#### **COMMUNITY MUTUAL AID GROUPS**

When in-person meetings are not an option or unavailable, online and remote resources such as virtual meetings can help bridge the gap and provide critical support to those dealing with alcohol and other substance use issues. The following online resources may help.

## **AA Online Meetings**

Online AA meetings operate similarly to face-to-face meetings. All meetings are open meetings. To attend a meeting, sign up for a free Skype account. AA meetings are held daily and represented by a wide variety of members.

#### **BIGVISION**

An online community that offers support to young adults between the ages of 18 and 35 who are in recovery from alcohol and/or substance use disorders. BIGVISION provides links to daily support meetings, including interactive weekend events such as a comedy hour and sports trivia.

## **NA Online Meetings**

Virtual NA is a globally based collaborative service resource whose primary purpose is to provide a meeting search for both online and phone line meetings of Narcotics Anonymous hosted from different countries around the world.

## **SMART Recovery Online (SROL)**

An online community where participants interact and support each other in recovery from addictive behaviors. Features include: daily online meetings, message board, and 24/7 live chat. Registration is required to access the SMART Recovery Online message board, chat room, and online meetings.

#### LOCAL SUPPORT GROUP MEETINGS

#### **ALCOHOLICS ANONYMOUS**



AANC Dist.33 Website: <a href="https://www.aanc33.org">https://www.aanc33.org</a> Guilford County: <a href="https://nc23.org/meetings/">https://nc23.org/meetings/</a>

Guilford County ("Young People"): https://nc23.org/meetings/?tsml-day=any&tsml-type=Y

Hotline: 1-919-783-6144 TOLL FREE: 1-888-237-3235

#### **En Espanol**

Latinos En Sobriedad 104 New Stateside Dr., Chapel Hill, NC 27516 Martes, Jueves y Viernes 8am 10 pm

Closed Meetings are for A.A. Members only and/or for those who have with a desire to stop drinking.

Open Meetings are available to anyone interested in Alcoholics Anonymous' program. Anyone may attend open meetings.

Day/Time	Name/Location	Format
Sun   9:30am	Back to Basics   Presbyterian Hut (Scout Hut)	Open   Discussion
	100 North Maple Street. Graham, NC 27253	·

Sun   8:00pm	Burlington   First Reformed United Church of Christ 513 West Front St. Burlington, NC 27215	Open I Speaker
Mon ∣ 9:00am	The Parlor Group   St. Mark's Church 1230 St. Mark's Church Rd. Burlington, NC 27215	Open   Discussion
Mon   12:00pm	Graham   Presbyterian Hut (Scout Hut) 100 North Maple Street. Graham, NC 27253	Open I Beginners
Mon   5:45pm	Rule 62   Providence Church, <i>Fellowship Building</i> 819 N. Main St. Graham, NC 27253	Open I Discussion
Mon   5:45pm	Primary Purpose Group   The Scout Hut 100 North Maple Street. Graham, NC 27253	Open I Newcomer Discussion
Mon ∣ 8:00pm	Graham   Presbyterian Hut (Scout Hut) 100 North Maple Street. Graham, NC 27253	Open I Discussion
Tue   12:00pm	Graham   Presbyterian Hut (Scout Hut) 100 North Maple Street. Graham, NC 27253	Open   Discussion
Tue   6:00pm	History Group   Church of God of Prophecy 619 Providence Rd. Graham, NC 27253	Open I Discussion
Tue   8:00pm	Burlington   First Reformed United Church of Christ 513 West Front St. Burlington, NC 27215	Closed   Discussion Literature
Tue   8:00pm	Mebane   Mebane Presbyterian Church 402 South 5 <sup>th</sup> St. Mebane, NC 27302 ( <i>Rear Entrance</i> )	Open I Discussion
Tue   8:00pm	No Name   Redeemer Lutheran Church 2306 Lacy St. Burlington, NC 27215	Closed I Big Book
Wed   9:00am	The Parlor Group   St. Mark's Church 1230 St. Mark's Church Rd. Burlington, NC 27215	Open   Discussion
Wed   12:00pm	Graham   Presbyterian Hut (Scout Hut) 100 North Maple Street. Graham, NC 27253	Open I Discussion
Wed   3:00pm	Twin Lakes Group   Sullivan Park Multipurpose Room 2059 Sullivan Park Cir. Burlington, NC 27215	Open I Discussion
Wed   5:45pm	Rule 62   Providence Church, <i>Fellowship Building</i> 819 N. Main St. Graham, NC 27253	Open I Discussion
Wed   5:45pm	Primary Purpose Group   The Scout Hut 100 North Maple Street. Graham, NC 27253	Open I Beginners
Wed   8:00pm	Elon   Elon College Community Church 271 North Williamson Ave. Elon, NC 27244 (Parish House Rear Entrance)	Closed   Discussion
Thu   12:00pm	Graham   Presbyterian Hut (Scout Hut) 100 North Maple Street. Graham, NC 27253	Open I Discussion
Thu ∣ 6:30pm	Women of Gratitude   The Episcopal Church of the Holy Comforter 320 E. Davis St. Burlington, NC 27215	Closed   Discussion Women's Meeting
Thu   6:30pm	Hawfields Group   Hawfields Presbyterian Church 2115 South NC Highway 119, Mebane, NC 27302 Parking: North Lot Meeting: Side room off of sanctuary	Open I Discussion
Thu∣8:00pm	Graham   Presbyterian Hut (Scout Hut) 100 North Maple Street. Graham, NC 27253	Closed   12 & 12
Thu   8:00pm	Eli Whitney   Concord United Methodist Church 4462 East Greensboro Chapel Hill Rd. Graham, NC 27253 ( <i>Meeting in Eli Whitney</i> )	Closed I Discussion
Thu   8:00pm	Burlington   First Reformed United Church of Christ 513 West Front St. Burlington, NC 27215	Open I Big Book
Fri   9:00am	The Parlor Group   St. Mark's Church 1230 St. Mark's Church Rd. Burlington, NC 27215	Open   Discussion
Fri   12:00pm	Graham   Presbyterian Hut (Scout Hut) 100 North Maple Street. Graham, NC 27253	Open I Big Book
Fri   5:45pm	Rule 62   Providence Church, <i>Fellowship Building</i> 819 N. Main St. Graham, NC 27253	Open I Discussion
Fri   5:45pm	Primary Purpose Group   The Scout Hut 100 North Maple Street. Graham, NC 27253	Open I Discussion

