

## 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>

Guilford County: <https://nc23.org/meetings/>

Guilford County ("Young People"): <https://nc23.org/meetings/?tsml-day=any&tsml-type=Y>

Hotline: 1-919-783-6144

TOLL FREE: 1-888-237-3235

#### **En Espanol**

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.

Day/Time	Name/Location	Format
Sun   9:30am	<a href="#">Back to Basics</a>   Presbyterian Hut (Scout Hut) 100 North Maple Street. Graham, NC 27253	Open   Discussion
Sun   8:00pm	<a href="#">Burlington</a>   First Reformed United Church of Christ 513 West Front St. Burlington, NC 27215	Open   Speaker
Mon   9:00am	<a href="#">The Parlor Group</a>   St. Mark's Church 1230 St. Mark's Church Rd. Burlington, NC 27215	Open   Discussion
Mon   12:00pm	<a href="#">Graham</a>   Presbyterian Hut (Scout Hut) 100 North Maple Street. Graham, NC 27253	Open   Beginners
Mon   5:45pm	<a href="#">Rule 62</a>   Providence Church, <i>Fellowship Building</i> 819 N. Main St. Graham, NC 27253	Open   Discussion
Mon   5:45pm	<a href="#">Primary Purpose Group</a>   The Scout Hut 100 North Maple Street. Graham, NC 27253	Open   Newcomer Discussion
Mon   8:00pm	<a href="#">Graham</a>   Presbyterian Hut (Scout Hut) 100 North Maple Street. Graham, NC 27253	Open   Discussion
Tue   12:00pm	<a href="#">Graham</a>   Presbyterian Hut (Scout Hut) 100 North Maple Street. Graham, NC 27253	Open   Discussion
Tue   6:00pm	<a href="#">History Group</a>   Church of God of Prophecy 619 Providence Rd. Graham, NC 27253	Open   Discussion
Tue   8:00pm	<a href="#">Burlington</a>   First Reformed United Church of Christ 513 West Front St. Burlington, NC 27215	Closed   Discussion <i>Literature</i>
Tue   8:00pm	<a href="#">Mebane</a>   Mebane Presbyterian Church 402 South 5 <sup>th</sup> St. Mebane, NC 27302 ( <i>Rear Entrance</i> )	Open   Discussion
Tue   8:00pm	<a href="#">No Name</a>   Redeemer Lutheran Church 2306 Lacy St. Burlington, NC 27215	Closed   Big Book
Wed   9:00am	<a href="#">The Parlor Group</a>   St. Mark's Church 1230 St. Mark's Church Rd. Burlington, NC 27215	Open   Discussion
Wed   12:00pm	<a href="#">Graham</a>   Presbyterian Hut (Scout Hut) 100 North Maple Street. Graham, NC 27253	Open   Discussion
Wed   3:00pm	<a href="#">Twin Lakes Group</a>   Sullivan Park Multipurpose Room 2059 Sullivan Park Cir. Burlington, NC 27215	Open   Discussion
Wed   5:45pm	<a href="#">Rule 62</a>   Providence Church, <i>Fellowship Building</i> 819 N. Main St. Graham, NC 27253	Open   Discussion
Wed   5:45pm	<a href="#">Primary Purpose Group</a>   The Scout Hut 100 North Maple Street. Graham, NC 27253	Open   Beginners
Wed   8:00pm	<a href="#">Elon</a>   Elon College Community Church 271 North Williamson Ave. Elon, NC 27244 ( <i>Parish House Rear Entrance</i> )	Closed   Discussion
Thu   12:00pm	<a href="#">Graham</a>   Presbyterian Hut (Scout Hut) 100 North Maple Street. Graham, NC 27253	Open   Discussion
Thu   6:30pm	<a href="#">Women of Gratitude</a>   The Episcopal Church of the Holy Comforter 320 E. Davis St. Burlington, NC 27215	Closed   Discussion <i>Women's Meeting</i>
Thu   6:30pm	<a href="#">Hawfields Group</a>   Hawfields Presbyterian Church 2115 South NC Highway 119, Mebane, NC 27302 Parking: <i>North Lot</i> Meeting: <i>Side room off of sanctuary</i>	Open   Discussion
Thu   8:00pm	<a href="#">Graham</a>   Presbyterian Hut (Scout Hut) 100 North Maple Street. Graham, NC 27253	Closed   12 & 12
Thu   8:00pm	<a href="#">Eli Whitney</a>   Concord United Methodist Church 4462 East Greensboro Chapel Hill Rd. Graham, NC 27253 ( <i>Meeting in Eli Whitney</i> )	Closed   Discussion
Thu   8:00pm	<a href="#">Burlington</a>   First Reformed United Church of Christ 513 West Front St. Burlington, NC 27215	Open   Big Book
Fri   9:00am	<a href="#">The Parlor Group</a>   St. Mark's Church 1230 St. Mark's Church Rd. Burlington, NC 27215	Open   Discussion
Fri   12:00pm	<a href="#">Graham</a>   Presbyterian Hut (Scout Hut) 100 North Maple Street. Graham, NC 27253	Open   Big Book

