

# NORWALK CCT COVID-19 RECOVERY SUPPORT SERVICES

SUPPORTING INDIVIDUAL, FAMILY AND COMMUNITY RECOVERY CAPITAL

RECOVERY SUPPORT MEETINGS	
MEETING/RESOURCE	LINK/DIAL IN
<u>Alcoholics Anonymous</u>	<p style="text-align: center;"><b>Alcoholics Anonymous – Connecticut General Service Committee</b>  <a href="https://ct-aa.org/meetings/?tsml-day=any&amp;tsml-distance=100&amp;tsml-mode=me&amp;tsml-type=ONL;">https://ct-aa.org/meetings/?tsml-day=any&amp;tsml-distance=100&amp;tsml-mode=me&amp;tsml-type=ONL;</a>  <a href="https://aa.org/pages/en_US/update-on-covid-19-coronavirus">https://aa.org/pages/en_US/update-on-covid-19-coronavirus</a></p>
	<p style="text-align: center;"><b>Mountainside</b>  <a href="https://mountainside.com/about-us/events/virtual-support-groups">https://mountainside.com/about-us/events/virtual-support-groups</a>                      AA, Peer, First Responders, Friends &amp; Family &amp; many more!</p>
	<p style="text-align: center;"><b>High Watch Recovery Center</b>  <a href="https://highwatchrecovery.org/aa-online/">https://highwatchrecovery.org/aa-online/</a>                      8am, 12pm and 730pm daily                      Saturday Night Speaker Meeting, 730pm, <a href="https://zoom.us/j/162713326">https://zoom.us/j/162713326</a></p>
	<p style="text-align: center;"><b>WeHa AA</b>  <a href="https://us04web.zoom.us/j/799787544">https://us04web.zoom.us/j/799787544</a>                      7am, Open, all-inclusive, LGBTQ-friendly, new timers &amp; old timers                      Dial in #646-558-8656</p>
	<p style="text-align: center;"><b>Other AA meeting options:</b>                      AA-INTERGROUP.ORG/DIRECTORY.PHP                      ONLINEGROUPSAA.ORG                      AAONLINEMEETING.NET</p>
<u>Narcotics Anonymous</u>	<p style="text-align: center;"><b>Connecticut Region of Narcotics Anonymous</b>  <a href="https://ctna.org/find-a-meeting/virtual-meetings/">https://ctna.org/find-a-meeting/virtual-meetings/</a>                      (type in city/town, scroll down for Zoom meetings)</p>
	<p style="text-align: center;"><b>Spanish Narcotics Anonymous Meeting</b>                      Monday, Wednesday &amp; Friday, 7:30pm-9pm                      Zoom meeting id: 215-822-0479, password: 1KKqKc</p>
	<p style="text-align: center;"><b>NA Coffee Lounge 24 hours</b>                      Zoom meeting id: 220 667 526</p>
	<p style="text-align: center;"><b>Other NA meeting options:</b>                      VIRTUAL-NA.ORG                      NA-RECOVERY.ORG                      NABYPHONE.ORG                      NEVERALONECLUB.ORG</p>
<u>Medication Assisted Recovery Anonymous</u>	<p style="text-align: center;"><b>MARA International</b>  <a href="https://zoom.us/j/602750376">https://zoom.us/j/602750376</a>                      Tuesdays &amp; Thursdays, 11am</p>
<u>Cocaine Anonymous</u>	<p style="text-align: center;"><b>Cocaine Anonymous – Manhattan</b>  <a href="https://zoom.us/j/293815276">https://zoom.us/j/293815276</a>                      Tuesdays @ 7pm</p>
<u>All Recovery</u>	<p style="text-align: center;"><b>Connecticut Community for Addiction Recovery</b>  <a href="https://ccar.us/zoom/">https://ccar.us/zoom/</a>                      Dial in for all meetings #669-900-9128                      Monday-Thursday, 10am, meeting id: 379 794 591                      Monday-Friday, 1230pm, meeting id: 738 520 747                      Mon., Tues., Wed. &amp; Fri., meeting id: 215 596 488</p>
