**NORWALK CCT COVID-19 RECOVERY SUPPORT SERVICES**

**SUPPORTING INDIVIDUAL, FAMILY AND COMMUNITY RECOVERY CAPITAL**

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| **RECOVERY SUPPORT MEETINGS** | | |
|  | **MEETING/RESOURCE** | **LINK/DIAL IN** |
|  | **Alcoholics Anonymous** | **Alcoholics Anonymous – Connecticut General Service Committee**  <https://ct-aa.org/meetings/?tsml-day=any&tsml-distance=100&tsml-mode=me&tsml-type=ONL>;  <https://aa.org/pages/en_US/update-on-covid-19-coronavirus> |
|  |  | **Mountainside**  <https://mountainside.com/about-us/events/virtual-support-groups>  AA, Peer, First Responders, Friends & Family & many more! |
|  |  | **High Watch Recovery Center**  <https://highwatchrecovery.org/aa-online/>  8am, 12pm and 730pm daily  Saturday Night Speaker Meeting, 730pm, https://zoom.us/j/162713326 |
|  |  | **WeHa AA**  <https://us04web.zoom.us/j/799787544>  7am, Open, all-inclusive, LGBTQ-friendly, new timers & old timers  Dial in #646-558-8656 |
|  |  | **Other AA meeting options:**  AA-INTERGROUP.ORG/DIRECTORY.PHP  ONLINEGROUPSAA.ORG  AAONLINEMEETING.NET |
|  | **Narcotics Anonymous** | **Connecticut Region of Narcotics Anonymous**  <https://ctna.org/find-a-meeting/meetings-tabbed/>  (type in city/town, scroll down for Zoom meetings) |
|  |  | **NA Coffee Lounge 24 hours**  Zoom meeting id: 220 667 526 |
|  |  | **Other NA meeting options:**  VIRTUAL-NA.ORG  NA-RECOVERY.ORG  NABYPHONE.ORG  NEVERALONECLUB.ORG |
|  | **Medication Assisted Recovery Anonymous** | **MARA International**  <https://zoom.us/j/602750376>  Tuesdays & Thursdays, 11am |
|  | **Cocaine Anonymous** | **Cocaine Anonymous - Manhattan**  <https://zoom.us/j/293815276>  Tuesdays @ 7pm |
|  | **All Recovery** | **Connecticut Community for Addiction Recovery**  <https://ccar.us/zoom/>  Dial in for all meetings #669-900-9128  Monday-Thursday, 10am, meeting id: 379 794 591  Monday-Friday, 1230pm, meeting id: 738 520 747  Mon., Tues., Wed. & Fri., meeting id: 215 596 488 |
|  |  | **WeConnect Health Management & Unity Recovery Community Organization**  <https://unityrecovery.zoom.us/my/allrecovery>  9am, 12pm, 3pm 9pm EST 7 days a week |
|  |  | **Genesis House & Friends in Recovery**  <https://zoom.us/meeting/register/up0rcumvqj0swFIYm-NhjR_6m7W84R3b-w>;  <https://zoom.us/meeting/register/v5Atce-prTsvstFRq0Z0RwsreyR3CIUW5w>  12pm & 7pm |
|  |  | **Virtual Veteran led by Peers**  <https://zoom.us/j/4696059639>  dial in #929-205-6099, meeting id: 469 605 9639 |
|  | **Wellbriety** | **Wellbriety – Native American 12 Steps meetings**  <http://zoom.us>  meeting id: 548 538 0164, pw: 488 123  2pm daily, Monday – Friday |
|  | **Smart** | **Smart Recovery**  <https://meetings.ringcentral.com/j/6651939516>  Ages 18 & up: Tues. 6-730pm, Teens: Wed. 4-530pm, Family & Friends: Thurs. 630-8pm |
|  | **Refuge Recovery** | **Refuge Recovery**  <https://refugerecovery.org/>  A Buddhist inspired path to Recovery from Addiction, online meetings listed on website |
|  | **In the Rooms** | **In the Rooms – A Global Online Community**  <https://www.intherooms.com/home/>  EVERY DAY, ALL DAY! |
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|  | **Fitness/Wellness** | **Adventure Recovery**  <https://www.adventurerecovery.com/resources>  Changing Lives, Outside!! ADVENTURE RECOVERY |
|  |  | **The Hub: Behavioral Health Action Organization for Southwestern CT**  <https://www.thehubct.org>  A division of the Regional Youth Adult Social Action Partnership(RYASAP) |
|  |  | **Transformation Training Center**  <https://zoom.us/j/803578588>  “Where Wellness and Recovery Meet”  Yoga Nidra, Friday’s, 12-1pm  \*Peer Resource Warm Line, #855-324-4673, 9am-9pm, 7 days a week |
|  |  | **The Phoenix**  <https://thephoenix.org/covid19/>  Instructor led virtual fitness classes |
|  |  | **TOVIO**  <http://toviocenter.org/calendar/>  Peer-run, holistic healing & Stress Management Virtual Classes |
|  |  | **Advocacy Unlimited, LETS CONNECT**  Bored, alone, scared: call #888-770-4478, 9am-5pm, M-F |
|  |  | **Turning Point CT**  <https://turningpointct.org/>  Guiding the search for mental wellness! |
|  |  | **Resources to Recover: Gateway to Mental Health Services**  <https://www.rtor.org>  Gateway to Mental Health Services  A website for families |
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|  |  | **FINANCIAL ASSISTANCE** |
|  | **CT Department of Revenue** | **CT Department of Revenue**  <https://portal.ct.gov/DRS/COVID19/DRS-COVID-19-Response-FAQ>  Various tax file and pay deadlines extended to July 15, 2020 |
