

GLASGOW RECOVERY COMMUNITIES ON-LINE MEETINGS & SUPPORT

MONDAY				TUESDAY		
	North East	North West	South	North East	North West	South
10 am	Check-in Google Meet asg-digz-uuo	Check-in/Peer Reading Google Meet mud-kcyp-wbs	Check-in/Reading Google Meet wzw-qnjn-dim	Check-in Google Meet asg-digz-uuo	11am Check-in Google Meet mud-kcyp-wbs	Check-in/Reading Google Meet wzw-qnjn-dim
2 pm	Fitness/Boxing ZOOM 505 087 6128 Password 445 988	Zumba Google Meet mud-kcyp-wbs	Ask-it Basket Google Meet wzw-qnjn-dim	Peer Support Google Meet asg-digz-uuo	Art Workshop Google Meet mud-kcyp-wbs	Share/Recovery Meeting Google Meet wzw-qnjn-dim
7pm	Yoga ZOOM 723 738 5521 Password 445 988			Mindfulness 1 st Tues/month ORT ZOOM 723 738 5521 Password 445 988	6pm Women's Meditation Google Meet mud-kcyp-wbs	
WEDNESDAY				THURSDAY		
	North East	North West	South	North East	North West	South
10 am	Check-in Google Meet asg-digz-uuo	11 am Check-in Google Meet mud-kcyp-wbs	Check-in/Reading Google Meet wzw-qnjn-dim	Check-in Google Meet asg-digz-uuo	11 am MAP recovery Google Meet mud-kcyp-wbs	Check-in Reading Google Meet wzw-qnjn-dim
2 pm	PARC on-line Google Meet asg-digz-uuo	Break Dancing Google Meet mud-kcyp-wbs	Bingo Google Meet wzw-qnjn-dim	Men's Group Google Meet asg-digz-uuo	Song Writing RAP workshop ZOOM 961 3438 2392	Meditation Google Meet wzw-qnjn-dim
7 pm	Recovery Meeting ZOOM 723 738 5521 Password 445 988	6:45 pm Men's Mindfulness Google Meet mud-kcyp-wbs		Mindfulness ZOOM 723 738 5521 Password 445 988	Games/Quiz Google Meet mud-kcyp-wbs	
FRIDAY				SATURDAY		
	North East	North West	South	North East	North West	South
10 am	Check-in Google Meet asg-digz-uuo	11am Well-being & Check-in Google Meet mud-kcyp-wbs	Check-in/Reading Google Meet wzw-qnjn-dim	Check-in Google Meet asg-digz-uuo	Check-in Google Meet mud-kcyp-wbs	Check-in/Reading Google Meet wzw-qnjn-dim
2 pm	RENEW Women's Group Google Meet asg-digz-uuo	Family Support Group Google Meet mud-kcyp-wbs	Reading/Recovery Meeting Google Meet wzw-qnjn-dim	Quiz Google Meet asg-digz-uuo		Share/Recovery Meeting Google Meet wzw-qnjn-dim
7 pm	Let's Have Fun ZOOM 723 738 5521 Password 445 988			Mindfulness ZOOM 723 738 5521 Password 445 988		
SUNDAY						
	North East	North West	South			
10 am	Check-in Google Meet asg-digz-uuo	11 am Check-in Google Meet mud-kcyp-wbs	Check-in/Reading Google Meet wzw-qnjn-dim			
2 pm	Check-in Google Meet asg-digz-uuo	Telephone/ well-being support Register on Fb Messenger	Share/Recovery Meeting Google Meet wzw-qnjn-dim			
7 pm	Recovery Meeting ZOOM 723 738 5521 Password 445 988					

SCRN cafes, groups and initiatives are closed until further notice

Join our on-line check-ins, support and recovery meetings, through GOOGLE MEET

7 days a week, Monday – Sunday 10:00 am Morning check-ins 2:00 pm Recovery Meetings/Readings

To join the video meeting, click the link: <https://meet.google.com/wzw-qnjn-dim>

To join by phone, dial +44 20 3956 8116 and enter the PIN 472 748 753

Or enter the code: wzw-qnjn-dim on the app