



## 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

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**Don A, CPS** (781) 332-2619

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**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](mailto: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=QkFwdGZOeVAyRWVhbWpGZ2ROQms0Zz09)

[pwd=QkFwdGZOeVAyRWVhbWpGZ2ROQms0Zz09](https://zoom.us/j/92241332443?pwd=QkFwdGZOeVAyRWVhbWpGZ2ROQms0Zz09)

**For more information contact: CMDR. Elizabeth Milliken,**

**978 987 6483**

OR CALL

+1 929 205 6099 US (New York)

### **How to access AA or NA meetings re- motely**

**AA Boston meetings**

<https://aaboston.org/>

**Comprehensive list**

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

## **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](mailto:helen.sanders-dotson@va.gov)

or 781-687-2000, ext. 3290



**Veterans Coffee Socials**  
*Assisting those who have served!*

- Coronavirus safety**
- Please use caution, use your own judgment and keep in mind other comfort levels
  - Wash your hands regularly with soap and water, or clean them with alcohol-based hand rub.
  - Maintain at least six feet distance between you and people coughing or sneezing.
  - Stay home if you feel unwell.
  - Practice physical distancing by avoiding unnecessary travel and staying away from large groups of people.
  - when Joining these meetings use current CDC Guidelines.

**Veterans Crisis Line**  
1-800-273-8255 **PRESS 1**

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](#) .

**HULL:**  
1st Friday of the month ,  
9:00 AM to 10:30 AM  
K Of C, 440 Nantasket Blvd., Hull

**Billerica Harley Davidson Coffee**  
1 Chelmsford rd North Billerica MA 01862  
**Physical distancing and Masks required**  
**Fridays 9:30-1100 AM starting**

**Coffee at the Vittori-Rocci post**  
Must wear a mask.  
Bring your own Coffee/ Snack  
143 Brimbale Ave. Beverly MA 01915  
**Saturdays at 830 AM**

**Lowell Veteran Coffee**  
163 Pawtucket Blvd Lowell MA  
Across the street from Heritage farm Ice Cream  
**Tuesday 10-1130 AM**

**Veterans Crisis Line**  
1-800-273-8255 **PRESS 1**

**be there.** *September is Suicide Prevention Month.*

**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**  
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+1 253 215 8782 US  
+1 301 715 8592 US