	<p style="text-align: center;"><b>WeConnect Health Management &amp; Unity Recovery Community Organization</b>  <a href="https://unityrecovery.zoom.us/my/allrecovery">https://unityrecovery.zoom.us/my/allrecovery</a>                      9am, 12pm, 3pm 9pm EST 7 days a week</p>

	<p align="center"><b>Genesis House &amp; Friends in Recovery</b>  <a href="https://zoom.us/meeting/register/up0rcumvqj0swFIYm-NhjR_6m7W84R3b-w">https://zoom.us/meeting/register/up0rcumvqj0swFIYm-NhjR_6m7W84R3b-w</a>;  <a href="https://zoom.us/meeting/register/v5Afce-prTsvstFRq0Z0RwsreyR3CIUW5w">https://zoom.us/meeting/register/v5Afce-prTsvstFRq0Z0RwsreyR3CIUW5w</a>  12pm &amp; 7pm</p>
	<p align="center"><b>Virtual Veteran led by Peers</b>  <a href="https://zoom.us/j/4696059639">https://zoom.us/j/4696059639</a>  dial in #929-205-6099, meeting id: 469 605 9639</p>
<u>Wellbriety</u>	<p align="center"><b>Wellbriety – Native American 12 Steps meetings</b>  <a href="http://zoom.us">http://zoom.us</a>  meeting id: 548 538 0164, pw: 488 123  2pm daily, Monday – Friday</p>
<u>Smart</u>	<p align="center"><b>Smart Recovery</b>  <a href="https://meetings.ringcentral.com/j/6651939516">https://meetings.ringcentral.com/j/6651939516</a>  Ages 18 &amp; up: Tues. 6-730pm, Teens: Wed. 4-530pm, Family &amp; Friends: Thurs. 630-8pm</p>
<u>Refuge Recovery</u>	<p align="center"><b>Refuge Recovery</b>  <a href="https://refugerecovery.org/">https://refugerecovery.org/</a>  A Buddhist inspired path to Recovery from Addiction, online meetings listed on website</p>
<u>In the Rooms</u>	<p align="center"><b>In the Rooms – A Global Online Community</b>  <a href="https://www.intherooms.com/home/">https://www.intherooms.com/home/</a>  EVERY DAY, ALL DAY!</p>
<u>Fitness/Wellness</u>	<p align="center"><b>Adventure Recovery</b>  <a href="https://www.adventurerecovery.com/resources">https://www.adventurerecovery.com/resources</a>  Changing Lives, Outside!! ADVENTURE RECOVERY</p>
	<p align="center"><b>The Hub: Behavioral Health Action Organization for Southwestern CT</b>  <a href="https://www.thehubct.org">https://www.thehubct.org</a>  A division of the Regional Youth Adult Social Action Partnership(RYASAP)</p>
	<p align="center"><b>Spanish Hotline</b>  El bienestar emocional en el tiempo del COVID(emotional well-being in covid time)  #833-258-5011</p>
	<p align="center"><b>Greater Bridgeport Mental Health Center – Soundview Warm Line</b>  #800-921-0359, 9am-9pm, 7 days/wk</p>
	<p align="center"><b>Beacon Health Options</b>  Experiencing Challenges? Support is a phone call away.  Warm Line: 877-552-8247, select prompts 1,1 &amp; 1, M-F, 9am-5pm</p>
	<p align="center"><b>Transformation Training Center</b>  <a href="https://zoom.us/j/803578588">https://zoom.us/j/803578588</a>  “Where Wellness and Recovery Meet”  Yoga Nidra, Friday’s, 12-1pm  *Peer Resource Warm Line, #855-324-4673, 9am-9pm, 7 days a week</p>
	<p align="center"><b>The Phoenix</b>  <a href="https://thephoenix.org/covid19/">https://thephoenix.org/covid19/</a>  Instructor led virtual fitness classes</p>
