



Portland Recovery Community Center

PRCC is continuously updating a list of online resources nationwide, as well as meetings that have moved online in the greater Portland area. PRCC supports many pathways of recovery, if you know of any meeting that you would like us to share the information, please email katew@portlandrecovery.org.

All meetings that are regular PRCC meetings are noted below next to the meeting. These meetings are open to anyone.

For other community meetings, we are unable to distinguish at this time which are open and closed meetings. For those in programs with anonymity, there are ways to join Zoom meetings and remain anonymous. You can turn off your camera to use only audio and you can have only your first name appear on the screen.

Zoom has [informative informational videos](#) to learn more about how to use the tool.

Online Resources

- [In The Rooms](#): A global recovery community
- [Unity Recovery](#): Digital All Recovery Meeting 9am, 12pm, 3pm, 9pm
- [Recovery Dharma Online](#): Healing from addiction with Buddhist practice
- [SMART Recovery](#): Self-Management and Recovery Training
- [12Step.org](#): Online 12 step recovery meetings
- [AA Intergroup](#): Online Alcoholics Anonymous
- [NAbyphone.com](#)
- [Online Serenity](https://online-serenity.com/): <https://online-serenity.com/>

All Recovery

- **PRCC Noon All Recovery Meeting 7 days a week**
PRCC Hosted Meeting
Browser or app: <https://zoom.us/j/637834649>
Meeting ID: 637 834 649
Phone: 929-205-6099 / Meeting ID 637834649#
- **Unity Recovery**
Digital All Recovery Meeting
9am, 12pm, 3pm, 9pm
<https://unityrecovery.org/digital-recovery-meetings>



AA meetings in Greater Portland Area

Daily

- **Portland Morning Meeting - Daily 7am**
Phone Only: 929-205-6099
Phone: 929-205-6099 / Zoom Meeting ID: 963381166 / Meeting ID 897832
- **Portland Morning Meeting - Daily 8 am**
Browser or app: <https://us04web.zoom.us/j/860467991>
Phone: 929-205-6099 / Meeting ID: 860467991
- **Portland at Noon Meeting - Daily 12 pm**
Phone: 929-205-6099 / Meeting ID: 8578678244
- **Portland at Night Meeting - Nightly 7 pm**
Phone: 929-205-6099 / Meeting ID: 897832

Monday

- **Women's Noon Meeting - Monday, Wednesday, Friday 12 pm**
Browser or app: <https://us04web.zoom.us/j/8199926958>
Phone: 312-626-6799 / Meeting ID: 819 992 6958
- **Munjoy Hill - Beginners Meeting Mondays 5:30 pm**
Browser or app: <https://bowdoin.zoom.us/j/621031157>
Phone: 646-876 9923 / Meeting ID: 621 031 157
- **How It Works Beginner's - Mondays 6:30 pm**
Browser or app: <https://zoom.us/j/6695143275>
Phone: 929-205-6099 / Meeting ID: 669 514 3275

Tuesday

- **Common Peril Common Solution - Tuesdays 5pm**
Browser or app: <https://us04web.zoom.us/j/969993568>
Phone: 646-876-9923 / Meeting ID: 969 993 568
- **11th Step Meeting - Tuesdays 6pm**
Phone 712-775-7031 / Meeting ID: 107 955 218
- **Step Sisters - Tuesdays at 7pm**
Browser or app: <https://us04web.zoom.us/j/390081256>
Phone: 646-876-9923 / Meeting ID: 390 081 256



**Portland
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- **Falmouth AFG - Tuesdays 7pm**
Join the meeting via computer: <https://maine.zoom.us/j/896194646>
Phone: 312-626-6799 / Meeting ID: 896 194 646
- **Falmouth Foreside Online Meeting - Tuesdays at 8pm**
Online: <https://bit.ly/3d7u1IQ>
Phone: 929-205-6099 / Meeting ID: 355 127 219

Wednesday

- **Munjoy Hill Group - Wednesday 7pm**
<https://bowdoin.zoom.us/j/278428878>
Phone: 646-876-9923 / Meeting ID: 278 428 878
- **It's in the Book - Wednesday at 6:45 pm**
<https://zoom.us/j/799408845>
Phone: 646-558-8656 / Meeting ID: 799 408 845

Thursday

- **There is a Solution - Thursdays 6:30pm**
Online: <https://maine.zoom.us/j/915039210>
Phone: 312-626-6799 / Meeting ID: 915 039 210

Friday

- **Into Action - Friday 5:30pm**
Browser or App: <https://us04web.zoom.us/j/571543743>
Password: THVDTEkvrR1FVcVJESHBGclAvVjFvZz09
Meeting ID: 571-543-743 / Phone password: 024832
- **Cape Elizabeth Group - Friday Night 7pm**
Browser or app: <https://zoom.us/j/6695143275>
Phone: 929 205 6099 / Meeting ID: 669 514 3275
- **Golden Slippers / Recovery and Meditation - Friday 7:30pm**
Phone: 712-432-6121 / Meeting ID: 125583
- **Queer AF - Friday 8:15 PM**
Browser or app: <https://us04web.zoom.us/j/2828550499>
Phone: 712-432-6121 / Meeting ID: 282 855 0499



**Portland
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Saturday

- **11th Step – Saturday 8 am**
Phone: 712-775-7031 / Meeting ID: 107-955-218

Sunday

- **11th Step – Sundays 8am**
Phone: 712-775-7031 / Meeting ID: 107-955-218
- **LGBTQ-Sober - Sundays 6:30pm**
Browser or app: <https://zoom.us/j/6916790985>
Phone: 691-679-0985 / Meeting ID: 691-679-0985

Narcotics Anonymous (NA)

- NAbyphone.com

Codependents Anonymous

- **Precious & Free – Tuesdays at 5:30 pm**
PRCC Scheduled Meeting
Browser or app: <https://zoom.us/j/651021325>
Phone: 929-205-6099 / Meeting ID: 651 021 325 #

Heroin Anonymous

- **A Way Out – Sundays at 9am**
PRCC Scheduled Meeting
Browser or app: <http://bit.ly/2U3FUbg>
Phone: 646-558-8656 / Meeting ID: 135 157 309

Marijuana Anonymous

- **Weed Recovery – Thursday at 4 pm**
PRCC Regular Meeting
Call 553-2575 to receive the conference line.