

## **RECOVERY SUPPORT**

### **Alcoholics Anonymous**

The online intergroup has an amazing list of meetings that take place at various times and on various formats - everything from Google Hangouts to a simple conference call. Meetings range from the basic "12 and 12" to whatever stage of recovery you might be in.

[Click here for meeting information](#)

### **Gamblers Anonymous**

Meetings take place daily, by phone at 9:00 P.M. Call using the information below.

<b>Day and Time</b>	<b>Call In Number</b>	<b>Meeting Code</b>	<b>Email for Information and Questions</b>
Sunday 9:00 P.M.	712-770-5338	836083#	<a href="mailto:Sunday9PMHelp@gmail.com"><u>Sunday9PMHelp@gmail.com</u></a>
Monday 9:00 P.M.	712-770-4925	554671#	<a href="mailto:Monday9PMHelp@gmail.com"><u>Monday9PMHelp@gmail.com</u></a>
Tuesday 9:00 P.M.	712-770-4943	253824#	<a href="mailto:Tuesday9PMHelp@gmail.com"><u>Tuesday9PMHelp@gmail.com</u></a>
Wednesday 9:00 P.M.	712-770-4160	611704#	<a href="mailto:Wednesday9PMHelp@gmail.com"><u>Wednesday9PMHelp@gmail.com</u></a>
Thursday 9:00 P.M.	712-770-4981	872853#	<a href="mailto:Thursday9PMHelp@gmail.com"><u>Thursday9PMHelp@gmail.com</u></a>
Friday 9:00 P.M.	712-770-4996	595094#	<a href="mailto:Friday9PMHelp@gmail.com"><u>Friday9PMHelp@gmail.com</u></a>
Saturday 9:00 P.M.	712-770-5335	491301#	<a href="mailto:Saturday9PMHelp@gmail.com"><u>Saturday9PMHelp@gmail.com</u></a>

### **Narcotics Anonymous**

Their website has provided a list of worldwide online meetings taking place at all times and in almost all languages. The list is sorted by day of the week, and time so it shouldn't be hard to find a meeting when you need one.

[Click here for meeting information](#)