	<p align="center"><b>Mountainside</b>  <a href="https://mountainside.com/virtual">https://mountainside.com/virtual</a>  Morning Workout w/Celebrity Trainer Leandro Carvalho every M, W &amp; F, 9-9:45am  Evening Meditation, Mon.-Thurs., 7:45-8pm</p>
	<p align="center"><b>TOVIO</b>  <a href="http://toviocenter.org/calendar/">http://toviocenter.org/calendar/</a>  Peer-run, holistic healing &amp; Stress Management Virtual Classes</p>
	<p align="center"><b>Advocacy Unlimited, LETS CONNECT</b>  Bored, alone, scared: call #888-770-4478, 9am-5pm, M-F</p>

	<p align="center"><b>Turning Point CT</b>  <a href="https://turningpointct.org/">https://turningpointct.org/</a>  Guiding the search for mental wellness!</p>
	<p align="center"><b>Resources to Recover: Gateway to Mental Health Services</b>  <a href="https://www.rtor.org">https://www.rtor.org</a>  Gateway to Mental Health Services  A website for families</p>
	<p align="center"><b>National Suicide Prevention Lifeline</b>  800-273-TALK(8255)</p>
	<p align="center"><b><u>FINANCIAL ASSISTANCE</u></b></p>
<b><u>CT Department of Revenue</u></b>	<p align="center"><b>CT Department of Revenue</b>  <a href="https://portal.ct.gov/DRS/COVID19/DRS-COVID-19-Response-FAQ">https://portal.ct.gov/DRS/COVID19/DRS-COVID-19-Response-FAQ</a>  Various tax file and pay deadlines extended to July 15, 2020</p>
<b><u>CT Department of Labor</u></b>	<p align="center"><b>Disability Insurance</b>  <a href="https://portal.ct.gov/AgingandDisability">https://portal.ct.gov/AgingandDisability</a>  For sick or quarantined; Request a claim for short-term benefit payments</p>
	<p align="center"><b>Paid Family Leave</b>  <a href="https://www.ctdol.state.ct.us/wgwkstnd/fmla.htm">https://www.ctdol.state.ct.us/wgwkstnd/fmla.htm</a>  For caregivers; Requests a claim for short – term benefits payments</p>
	<p align="center"><b>Unemployment Insurance(UI) Claim</b>  <a href="http://www.ctdol.state.ct.us/HP/UIServices.htm">http://www.ctdol.state.ct.us/HP/UIServices.htm</a>  For school closures or reduced hours; UI provides partial wage replacement benefit payments to workers who lose their job or have their hours reduced, no fault of their own</p>
	<p align="center"><b>Disability Insurance Elective Coverage</b>  <a href="https://portal.ct.gov/AgingandDisability">https://portal.ct.gov/AgingandDisability</a>  For self-employed; to be eligible, either you or an employer had to make contributions in the last 5 to 18 months</p>
<b><u>US Department of Education</u></b>	<p align="center"><b>Federal Student Aid</b>  <a href="https://studentaid.gov/announcements-events/coronavirus">https://studentaid.gov/announcements-events/coronavirus</a>  Coronavirus and Forbearance info for students</p>
<b><u>Betancourt Macias Foundation</u></b>	<p align="center"><b>Emergency Funding for Undocumented Workers</b>  <a href="http://www.undocuscholars.com/">http://www.undocuscholars.com/</a>  The Betancourt Macias Family Scholarship Foundation</p>
	<p align="center"><b><u>ADDITIONAL INFORMATION</u></b></p>
<b>COVID-19 Community Hotlines</b>	<p align="center"><b>Norwalk Hospital</b>  #888-667-9262, 8am-6pm, Mon.-Fri.  <b>Stamford Hospital</b>  #203-276-4111, 7am-7pm, Mon.-Fri.  Experiencing symptoms? Call these dedicated phone numbers to speak to a professional as soon as possible.</p>
