COMMUNITY MUTUAL AID GROUPS

The COVID-19 pandemic presents unique challenges for individuals with substance use disorders. 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.

**Association of Recovery in Higher Education (ARHE)**
Click here for a listing of [Virtual Collegiate Recovery Meetings and Social Events](#).

**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: [https://www.aanc33.org](https://www.aanc33.org)
Guilford County: [https://nc23.org/meetings/](https://nc23.org/meetings/)
Guilford County (“Young People”): [https://nc23.org/meetings/?tsml-day=any&tsml-type=Y](https://nc23.org/meetings/?tsml-day=any&tsml-type=Y)
Hotline: 1-919-783-6144
TOLL FREE: 1-888-237-3235

**En Español**
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.
<table>
<thead>
<tr>
<th>Day/Time</th>
<th>Name/Location</th>
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</table>
| Sun 9:30am | Back to Basics | Presbyterian Hut (Scout Hut)  
100 North Maple Street. Graham, NC 27253 | Open I Discussion       |
| 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 I 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, Fellowship Building  
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 I 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 I Discussion Literature |
| Tue 8:00pm | Mebane | Mebane Presbyterian Church  
402 South 5th St. Mebane, NC 27302 (Rear Entrance) | 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 I 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, Fellowship Building  
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 I 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 I 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 I 12 & 12         |
| Thu 8:00pm | Eli Whitney | Concord United Methodist Church  
4462 East Greensboro Chapel Hill Rd.  
Graham, NC 27253 (Meeting in Eli Whitney) | 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 I Discussion       |
| Fri 12:00pm | Graham | Presbyterian Hut (Scout Hut)  
100 North Maple Street. Graham, NC 27253 | Open I Big Book         |
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

<table>
<thead>
<tr>
<th>Day/Time</th>
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<tbody>
<tr>
<td>Sun</td>
<td>Freedom to Live</td>
<td>Presbyterian Hut (Scout Hut)</td>
</tr>
<tr>
<td>Sun</td>
<td>Some Are Sicker Than Others</td>
<td>Presbyterian Church of the Cross</td>
</tr>
<tr>
<td>Sun</td>
<td>Step by Step</td>
<td>Hillsborough United Church of Christ</td>
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<tr>
<td>Mon</td>
<td>Second Chances</td>
<td>First Baptist Church of Mebane</td>
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<tr>
<td>Mon</td>
<td>Courage to Change</td>
<td>Church of the Holy Comforter</td>
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<tr>
<td>Mon</td>
<td>Road to Freedom</td>
<td>Union Grove Methodist Church</td>
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<tr>
<td>Tue</td>
<td>Possible Dreams</td>
<td>Freedom Fellowship Church</td>
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<tr>
<td>Tue</td>
<td>Bearing No Names</td>
<td>Hillsborough United Church of Christ</td>
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<tr>
<td>Tue</td>
<td>Freedom to Live</td>
<td>Presbyterian Hut (Scout Hut)</td>
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<tr>
<td>Wed</td>
<td>Cross Roads</td>
<td>Macedonia Lutheran Church</td>
</tr>
<tr>
<td>Wed</td>
<td>Courage to Change</td>
<td>Church of the Holy Comforter</td>
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</tbody>
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**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*

**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 | 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 | Varies

**Fri | 8:00pm**  | New Hope Presbyterian Church  
4701 NC Highway 86 Hillsborough, NC 27278  
*Entrance located in back of church*

**Fri | 11:00pm**  | Church of Christ  
1414 South English St. Greensboro, NC 27401  
*Open | Discussion | 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 | Candlelight

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

Local Contact: (919) 713-1516
National Hotline: 1-800-344-2666
Website: [http://www.alanonalateen6nc.org/](http://www.alanonalateen6nc.org/)

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

<table>
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</table>
| Sun | Burlington AFG | First Reformed United Church of Christ  
513 W. Front St. Burlington, NC 27215  
(Meet in Parlor Rm on 2nd floor) |
| Mon | New Life Discussion AFG | Historic Providence Christian Church  
819 North Main St. Graham, NC 27253 |
| Tue | Burlington AFG | First Reformed United Church of Christ  
513 W. Front St. Burlington, NC 27215  
(Meet in Parlor Rm on 2nd floor) |
| Wed | Hope in The Afternoon AFG | Twin Lakes Retirement Community;  
Boland Community Center 3701 Wade Cable Dr. Burlington, NC 27215 |
| Thu | Learning to Live AFG | Historic Providence Christian Church  
819 North Main St. Graham, NC 27253 |
| Fri | Friday TGIF AFG | Binkley Baptist Church; Meeting in Lounge  
1712 Willow Dr. Chapel Hill, NC 27514 |
| Sat | Saturday Morning Live Beginners | Binkley Baptist Church  
1712 Willow Dr. Chapel Hill, NC 27514 |

*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.*