



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.**

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>

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: 7Sjx2w

Join Zoom Meeting

<https://zoom.us/j/92241332443?pwd=QkFwdGZOeVAyRWhnbWpGZ2ROQms0Zz09>

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)
- +1 253 215 8782 US (Tacoma)

Weekly meetings at the Bridge Club in Lowell MA
Address: **33 E. Merrimack Street Lowell MA 01852**
(p) 978-454-6191

(Subject to change, call above number for confirmation)
Please use Caution if you attend in person

- | | | |
|------------|----------------------|--------------------|
| Sunday : | 5 Bs Big book Reboot | AA 1030 AM |
| | Beginners 123 | AA 1pm-215 pm |
| | SOBAH | AA 7 pm- 8 pm |
| Monday: | Daily reflections | AA 1030 am-1130 am |
| | Radical recovery | NA 2 pm- 3 pm |
| | SOBAH | AA 7 pm- 8 pm |
| Tuesday: | Daily reflections | AA 1030 am-1130 am |
| | Radical recovery | NA 2 pm- 3 pm |
| | SOBAH | AA 7 pm- 8 pm |
| Wednesday: | Serenity at 6 | AA 6 am -7 am |
| | Daily reflections | AA 1030 am-1130 am |
| | Radical recovery | NA 2 pm- 3 pm |
| | SOBAH @7 | AA 7 pm- 8 pm |
| Thursday: | Morning gratitude | AA 7 am-8am |
| | Daily reflections | AA 1030 am-1130 am |
| | Radical recovery | NA 2 pm- 3 pm |
| | SOBAH @7 | AA 7 pm- 8 pm |
| Friday: | Daily reflections | AA 1030 am-1130 am |
| | Radical recovery | NA 2 pm- 3 pm |
| | Free to be me | AA6 pm-7am |
| | SOBAH @7 | AA 7 pm- 8 pm |
| Saturday: | Eye opener | AA 10 am-11:15am |
| | Radical recovery | NA 2 pm- 3 pm |
| | SOBAH @7 | AA 7 pm- 8 pm |



Summer 2020 6-Week Courses

Classes run July 13th – August 21st

THESE ARE VIRTUAL OFFERINGS via ZOOM. To register, go to tinyurl.com/vub or call 617-725-4139 if you have any questions.



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=cEZY3FaUHNjUmMzUjYxS1FzTGdRQTOg)

[pwd=cEZY3FaUHNjUmMzUjYxS1FzTGdRQTOg](https://us04web.zoom.us/j/526356833?pwd=cEZY3FaUHNjUmMzUjYxS1FzTGdRQTOg)

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



Tips and tricks for 4th of July.

1. For those who may be triggered by Fireworks, or their family and friends, have a game plan 4th of July.
2. Don't be ashamed to let your neighbors know that you are a trauma survivor. They may be willing to at least limit their celebratory fireworks to a manageable time frame.
3. Have trusted family or friends with you for comfort. Isolating can be tempting, but this only makes things worse in the long term. Having others with you to cope with trauma builds bonds of safety, and encourages feelings of attachment to grow in the brain.
4. Try to avoid drugs and alcohol as a method of coping, however tempting they might be.
5. If you have the ability to get somewhere peaceful during the holiday, do so, although it can be hard, whenever possible quiet places like campsites and the beach are full of noisy revelers.
6. Do what you can and know that you are doing the best that you can. Be kind to yourself.
7. Don't be afraid to ask for help. **We're here to help you!**
8. Have ear plugs ready or ear buds with music or movie playing
9. Drink plenty of water (being hydrated is calming)
10. limit your exposure to "triggering" items
11. Come up with a game plan, and prepare for that plan to change. Be flexible!
12. Prepare a comfort meal that brings happy/good vibes.

We are here! Call us.

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



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](https://veteranscrisisline.com) .