<b>Fri   5:45pm</b>	<a href="#">Rule 62</a>   Providence Church, <i>Fellowship Building</i> 819 N. Main St. Graham, NC 27253	Open   Discussion
<b>Fri   5:45pm</b>	<a href="#">Primary Purpose Group</a>   The Scout Hut 100 North Maple Street. Graham, NC 27253	Open   Discussion
<b>Fri   8:00pm</b>	<a href="#">Graham</a>   Presbyterian Hut (Scout Hut) 100 North Maple Street. Graham, NC 27253	Open   Discussion
<b>Sat   9:00am</b>	<a href="#">Primary Purpose Group</a>   The Scout Hut 100 North Maple Street. Graham, NC 27253	Open   Discussion <i>Spiritual Breakfast</i>
<b>Sat   10:00am</b>	<a href="#">Rule 62</a>   Providence Church, <i>Fellowship Building</i> 819 N. Main St. Graham, NC 27253	Open   Discussion
<b>Sat   7:00pm</b>	<a href="#">Mebane</a>   Mebane Presbyterian Church 402 South 5 <sup>th</sup> St. Mebane, NC 27302 ( <i>Rear Entrance</i> )	Open   Discussion
<b>Sat   7:00pm</b>	<a href="#">How It Works Group at the Safe House</a>   SafeHouse 5950 Hwy. 87 Graham, NC 27253 ( <i>Same as S.Alamance Family Build. (food pantry)</i> )	Open   Discussion
<b>Sat   8:00pm</b>	<a href="#">Back to Basics</a>   Presbyterian Hut (Scout Hut) 100 North Maple Street. Graham, NC 27253	Open   Speaker

## **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 Phonenumber: 1-866-375-1272

<b>Day/Time</b>	<b>Name/Location</b>	<b>Format</b>
<b>Sun   6:00pm</b>	Freedom to Live   Presbyterian Hut (Scout Hut) 100 North Maple Street. Graham, NC 27253	Open   Candlelight
<b>Sun   6:00pm</b>	Some Are Sicker Than Others   Presbyterian Church of the Cross 1810 Phillips Ave. Greensboro, NC 27405	Open   Discussion Participation
<b>Sun   7:30pm</b>	Step by Step   Hillsborough United Church of Christ 200 Davis Rd. Hillsborough, NC 27278 *Directions: at old highway 86*	Open   Discussion Participation Literature Study
<b>Mon   6:30pm</b>	Second Chances   First Baptist Church of Mebane 301 S Third St. Mebane, NC 27302 *Children Welcome*	Open   Discussion Participation Topic Literature Study
<b>Mon   7:00pm</b>	Courage to Change   Church of the Holy Comforter 320 East Davis St. Burlington, NC 27215	Open
<b>Mon   7:00pm</b>	Road to Freedom   Union Grove Methodist Church 6407 Union Grove Church Rd. Hillsborough, NC 27278 *Children Welcome*	Open   Candlelight Just for Today Study
<b>Tue   6:00pm</b>	Possible Dreams   Freedom Fellowship Church 522 Trolling St. Burlington, NC 27215	Open   Literature Study
<b>Tue   7:00pm</b>	Bearing No Names   Hillsborough United Church of Christ 200 Davis Rd. Hillsborough, NC 27278	Closed   Literature Study
<b>Tue   8:00pm</b>	Freedom to Live   Presbyterian Hut (Scout Hut) 100 North Maple Street. Graham, NC 27253	Open   Literature Study
<b>Wed   6:30pm</b>	Cross Roads   Macedonia Lutheran Church 421 West Front St. Burlington, NC 27215	Closed
<b>Wed   8:00pm</b>	Courage to Change   Church of the Holy Comforter 320 East Davis St. Burlington, NC 27215	Closed