|  | **CT Department of Labor** | **Disability Insurance**  <https://portal.ct.gov/AgingandDisability>  For sick or quarantined; Request a claim for short-term benefit payments |
|  |  | **Paid Family Leave**  <https://www.ctdol.state.ct.us/wgwkstnd/fmla.htm>  For caregivers; Requests a claim for short – term benefits payments |
|  |  | **Unemployment Insurance(UI) Claim**  <http://www.ctdol.state.ct.us/HP/UIServices.htm>  For school closures or reduced hours; UI provides partial wage replacement benefit payments to workers who lose their job or have their hours reduced, no fault of their own |
|  |  | **Disability Insurance Elective Coverage**  <https://portal.ct.gov/AgingandDisability>  For self-employed; to be eligible, either you or an employer had to make contributions in the last 5 to 18 months |
|  | **US Department of Education** | **Federal Student Aid**  <https://studentaid.gov/announcements-events/coronavirus>  Coronavirus and Forbearance info for students |
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|  |  | **ADDITIONAL INFORMATION** |
|  | **Access Health** | **Access Health Special Enrollment extended until 4/17**  <https://learn.accesshealthct.com/?ds_rl=1276198&gclid=CjwKCAjw95D0BRBFEiwAcO1KDEt6GThM_RnwAk5MHoHmEgq5U6mrFz30wLlZ_OvRY_0bp4_TkNONMBoCqvgQAvD_BwE>  or Call #855-365-2428, 8am-5pm, M-F |
|  | **YMCA Bridgeport** | **Overflow Emergency Shelter**  650 Park Avenue, Bridgeport, CT  Hours of operation: 8pm-6am |
|  | **COVID-19 Community Hotlines** | **Norwalk Hospital**  #888-667-9262, 8am-6pm, Mon.-Fri.  **Stamford Hospital**  #203-276-4111, 7am-7pm, Mon.-Fri.  Experiencing symptoms? Call these dedicated phone numbers to speak to a professional as soon as possible. |
|  | **City of Norwalk** | [**https://www.norwalkct.org/AlertCenter.aspx?AID=Coronavirus-Information-4**](https://www.norwalkct.org/AlertCenter.aspx?AID=Coronavirus-Information-4) |
|  | **Norwalk Health Department** | **Public Health**  <https://www.norwalkct.org/1897/COVID-19-Novel-Coronavirus-2019>  Prevent. Promote. Protect. |
|  | **Norwalk Acts** | **Norwalk Acts, Each and Every Child**  <http://www.norwalkacts.org>  Cradle to Career  Community Resources. Social, Emotional and Mental Health Resource Portal |
|  | **Center for Disease Control & Prevention** | **Workplace Health & Safety**  <https://www.cdc.gov/coronavirus/2019-ncov/community/guidance-business-response.html>  Information on interim planning & responding |
|  | **CT Department of Labor** | **FAQ’s regarding employee leave option, compensation and salary**  <https://www.ctdol.state.ct.us/DOLCOVIDFAQ.PDF> |
|  | **CT State Government** | **FAQ’s on the Coronavirus**  <https://portal.ct.gov/coronavirus> |
|  | **Information on School Closings** | **CT Department of Education**  <https://portal.ct.gov/SDE> |
|  | **Internet Essentials** | **Internet Essentials**  <https://www.internetessentials.com/>  Internet option $10/month, 25 Mbps, for qualifying customers |
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|  |  | **UTILITY ASSISTANCE** |
|  | **Eversource –Electricity/Gas** | **Eversource COVIV-19 Resources**  <https://www.eversource.com/content/ct-c/residential/safety/protect-yourself/responding-to-covid-19> |
|  | **ABCD – Utility Assistance** | **ABCD, CEAP(Connecticut Energy Assistance Program)**  <https://connecticut.networkofcare.org/mh/services/agency.aspx?pid=ABCDCEAPCHAPAPPLICATIONSITENORWALKConnecticutEnergyAssistanceProgramCEAP_2_556_1> |
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|  |  | **FOOD RESOURCES** |
|  | **CT Food Bank** | **CT Food Bank**  <https://www.ctfoodbank.org/> |
|  | **The Food Bank of Lower Fairfield County** | **The Food Bank of Lower Ffld. County**  Food Pantries & Soup Kitchens  <https://www.foodbanklfc.org/food-pantries-and-kitchens> |
|  | **Norwalk Public Schools** | **NPS: free meals for children ages 2-18, M-F, 12-2pm at pick up locations**  <https://www.norwalkps.org/news___information/what_s_new/modified_meal_distribution_starting_monday> |
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|  |  | **RENTAL ASSISTANCE** |
|  | **Person-to-Person** | **Person-to-Person**  <https://p2phelps.org/>  Provides rental assistance, must meet criteria & host food pantries |
|  | **ABCD** | **ABCD**  Provides rental assistance  <http://www.abcd.org/>  Provides rental assistance, must meet criteria |
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