

JUNE 2020 CRCT NEWSLETTER

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 find the opportunities to interact, socialize, or get info. dwindling. Coffee Socials on hold, larger events postponed/cancelled, schools shutdown, and then recovery meetings (AA,NA,OA,GA, SMART ect.) on hiatus or very few available. What options do we have? What can we do? This newsletter gives pointers on staying connected while we practice social distancing. Please remember; **peers are Veterans and we want to help even more during this time.**

For the links listed and highlighted in different colors here are three ways to access them.

- 1) *Click on the links*
- 2) *Press CTRL and then click on the links.*
- 3) *Typing the web addresses into the internet search box*

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>

Other Recovery meetings

<https://www.samhsa.gov/sites/default/files/virtual-recovery-resources.pdf>

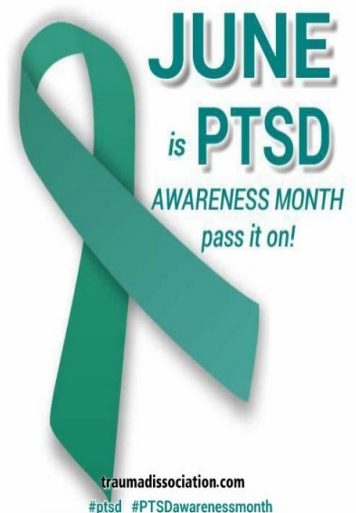
Please call us in the CRCT Office for direct access into meetings



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 t [Veterans crisis Line](#) .

**Bedford VA's
Monthly Veterans
Free Produce
Market is JUNE
18th
12:30 - 2:00pm**





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 / 781-428-5121

Helen S-D, CPS (781) 885-5823

vetscsma@gmail.com

[facebook.com/vetscoffee](https://www.facebook.com/vetscoffee)

Things to do from home

USS Constitution Tour:

<https://ussconstitutionmuseum.org/>

Working from home options- <http://workplacentalhealth.org/Employer-Resources/Working-Remotely-During-COVID-19>

Food options = <https://www.foodpantries.org/st/massachusetts>

General Fun: <https://www.huffpost.com/entry/free-events-places-home-quarantine-coronavirus> | 5e738dbdc5b6eab77943a598

4 Bs (Bedford Beginners big book meeting)

7 PM Every Saturday night

Via ZOOM

Meeting ID: 437 212 016

Meeting passcode: 017902

Virtual Coffee Social

Monday—Friday 830-1000

ZOOM ID

Meeting ID: 526 356 833

Join Zoom Meeting

<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

Virtual Coffee Social

2 PM Daily

To join the discussion visit:

www.coffeetalksessions.com

Join Zoom Meeting

<https://us04web.zoom.us/j/9687578740>

Meeting ID: 968 757 8740

June is PTSD Awareness month

VA information at:

<https://www.ptsd.va.gov/understand/awareness/index.asp>

Other PTSD Information:

<https://www.themeadows.com/blog/ptsd-awareness-month-2/>