

We regret to inform you that due to the current COVID-19 outbreak and the need for social distancing, 1-1 face to face sessions and group support sessions will be cancelled for 30 days starting Monday 23rd March. Telephone support will be available in place.

There will be access to alternative support resources such as online services.

Alternative Support Services



- **Access to Breaking Free Online**
Log in at www.breakingfreeonline.com
- **Access to EDAS Big Programme Online**
Log in at <https://bigprogramme.edasuk.org>
- **Live Chat counselling and support via EDAS website**
Visit www.edasuk.org and access the Live Chat tab on the bottom right
- **Fellowship support notifications**
- **Online AA Meetings**
Visit the following link for a schedule of online AA meetings
<http://bit.ly/AA-Online>

Carers will continue to receive 1-1 support via telephone.

April's Carers Evening event has been postponed.

Synergy Counselling Support will continue as telephone counselling.

CA WEEKLY ONLINE MEETINGS

Join Email-only CA meetings and access a meeting directory and other information at www.ca-online.org.

Reaching Out 121 - Every Day

@ 11pm UK, 6pm East US/CAN, 3pm West US/CAN

<https://global.gotomeeting.com/join/291476061>

Both Sides of the Pond

CLOSED Participation

Monday & Thursday @ 8pm UK, 3pm East USA/CAN / Noon West US/CAN

Skype Announcement Page: BSOTP

<https://global.gotomeeting.com/join/578551005>

Into Action Online - Open Step Study

Tuesday & Friday @ 9pm UK/4pm East US/CAN, 1pm West US/CAN

Skype Contact: [Into Action Online](#)

A Vision for You: Open Topic Participation

Tuesday: 10pm East US/CAN, 7pm West US/CAN

Wednesday: 3am UK

Skype Contact: [A.Vision.for.You](#)

Back to Basics - Open Step Study

Wednesday @ 2pm UK / 9am East US/CAN, 6am West Coast US/CAN

<https://global.gotomeeting.com/join/685632533>

We Can Recover

Open "Ask it Basket" & General Sharing

Wednesday & Saturday @ 8pm UK / 3pm East US/CAN, 1pm West US/CAN

Skype Contact: [We Can Recover](#)

The 4th Dimension - Open Step Study

Saturday @ 9am UK/ 4am East US/CAN, 1am West US/CAN

Skype Contact: [The 4th Dimension](#)

CA In Times of Illness

CLOSED Dual Diagnosis Sharing

Sunday @ 8pm UK / 3pm East US/CAN, 1pm West US/CAN

Skype Announcements: CA in Times of Illness

<https://global.gotomeeting.com/join/849897589>