

Virtual Recovery Meetings Hosted via Zoom

- Zoom: <https://zoom.us>
- See how Zoom Video Conference works:
https://www.youtube.com/watch?time_continue=6&v=VnyitUU4DUY&feature=emb_logo
- Get to Zoom directly at this link: <https://zoom.us/join>
 - Next, copy & paste (or type) in the ID # listed in the far-right column below.
 - *The Zoom meeting help guide is located at the end of this document.***

*NOTE: All meetings included on this list are EST

| Meeting Key: | | |
|--|--|--|
| AA: Alcoholics Anonymous NA: Narcotics Anonymous AR: All Recovery | HA: Heroin Anonymous AI-A: AI-Anon M: Mens W: Womans BB: Big Book Study | OD: Open Discussion CD: Closed Discussion O: Open meeting C: Closed meeting |

West Virginia Virtual Meetings Available by Zoom

| Day | Time | Type | Meeting Name | Area | Zoom ID #: |
|---------------|-----------|------|--------------------------------|----------------|---|
| 7 days a week | All day | NA | 24-Hour Coffee Lounge | National | 220 667 526 |
| M-F | 8 am-8 pm | AR | WVU Collegiate Recovery | Morgantown, WV | https://wvu.zoom.us/j/540115266 PW: Serenity1 Click here to see their full schedule: https://recovery.wvu.edu/event-calendar/weekly-activities?fbclid=IwAR0vO3qT9npwcozeRzBj1r8kzMD6nnld2hEW_jPMoEH1zYSjn69PzkkBOKw |
| Monday | 7:00 am | AA | Sober Sunrise Meditation Group | Bridgeport, WV | 359 371 966 |
| | 7:30 am | AA | Mustard Seed | Charleston, WV | 832 525 058 |
| | 9:00 am | AA | Morgantown Phone Meeting | Morgantown, WV | 667 230 021 |
| | 12:00 pm | AA | Wheeling Noon Group | Wheeling, WV | 325 728 1363 |
| | 12:00 pm | NA | Still Sick | Morgantown, WV | 664 645 7946 PW: 183040 |

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|----------|-------|-------------------------------|-----------------------|---------------------------------|
| 12:00 pm | NA | Against All Odds | GTO | 638 913 3089 PW: 6913713 |
| 12:00 pm | AR | Free to Be | Charleston, WV | 439 586 520 PW: 065517 |
| 12:30 pm | AR | Bomar Club All Recovery | Ripley, WV | 304 372 3722 |
| 1:00 pm | AR | All Recovery Support | Buckhannon, WV | 809 422 747 |
| 2:15 pm | AA | Amethyst Group | Charleston, WV | 457 216 967 |
| 5:30 pm | NA | Here and Now Group | Lewisburg, WV | 602 495 834 |
| 7:00 pm | NA | Together We Can | Huntington, WV | ID: 239 701 617 PW: 513635 |
| 7:00 pm | NA | We Came to Believe | Buckhannon, WV | 335 753 039 |
| 7:00 pm | NA | High on Life | Beckley, WV | 262 121 1743 |
| 7:00 pm | NA | Another Way Group | Ceredo, WV | 239 701 617 |
| 7:00 pm | NA | New Beginnings | Fairmont, WV | ID: 417 508 3722 PW: 714 947 |
| 7:00 pm | AA | Barboursville AA | Barboursville , WV | 730 518 4606 |
| 7:00 am | AA | Morgantown Phone Meeting | Morgantown, WV | 667 230 021 |
| 7:00 pm | AA- O | Edgewood Beginners Meeting | Charleston, WV | 480-968-244 PW: 092995 |
| 7:00 pm | AI-A | District 4 AI-Anon | Clarksburg, WV | 945 822 569 PW: 7762 |
| 7:30 pm | NA | No Matter What | Morgantown, WV | 584 213 8914 PW: 752 375 |
| 7:30 pm | NA | New Beginnings | Charleston, WV | 155 532 647 PW: 439 820 |
| 7:30 pm | NA | Phoenix Recovery Group | Williamson, WV | 164 950 208 |

