on the bottom left of the screen you'll see two icons: a microphone and a video camera. Clicking on these buttons will allow you to turn your speaker (microphone) or your video (camera) on and off throughout the meeting. If there is a red strike through the icon, that feature is considered "off." For example, if there's a red strike through the speaker icon, you are considered "muted." In order to be able to share with others, you would need to click the icon again, so the red strike is no longer visible.

Also at the bottom-center of the screen are other icons that you can play around with. The one you are most likely to use is the "Chat" bubble. Clicking this icon will prompt a screen to pop up that allows you to type and send messages directly to the host, another participant, or the whole group.