

Supporting your Recovery in the South East during COVID-19

Online Meeting Schedule (Week of April 27th – May 3rd)

Meeting	County	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		3lxTC9aNXIxY 3krZz09	3lxTC9aNXIxY 3krZz09	3lxTC9aNXIxY 3krZz09	3lxTC9aNXIxY 3krZz09	3lxTC9aNXIxY 3krZz09	3lxTC9aNXIxY 3krZz09	3lxTC9aNXIxY 3krZz09
Narcotics Anonymous	Waterford	20:00 https://zoom.us/j/3137060253?pwd=VnFHandGVzgvdGRiOWlkb2dMaFBYUT09&statu=success	20:00 https://zoom.us/j/3137060253?pwd=VnFHandGVzgvdGRiOWlkb2dMaFBYUT09&statu=success	20:00 https://zoom.us/j/3137060253?pwd=VnFHandGVzgvdGRiOWlkb2dMaFBYUT09&statu=success	20:00 https://zoom.us/j/3137060253?pwd=VnFHandGVzgvdGRiOWlkb2dMaFBYUT09&statu=success	20:00 https://zoom.us/j/3137060253?pwd=VnFHandGVzgvdGRiOWlkb2dMaFBYUT09&statu=success	20:00 https://zoom.us/j/3137060253?pwd=VnFHandGVzgvdGRiOWlkb2dMaFBYUT09&statu=success	20:00 https://zoom.us/j/3137060253?pwd=VnFHandGVzgvdGRiOWlkb2dMaFBYUT09&statu=success
	Wexford	20:30 https://zoom.us/j/443010850 Meeting ID: 443-010-850		20:30 https://zoom.us/j/326017967 Meeting ID: 326-017-967	20:00 https://zoom.us/j/584728976 Meeting ID: 584-728-976	20:30 https://zoom.us/j/408798078 Meeting ID: 408-798-078		11:00 https://zoom.us/j/791429218 Meeting ID: 791-429-218
SMART	N/a	19:00 https://smartrcovery.ie/online-meeting/						
LifeRing Ireland	N/a	19:30 https://zoom.us/j/2490531	18:45 https://zoom.us/j/2490531	19:30 https://zoom.us/j/2490531	19:10 https://zoom.us/j/2490531	19:30 https://zoom.us/j/2490531	13:00 https://zoom.us/j/2490531	

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		30?pwd=VTdwb1ZqN3VSWTBvWHIPTWQ0bE96dz09	30?pwd=VTdwb1ZqN3VSWTBvWHIPTWQ0bE96dz09	30?pwd=VTdwb1ZqN3VSWTBvWHIPTWQ0bE96dz09	30?pwd=VTdwb1ZqN3VSWTBvWHIPTWQ0bE96dz09	30?pwd=VTdwb1ZqN3VSWTBvWHIPTWQ0bE96dz09	30?pwd=VTdwb1ZqN3VSWTBvWHIPTWQ0bE96dz09	
Online Community Drugs Outreach	N/a	12:30 – Text ‘Reach’ to 085-7888326 to join 17:00 - Text ‘Reach’ to 085-7888326 to join	12:30 – Text ‘Reach’ to 087-9060806 to join 17:00 - Text ‘Reach’ to 087-9060806 to join	12:30 – Text ‘Reach’ to 087-9060806 to join 17:00 - Text ‘Reach’ to 087-9060806 to join	12:30 – Text ‘Reach’ to 085-7888326 to join 17:00 - Text ‘Reach’ to 085-7888326 to join	12:30 – Text ‘Reach’ to 087-9060806 to join 17:00 - Text ‘Reach’ to 087-9060806 to join		
Recovery Check In	N/a	10:30 – Text ‘Check In’ to 086-7911509 to join	10:30 – Text ‘Check In’ to 086-7911509 to join	10:30 – Text ‘Check In’ to 086-7911509 to join	10:30 – Text ‘Check In’ to 086-7911509 to join	10:30 – Text ‘Check In’ to 086-7911509 to join	10:30 – Text ‘Check In’ to 086-7911509 to join	10:30 – Text ‘Check In’ to 086-7911509 to join
Recovery Reflection	N/a	19:30 – Text ‘Reflect’ to 086-7911509 to join	19:30 – Text ‘Reflect’ to 086-7911509 to join	19:30 – Text ‘Reflect’ to 086-7911509 to join	19:30 – Text ‘Reflect’ to 086-7911509 to join	19:30 – Text ‘Reflect’ to 086-7911509 to join	19:30 – Text ‘Reflect’ to 086-7911509 to join	19:30 – Text ‘Reflect’ to 086-7911509 to join
Recovery Life	N/a			14:00 – Text		14:00 – Text		

