



Peer Specialists Are Veterans Helping Veterans Build Bridges to Wellness

The Community Recovery Connections Team creates and supports Veteran social networks in Bedford, on the North Shore, South Shore, Merrimack Valley, and surrounding areas. We are Veterans in recovery; we offer guidance and bridging developed through our own lived experience.

The current state of affairs W/COVID-19 has impacted our daily lives dramatically. Many Veterans affiliated with CRCT are trying to live/maintain recovery of some sort. In this climate we are told to socially isolate, however Instead of socially isolating lets all try to remain “socially connected” but physically distant? Please accept these pointers on staying connected while we practice social distancing. Please remember; **peers are all Veterans and we want to help all vets as much as possible during this challenging time.**

Contact A Peer

- Chuck D, MA, CPS (781) 687-2911 / (781) 382-5912
 - Hector E, CPS (781) 687-3909
 - Karen M, CPS (781)-687-3315 / (781) 885-5625
 - Jessica M, CPS (781) 687-2864 / (781) 885-4428
 - Tony R, CPS (781) 983 3571
 - Matt N, CPS (781) 825-3745
 - Mike W CPS, (781) 760-4107
 - Erich Z, CPS (781) 389-7761
 - Steve H, CPS (781) 879-6185
 - Don A, CPS (781) 332-2619
 - Charlotte, D (781) 825 5371
 - Jeremy K, CPS (339) 234-3990
 - Chuck C, CPS (781) 824-0347
 - Mike K, CPS (781) 971-3246
 - Trina P, CPS (781) 999-2725
 - Nick O, CPS (781) 687-2575
 - Helen S-D, CPS (781) 885-5823
- vetscsma@gmail.com
[facebook.com/vetscoffee](https://www.facebook.com/vetscoffee)

Veteran and Family Weekly Virtual Coffee Social

Wednesdays at 630-8 pm

Hosted By Billerica DAVA Unit 47

ZOOM ID

Meeting ID: 922 4133 2443

Password: 1234

Join Zoom Meeting

[https://zoom.us/j/92241332443?](https://zoom.us/j/92241332443?pwd=QkFwdGZOeVAyRWVhbnBpGZ2ROQms0Zz09)

[pwd=QkFwdGZOeVAyRWVhbnBpGZ2ROQms0Zz09](https://zoom.us/j/92241332443?pwd=QkFwdGZOeVAyRWVhbnBpGZ2ROQms0Zz09)

**For more information contact: CMDR. Elizabeth Milliken,
978 987 6483**

OR CALL

+1 929 205 6099 US (New York)

+1 301 715 8592 US (Germantown)

+1 312 626 6799 US (Chicago)

+1 669 900 6833 US (San Jose)

Virtual Coffee Social

Hosted By CRCT

Monday—Friday 830-1000

ZOOM ID

Meeting ID: 526 356 833

Join Zoom Meeting

[https://us04web.zoom.us/j/526356833?](https://us04web.zoom.us/j/526356833?pwd=cEZY3FaUHNjUmMzUjYxS1FzTGdRQT09)

[pwd=cEZY3FaUHNjUmMzUjYxS1FzTGdRQT09](https://us04web.zoom.us/j/526356833?pwd=cEZY3FaUHNjUmMzUjYxS1FzTGdRQT09)

Call by phone

+1 929 205 6099 US (New York)

+1 312 626 6799 US (Chicago)

+1 669 900 6833 US (San Jose)

+1 253 215 8782 US

+1 301 715 8592 US

We are here! Call us.





TUESDAY WOMEN'S GROUP

Join us each Tuesday from 3:00-4:00 p.m.

Women Veterans have an opportunity to talk to one another about current events, life stressors, and to make connections. This group is on Webex, allowing everyone to see each other, and is led by Peer Support and Women's Health.

For more information contact:

Helen Sanders-Dotson at helen.sanders-dotson@va.gov

or 781-687-2000, ext. 3290

How to access AA or NA meetings remotely

AA Boston meetings

<https://aaboston.org/>

Comprehensive list

<https://thephoenixspirit.com/2020/03/accessing-recovery-meetings-during-covid-19/>

AA Chats

<https://aachats.org/aa-meetings-online/>

Free WE connect meeting every two hours

<https://www.weconnectrecovery.com/free-online-support-meetings>

Billerica Harley Davidson Coffee

1 Chelmsford rd North Billerica MA 01862

Physical distancing and Masks
required

Every Fridays 9:30-1100 AM

Coffee at the Vittori-Rocci post

Must wear a mask.

Bring your own Coffee/ Snack

143 Brimbal Ave. Beverly MA

01915

Saturdays at 830 AM



If you are experiencing anxiety or other symptoms the Veterans Crisis Line is always available. Talk, text, or chat. Call 1-800-273-8255 press 1
Send a text message to 838255
confidential online chat session [Veterans crisis Line](#).



Veteran Lowell Coffee

163 Pawtucket Blvd Lowell MA

Across the street from Heritage farm Ice Cream

Every Tuesday 10-1130 AM