

**Persons in Recovery**

Mondays and Thursdays 10:30-12:00

Meeting ID # 686-845-797

6:30-8:00

Meeting ID # 702-304-597

**Women in Recovery**

EVERY Wednesday 1:00-2:30

Meeting ID # 766-951-078

6:30-8:00

Meeting ID # 705-002-000

**Men in Recovery**

EVERY Wednesday 10:30-12:00

Meeting ID # 163-301-218

6:30-8:00

Meeting ID # 343-687-617

**LGBTQ+ Recovery Support**

EVERY Tuesday 10:30-12:00

Meeting ID# 544-690-051

EVERY Thursday 4:00-5:30

Meeting ID # 574-599-769

**Guided Meditation**

Monday's 10:30-12:00

Meeting ID # 481-504-811

Tuesday's 6:30-8:00

Meeting ID # 882-652-223

**Book Club**

***\*Must Register on our website for Meeting ID\*\****

Starting Tuesday March 31st 1:00

1:00

All of our online programming is hosted on Zoom, a free downloadable app for your phone or computer. For complete support, class descriptions and registration, visit [www.careofsem.com](http://www.careofsem.com)

Any Questions please contact: Laura DeCew at [LDecew@careofsem.com](mailto:LDecew@careofsem.com) or