<b>City of Norwalk</b>	<p align="center"><a href="https://www.norwalkct.org/AlertCenter.aspx?AID=Coronavirus-Information-4">https://www.norwalkct.org/AlertCenter.aspx?AID=Coronavirus-Information-4</a></p>
<b>Norwalk Health Department</b>	<p align="center"><b>Public Health</b>  <a href="https://www.norwalkct.org/1897/COVID-19-Novel-Coronavirus-2019">https://www.norwalkct.org/1897/COVID-19-Novel-Coronavirus-2019</a>  Prevent. Promote. Protect.</p>

<p><b>Norwalk Acts</b></p>	<p><b>Norwalk Acts, Each and Every Child</b>  <a href="http://www.norwalkacts.org">http://www.norwalkacts.org</a>  Cradle to Career  Community Resources. Social, Emotional and Mental Health Resource Portal</p>
<p><b>Center for Disease Control &amp; Prevention</b></p>	<p><b>Workplace Health &amp; Safety</b>  <a href="https://www.cdc.gov/coronavirus/2019-ncov/community/guidance-business-response.html">https://www.cdc.gov/coronavirus/2019-ncov/community/guidance-business-response.html</a>  Information on interim planning &amp; responding</p>
<p><b>CT Department of Labor</b></p>	<p><b>FAQ's regarding employee leave option, compensation and salary</b>  <a href="https://www.ctdol.state.ct.us/DOLCOVIDFAQ.PDF">https://www.ctdol.state.ct.us/DOLCOVIDFAQ.PDF</a></p>
<p><b>CT State Government</b></p>	<p><b>FAQ's on the Coronavirus</b>  <a href="https://portal.ct.gov/coronavirus">https://portal.ct.gov/coronavirus</a></p>
<p><b>Information on School Closings</b></p>	<p><b>CT Department of Education</b>  <a href="https://portal.ct.gov/SDE">https://portal.ct.gov/SDE</a></p>
<p><b>State of Connecticut</b></p>	<p><b>CT Residents, "HowWeFeel" app</b>  <a href="http://www.HowWeFeel.org">www.HowWeFeel.org</a>  The state is asking CT residents to answer a few questions about your health each day; help predict emerging Covid hotspots. For each new user, Feeding America donates a meal to someone in need.</p>
<p></p>	<p><b>CT helpline for Parents/Caregivers</b>  #833-258-5011, available in English and Spanish, M-F, 8am-8pm, Saturday's 8am-1pm  For parents/caregivers experiencing stress and frustration</p>
<p><b>The Hub CT</b></p>	<p><b>The Hub CT</b>  <a href="https://www.thehubct.org/single-post/2020/04/08/Coping-with-Corona-Disaster-Distress-Helpline-Summary-of-Supports">https://www.thehubct.org/single-post/2020/04/08/Coping-with-Corona-Disaster-Distress-Helpline-Summary-of-Supports</a>  Disaster Distress Helpline and Summary of Free Online Supports during coronavirus</p>
<p><b>The Rowan Center</b></p>	<p><b>The Rowan Center</b>  <a href="https://therowancenter.org/support-groups/">https://therowancenter.org/support-groups/</a>  Support/Empowerment Groups(remote) for those who are struggling as a result of sexual abuse committed against them or someone close to them</p>
<p><b>Favor</b></p>	<p><b>Favor CT</b>  <a href="https://www.favor-ct.org/">https://www.favor-ct.org/</a>  Empowering families as advocates and partners in improving educational and health outcomes for children.</p>
<p><b>Internet Essentials</b></p>	<p><b>Internet Essentials</b>  <a href="https://www.internetessentials.com/">https://www.internetessentials.com/</a>  Internet option \$10/month, 25 Mbps, for qualifying customers</p>
<p></p>	<p></p>
<p></p>	<p><b><u>UTILITY ASSISTANCE</u></b></p>