<b>Thu   12:00pm</b>	Possible Dreams   Freedom Fellowship Church 522 Trollinger St. Burlington, NC 27215	Open   Literature Study
<b>Thu   7:00pm</b>	Second Chances   First Baptist Church of Mebane 301 S Third St. Mebane, NC 27302 *Children Welcome*	Open   Beginner Newcomer
<b>Thu   7:00pm</b>	Courage to Change   Church of the Holy Comforter 320 East Davis St. Burlington, NC 27215	Open
<b>Thu   7:00pm</b>	First Community Baptist Church 509 Eno St. Hillsborough, NC 27278	Open   Candlelight Participation
<b>Thu   8:00pm</b>	Church of Christ 1414 South English St. Greensboro, NC 27401	Open   Discussion   Participation 
<b>Fri   6:30pm</b>	Crossroads   Elon College Community Church 271 North Williamson Ave. Elon, NC 27244	Closed   Varies
<b>Fri   8:00pm</b>	New Hope Presbyterian Church 4701 NC Highway 86 Hillsborough, NC 27278 *Entrance located in back of church*	Open
<b>Fri   11:00pm</b>	Church of Christ 1414 South English St. Greensboro, NC 27401	Open   Discussion   Participation 
<b>Sat   10:00am</b>	Line by Line   6101 Lebanon Rd. Mebane, NC 27302	Closed
<b>Sat   3:00pm</b>	Possible Dreams   Freedom Fellowship Church 522 Trollinger St. Burlington, NC 27215	Open
<b>Sat   6:00pm</b>	Freedom to Live   Presbyterian Hut (Scout Hut) 100 North Maple Street. Graham, NC 27253	Open   Candlelight

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

Local Contact: (919) 713-1516

National Hotline: 1-800-344-2666

Website: <http://www.alanonalateen6nc.org/>

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

<b>Day/Time</b>	<b>Name/Location</b>
<b>Sun   6:30pm</b>	Burlington AFG   First Reformed United Church of Christ 513 W. Front St. Burlington, NC 27215 (Meet in Parlor Rm on 2 <sup>nd</sup> floor)
<b>Mon   8:00pm</b>	New Life Discussion AFG   Historic Providence Christian Church 819 North Main St. Graham, NC 27253 *
<b>Tue   8:00pm</b>	Burlington AFG   First Reformed United Church of Christ 513 W. Front St. Burlington, NC 27215 (Meet in Parlor Rm on 2 <sup>nd</sup> floor)
<b>Wed   3:00pm</b>	Hope in The Afternoon AFG   Twin Lakes Retirement Community; Boland Community Center 3701 Wade Coble Dr. Burlington, NC 27215
<b>Thu   7:00pm</b>	Learning to Live AFG   Historic Providence Christian Church 819 North Main St. Graham, NC 27253 *
<b>Fri   1:00pm</b>	Friday TGIF AFG   Binkley Baptist Church; Meeting in Lounge 1712 Willow Dr. Chapel Hill, NC 27514
<b>Sat   10:00am</b>	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.*