Fri   8:00pm	Graham   Presbyterian Hut (Scout Hut) 100 North Maple Street. Graham, NC 27253	Open I Discussion
Sat   9:00am	Primary Purpose Group   The Scout Hut 100 North Maple Street. Graham, NC 27253	Open I Discussion <i>Spiritual</i> Breakfast
Sat   10:00am	Rule 62   Providence Church, <i>Fellowship Building</i> 819 N. Main St. Graham, NC 27253	Open I Discussion
Sat   7:00pm	Mebane   Mebane Presbyterian Church 402 South 5 <sup>th</sup> St. Mebane, NC 27302 ( <i>Rear Entrance</i> )	Open I Discussion
Sat   7:00pm	How It Works Group at the Safe House   SafeHouse   S950 Hwy. 87 Graham, NC 27253 (Same as S.Alamance Family Build. (food pantry))	Open I Discussion
Sat   8:00pm	Back to Basics   Presbyterian Hut (Scout Hut) 100 North Maple Street. Graham, NC 27253	Open I Speaker

## **NARCOTICS ANONYMOUS - GREENSBORO AREA**



The Greensboro Area of NA exists to serve NA home groups and the public in the cities of Greensboro, High Point, Burlington, Elon, Graham, Kernersville and Reidsville, NC.

