

MAY 2020 CRCT

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>

Start thinking about School!!!!!!!!!! Suffolk University Veterans Upward Bound (VUB)

Our mission is to support U.S. Military Veterans prepare for their return to post-secondary programs including Trade/Vocational schools, Associates Degree/Certificates, and Bachelor's Degrees. We have a fully online program offering a variety of academic and non-academic services. Eligible Veterans ay also receive a small monetary stipend for each month they participate.

617-725-4102

<https://www.suffolk.edu/about/mission-history/federal-trio-programs/veterans-upward-bound->



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](#) .




Veterans Coffee Socials
Assisting those who have served!

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

- Useful resources**
 Coping during COVID- <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html#everyone>
 Working from home options- <http://workplacementalhealth.org/Employer-Resources/Working-Remotely-During-COVID-19>
 food options = <https://www.mass.gov/doc/food-assistance-snap-for-prior-and-active-service-members-brochure/download>
 More Food options = <https://www.foodpantries.org/st/massachusetts>
www.healvets.org

VETERAN BINGO NIGHTS

FRIDAY NIGHT BINGO
HEY VETERANS, LETS PLAY



JOIN US FREE TO PLAY
 USING THE ZOOM APP REGISTRATION IS REQUIRED
 STARTS AT 7:30PM COFFEETALKSESSIONS@GMAIL.COM
WWW.COFFEETALKSESSIONS.COM

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

General Information

A list of virtual recovery meetings

Pause a While Daily AA Call-ins at 7:00AM, 12:00PM, 2:00PM, and 7:00PM

Dial in: 425-436-6360 Access code: 422932#

PIER Recovery Center

Monday-Friday Zoom meetings at 10:00 am

Https://zoom.us/j/517349883

Zoom meeting ID 517 349 883

Peer-led peer support group facilitated by a Gosnold clinician

Sundays from 11:00 am – 12:30 pm

Zoom meeting ID: 499 635 631

Dial in: 929-205-6099

Drop-in Meditation

Mondays from 7:00 – 8:00 pm

Https://zoom.us/j/102243928

Zoom meeting ID: 102 243 928

Dial in: 929-205-6099

Crafts for Vets

This organization will mail craft kits to Veterans:

www.healvets.org

Who: Pregnant or Postpartum Women Veterans who live in New England

What: Join us for a daily mindfulness session to help you relieve stress

When: Every weekday starting Wednesday April 22nd – Tuesday June 2nd

2:00-2:30 PM

How: Call 1-800-767-1750, when prompted enter this code: "19334#"

Call in any day! Set an alarm to remind you.

Maternity Care Coordination Program:

Mindful Stress Relief Telephone Sessions

Questions?

Judy Kuzdeba, RN MSN CDE, VISN 1 Maternity Care Coordinator

Work Cell: (413) 265-1300

~or~

Sofia Reddy, LICSW, Social Worker, VISN 1 Maternity Care Coordination

Work Cell: (508) 562-1973