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Skills				'Skills' to 087-1252395 to join		'Skills' to 087-1252395 to join		
Eat & Sleep Recovery	N/a	18.30 – Text 'Eat' to 086-7911509 to join				18.30 – Text 'Eat' to 086-7911509 to join		
OST and Me Support Group	N/a	12:00 – Text 'OST' to 086-7911509 to join				12:00 – Text 'OST' to 086-7911509 to join		
Mindfulness Meditation	N/a	9:00 https://mtai.ie/online-mindfulness-practices/ 21:00 https://mtai.ie/online-mindfulness-practices/	9:00 https://mtai.ie/online-mindfulness-practices/ 21:00 https://mtai.ie/online-mindfulness-practices/	9:00 https://mtai.ie/online-mindfulness-practices/ 21:00 https://mtai.ie/online-mindfulness-practices/	9:00 https://mtai.ie/online-mindfulness-practices/ 21:00 https://mtai.ie/online-mindfulness-practices/	9:00 https://mtai.ie/online-mindfulness-practices/ 21:00 https://mtai.ie/online-mindfulness-practices/	9:00 https://mtai.ie/online-mindfulness-practices/ 21:00 https://mtai.ie/online-mindfulness-practices/	
Opening the Door to Recovery	N/a			14:00 – Text 'Recovery' to 086-7911509 to join				

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Recovery College	N/a	<p>10:00 Mindfulness https://www.recoverycollege.southeast.co.uk/online-workshop.htm !</p> <p>11:00 Positive thinking – Practicing Wellbeing https://www.recoverycollege.southeast.co.uk/online-workshop.htm !</p> <p>11:00 Skills for Managing Emotions https://www.recoverycollege.southeast.co.uk/online-workshop.htm</p>	<p>10:00 Mindfulness https://www.recoverycollege.southeast.co.uk/online-workshop.htm !</p> <p>11:00 Family Recovery https://www.recoverycollege.southeast.co.uk/online-workshop.htm !</p> <p>11:00 WRAP https://www.recoverycollege.southeast.co.uk/online-workshop.htm !</p>	<p>10:00 Mindfulness https://www.recoverycollege.southeast.co.uk/online-workshop.htm !</p> <p>11:00 Positive thinking – Practicing Wellbeing https://www.recoverycollege.southeast.co.uk/online-workshop.htm !</p> <p>11:00 WRAP https://www.recoverycollege.southeast.co.uk/online-workshop.htm</p>	<p>10:00 Mindfulness https://www.recoverycollege.southeast.co.uk/online-workshop.htm !</p> <p>11:00 Let's Talk Anxiety (Part 2) https://www.recoverycollege.southeast.co.uk/online-workshop.htm !</p> <p>11:00 WRAP https://www.recoverycollege.southeast.co.uk/online-workshop.htm</p>	<p>10:00 Mindfulness https://www.recoverycollege.southeast.co.uk/online-workshop.htm !</p> <p>11:00 Me and My Moods (Part 2) https://www.recoverycollege.southeast.co.uk/online-workshop.htm !</p> <p>14:00 Building Self Confidence (Part 2) https://www.recoverycollege.southeast.co.uk/online-workshop.htm</p>		

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		m/online-workshop.htm 14:00 Five ways to wellbeing	14:00 Understanding Self Esteem (Part 1) https://www.recoverycollege-southeast.com/online-workshop.htm 14:00 Positive Relationships https://www.recoverycollege-southeast.com/online-workshop.htm 	workshop.htm 14:00 Understanding Self Esteem (Part 2) https://www.recoverycollege-southeast.com/online-workshop.htm 	 14:00 Growing towards Health and Wellness (Wk 2) https://www.recoverycollege-southeast.com/online-workshop.htm 14:00 Building Self Confidence (Part 2) https://www.recoverycollegesoutheast.com/online-workshop.html	esoutheast.com/online-workshop.htm 		