# **Greensboro Area NA Groups are currently meeting online**

Greensboro NA Online Meeting Schedule

Greensboro Area 24 Hour Phoneline: 1-866-375-1272

Day/Time	Name/Location	Format
Sun   6:00pm	Freedom to Live   Presbyterian Hut (Scout Hut) 100 North Maple Street. Graham, NC 27253	Open I Candlelight
Sun   6:00pm	Some Are Sicker Than Others   Presbyterian Church of the Cross 1810 Phillips Ave. Greensboro, NC 27405	OpenI Discussion Participation
Sun   7:30pm	Step by Step   Hillsborough United Church of Christ 200 Davis Rd. Hillsborough, NC 27278 *Directions: at old highway 86*	Open I Discussion Participation Literature Study
Mon   6:30pm	Second Chances   First Baptist Church of Mebane 301 S Third St. Mebane, NC 27302 *Children Welcome*	Open I Discussion Participation Topic Literature Study
Mon ∣ 7:00pm	Courage to Change   Church of the Holy Comforter 320 East Davis St. Burlington, NC 27215	Open
Mon   7:00pm	Road to Freedom   Union Grove Methodist Church 6407 Union Grove Church Rd. Hillsborough, NC 27278 *Children Welcome*	Open I Candlelight Just for Today Study
Tue   6:00pm	Possible Dreams   Freedom Fellowship Church 522 Trollinger St. Burlington, NC 27215	Open I Literature Study
Tue   7:00pm	Bearing No Names   Hillsborough United Church of Christ 200 Davis Rd. Hillsborough, NC 27278	Closed I Literature Study
Tue   8:00pm	Freedom to Live   Presbyterian Hut (Scout Hut) 100 North Maple Street. Graham, NC 27253	Open   Literature Study
Wed   6:30pm	Cross Roads   Macedonia Lutheran Church 421 West Front St. Burlington, NC 27215	Closed
Wed   8:00pm	Courage to Change   Church of the Holy Comforter 320 East Davis St. Burlington, NC 27215	Closed
Thu   12:00pm	Possible Dreams   Freedom Fellowship Church 522 Trollinger St. Burlington, NC 27215	Open   Literature Study
Thu   7:00pm	Second Chances   First Baptist Church of Mebane 301 S Third St. Mebane, NC 27302 *Children Welcome*	Open I Beginner Newcomer

Thu   7:00pm	Courage to Change   Church of the Holy Comforter 320 East Davis St. Burlington, NC 27215	Open
Thu   7:00pm	First Community Baptist Church 509 Eno St. Hillsborough, NC 27278	Open I Candlelight Participation
Thu   8:00pm	Church of Christ 1414 South English St. Greensboro, NC 27401	Open   Discussion   Participation
Fri ∣ 6:30pm	Crossroads   Elon College Community Church 271 North Williamson Ave. Elon, NC 27244	Closed I Varies
Fri   8:00pm	New Hope Presbyterian Church 4701 NC Highway 86 Hillsborough, NC 27278 *Entrance located in back of church*	Open
Fri   11:00pm	Church of Christ 1414 South English St. Greensboro, NC 27401	Open I Discussion I Participation
Sat   10:00am	Line by Line   6101 Lebanon Rd. Mebane, NC 27302	Closed
Sat   3:00pm	Possible Dreams   Freedom Fellowship Church 522 Trollinger St. Burlington, NC 27215	Open
Sat   6:00pm	Freedom to Live   Presbyterian Hut (Scout Hut) 100 North Maple Street. Graham, NC 27253	Open I Candlelight

## **AL-ANON/ALATEEN FAMILY GROUP OF ALAMANCE COUNTY**

Local Contact: (919) 713-1516 National Hotline: 1-800-344-2666

Website: <a href="http://www.alanonalateen6nc.org/">http://www.alanonalateen6nc.org/</a>

# CLICK HERE FOR A LIST OF NORTH CAROLINA AREA AL-ANON/ALATEEN VIRTUAL MEETINGS (pdf)

Day/Time	Name/Location
Sun   6:30pm	Burlington AFG   First Reformed United Church of Christ 513 W. Front St. Burlington, NC 27215 (Meet in Parlor Rm on 2 <sup>nd</sup> floor)
Mon∣8:00pm	New Life Discussion AFG   Historic Providence Christian Church 819 North Main St. Graham, NC 27253 *
Tue   8:00pm	Burlington AFG   First Reformed United Church of Christ 513 W. Front St. Burlington, NC 27215 (Meet in Parlor Rm on 2 <sup>nd</sup> floor)
Wed   3:00pm	Hope in The Afternoon AFG   Twin Lakes Retirement Community; Boland Community Center 3701 Wade Coble Dr. Burlington, NC 27215
Thu   7:00pm	Learning to Live AFG   Historic Providence Christian Church 819 North Main St. Graham, NC 27253 *
Fri   1:00pm	Friday TGIF AFG   Binkley Baptist Church; Meeting in Lounge 1712 Willow Dr. Chapel Hill, NC 27514
Sat   10:00am	Saturday Morning Live Beginners   Binkley Baptist Church 1712 Willow Dr. Chapel Hill, NC 27514

<sup>\*=</sup> Entrance to church parking lot is by Cemetery - the gate will be closed in the evenings. Use doorway under breezeway to enter white building. Last Thursday of month is a Speaker Meeting.