<p><b>Eversource – Electricity/Gas</b></p>	<p><b>Eversource COVIV-19 Resources</b>  <a href="https://www.eversource.com/content/ct-c/residential/safety/protect-yourself/responding-to-covid-19">https://www.eversource.com/content/ct-c/residential/safety/protect-yourself/responding-to-covid-19</a></p>
<p><b>Alliance for Community Empowerment – Utility Assistance</b></p>	<p><b>Alliance, CEAP(Connecticut Energy Assistance Program)</b>  <a href="https://connecticut.networkofcare.org/mh/services/agency.aspx?pid=ABCDCEAPCHAPPLICATIIONSITENORWALKConnecticutEnergyAssistanceProgramCEAP_2_556_1">https://connecticut.networkofcare.org/mh/services/agency.aspx?pid=ABCDCEAPCHAPPLICATIIONSITENORWALKConnecticutEnergyAssistanceProgramCEAP_2_556_1</a>  24 energy assistance hotline, #203-384-6904</p>
<p><b>CAAWC</b></p>	<p><b>The Community Action Agency of Western Connecticut(Operation Fuel)</b>  <a href="https://caawc.org/caawc-energy-assistance-program/">https://caawc.org/caawc-energy-assistance-program/</a>  Funds available until May 29, 2020</p>
<p></p>	<p></p>

	<b><u>FOOD RESOURCES</u></b>
<b>Alliance/The City of Norwalk</b>	<p style="text-align: center;"><b>Covid-19 Food Delivery Assistance</b></p> <p>Norwalk residents who do not have enough food because of Covid-19, Food Assistance Delivery can help. M-F, 8:30am-4:30pm, call #475-489-9119 to schedule a delivery(English/Spanish) Alliance for Community Empowerment, Inc., Norwalk location, #203-838-8110</p>
<b>Person-to-Person</b>	<p style="text-align: center;"><b>Door2Door Program</b></p> <p style="text-align: center;"><a href="https://p2phelps.org/door2door-program-launched/">https://p2phelps.org/door2door-program-launched/</a> Person-to-Person offering home delivery of groceries to at-risk clients(elderly, disabled). P2P, Norwalk location, #203-939-1650, Darien location, #203-655-8082 and Stamford location, #203-724-9111</p>
<b>CT Food Bank</b>	<p style="text-align: center;"><b>CT Food Bank</b></p> <p style="text-align: center;"><a href="https://www.ctfoodbank.org/">https://www.ctfoodbank.org/</a></p>
<b>The Food Bank of Lower Fairfield County</b>	<p style="text-align: center;"><b>The Food Bank of Lower Ffld. County</b> Food Pantries &amp; Soup Kitchens <a href="https://www.foodbanklfc.org/food-pantries-and-kitchens">https://www.foodbanklfc.org/food-pantries-and-kitchens</a></p>
<b>Norwalk Public Schools</b>	<p style="text-align: center;"><b>NPS: free meals for children ages 2-18, M-F, 12-2pm at pick up locations</b> <a href="https://www.norwalkps.org/news_information/what_s_new/modified_meal_distribution_starting_monday">https://www.norwalkps.org/news_information/what_s_new/modified_meal_distribution_starting_monday</a></p>
	<b><u>RENTAL ASSISTANCE</u></b>
<b>Person-to-Person</b>	<p style="text-align: center;"><b>Person-to-Person</b> <a href="https://p2phelps.org/">https://p2phelps.org/</a> Provides rental assistance, must meet criteria &amp; host food pantries</p>
<b>Alliance for Community Empowerment</b>	<p style="text-align: center;"><b>Alliance for Community Empowerment, Inc.</b> Provides rental assistance <a href="http://www.alliancect.org/">http://www.alliancect.org/</a> Provides rental assistance, must meet criteria</p>
<b>MFAP</b>	<p style="text-align: center;"><b>Mid-Fairfield County Aids Project</b> Provides rental assistance. Only requirement is to be a Norwalk resident.</p>