



Recovery Supports

While BARN is Closed



BARN Telephone Recovery Support (TRS)

The BARN will be starting a telephone support program during this time. Telephone Recovery Support is a peer-to-peer recovery support program for people who would like to stay connected! Support, encouragement and information about resources will be offered to help our community maintain their recovery!

Please call the following number to stay connected during this difficult time!

(207) 478-9486

Online BARN "All Recovery" Meetings

The BARN will be offering online Zoom meetings nightly at 6:00pm. We will use the "All Recovery" format so that support will be all encompassing. Please check our Facebook Page for the links. Individuals can call in or join via video.

Join Zoom Meeting by Computer or Smartphone:

<https://us04web.zoom.us/j/623390343> in your web browser

or

Dial in by phone:

+1 646 558 8656 Meeting ID#: 623 390 343

Addiction in the Family

Addiction in the Family meetings will be held via Zoom (1st and 3rd Wednesday of the month.)

If you'd like to participate, please email amy@bangorrecovery.org.

Online Meeting Resources

In the Rooms: www.intherooms.com

SMART Recovery: www.smartrecovery.org

The Addiction Recovery Guide: www.addictionrecoveryguide.org

NA Online Step Study: www.justfortoday.zohosites.com