**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 dailySaturday 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 timersDial in #646-558-8656 |
|  |  | **Other AA meeting options:**AA-INTERGROUP.ORG/DIRECTORY.PHPONLINEGROUPSAA.ORGAAONLINEMEETING.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.ORGNA-RECOVERY.ORGNABYPHONE.ORGNEVERALONECLUB.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 #669-900-9128Monday-Thursday, 10am, meeting id: 379 794 591Monday-Friday, 1230pm, meeting id: 738 520 747Mon., 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 1232pm 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 ServicesA 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, CTHours 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 CareerCommunity 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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