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|---------|----------|-------|--------------------------------|--------------------|---|
| | 8:00 pm | AA | Huntington Area AA | Huntington, WV | ID: 982 233 252 PW: 007869 |
| | 8:00 pm | AA | Miracles | Huntinton, WV | https://zoom.us/j/982233252?pwd=UktEUnJ5SFpJTINvOStMWFRoY3lFQT09 |
| | 8:00 pm | NA | Still Sick | Morgantown, WV | 664 645 7946 PW: 183 040 |
| | 9:00 pm | NA | Ground for Growth | GTO | 552 821 726 PW: 0818 |
| Tuesday | 7:30 am | AA | Mustard Seed | Charleston, WV | 832 525 058 |
| | 9:00 am | AA | Morgantown Phone Meeting | Morgantown, WV | 667 230 021 |
| | 11:30 am | AA | Living by Spiritual Principles | Huntington, WV | https://us04web.zoom.us/j/9998353229 |
| | 12:00 pm | NA | Still Sick | Morgantown, WV | 664 645 7946 PW: 183040 |
| | 12:00 pm | NA | Quarantine Your Addiction | Wheeling, WV | https://zoom.us/j/6214503712?pwd=aXU5S2h5SmFIOTZVSIVGeEROZk5Gdz09&fbclid=IwAR0HNeT83ym3HaE6U3Upc87rkiBfg7UM_O3IMOdikRyDfJ8n0ujUcVqoytY |
| | 12:00 pm | AR | Free to Be | Charleston, WV | ID: 439-586-520 PW: 065517 |
| | 12:30 pm | NA | Bomar Club NA | Ripley, WV | 304 372 3722 |
| | 1:00 pm | AR | All Recovery Support | Buckhannon, WV | 809 422 747 |
| | 6:00 pm | AA- W | Wheeling Women's Group | Wheeling, WV | ID: 304 780 7081 PW: 7081 |
| | 6:30 pm | NA | No Reservations Group | Morgantown, WV | 964 500 058 PW: ganggang |
| | 7:00 pm | AA- W | Tuesday Night Women's Group | District 15 | 905 598 589 |
| | 7:00 pm | AA | E St. Group | So. Charleston, WV | 588 445 645 |

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|---------|--------|------------------------------------|-------------------|--|
| 7:00 pm | AA | Spring Hill | Charleston, WV | ID: 425 503 7223 PW: 050097 |
| 7:00 pm | AA | Morgantown Phone Meeting | Morgantown, WV | 667 230 021 |
| 7:00 pm | AA | Daily Reflections | Shepherdstown, WV | Dial in using your phone: +1 (669) 224-3412 Access Code: 635-212-893 Or you can join the meeting from your computer, tablet or smartphone. https://www.gotomeet.me/DistrictFifteen |
| 7:00 pm | AA-M | Wheeling Men's Group | Wheeling, WV | 494 439 820 |
| 7:00 pm | AI-A | Tuesday Night AI-Anon | Charleston, WV | ID: 713 006 8115 PW: 840 299 |
| 7:00 pm | HA | New Revolution of Heroin Anonymous | Charleston, WV | ID: 565 025 9683 PW: women |
| 7:00 pm | NA-OD | Midway Unity Group | Hurricane, WV | ID: 481 492 4941 PW: MUG |
| 7:00 pm | NA-OD | New Beginnings | Fairmont, WV | 417 508 3722 PW: 714 947 |
| 7:00 pm | NA-OD | Clean Possibilities | Barboursville, WV | ID: 441 629 897 PW: 010317 |
| 7:00 pm | NA-OD | New Way of Life | Elizabeth, WV | 205 202 608 |
| 7:00 pm | NA | We Came to Believe | Buckhannon, WV | 335 753 039 |
| 7:30 pm | AA- M | Tuesday Night Men's Meeting | Charleston, WV | 792 438 986 |
| 7:30 pm | NA- OD | Phoenix Recovery Group | Williamson, WV | ID:164 950 208 PW: 121 013 |
| 7:30 pm | NA-OD | Bring Your Own Coffee | Charleston, WV | ID:773 576 830 PW: 612 268 |
| 7:30 pm | NA- CD | The Home Group | Morgantown, WV | ID: 614 376 217 PW: 376 681 |
| 7:30 pm | NA- OD | Lewisburg Group | Lewisburg, WV | 381 329 802 |

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|------------------|----------|--------|--------------------------------|-------------------|--|
| | 8:00 pm | AA | Bill & Bob's Virtual | Charleston, WV | 261 377 962 |
| | 8:00 pm | AA | Huntington Area AA | Huntington, WV | ID: 982 233 252 PW: 007869 |
| | 8:00 pm | AA | Miracles | Huntington, WV | https://zoom.us/j/982233252?pwd=UktEUnJ5SFpJTINvOSTMWFROyY3lFQT09 |
| | 8:00 pm | AA | Keep it Simple | Kearneysville, WV | You can dial in using your phone. +1 (669) 224-3412 Access Code: 635-212-893 Or you can join the meeting from your computer, tablet or smartphone. https://www.gotomeet.me/DistrictFifteen |
| | 8:00 pm | AA | Weston Phone in | Weston, WV | Phone/Dial only (712) 770-5007 Access code 520026# |
| | 8:00 pm | NA-OD | We All Belong | Parkersburg, WV | 788 585 3142 |
| | 8:00 pm | NA-OD | Still Sick | Morgantown, WV | ID: 664 645 7946 PW: 183 040 |
| | 9:00 pm | NA | Ground for Growth | GTO | 552 821 726 PW: 0818 |
| | | | | | |
| Wednesday | 7:00 am | AA | Sober Sunrise Meditation Group | Bridgeport, WV | 152 708 621 |
| | 7:30 am | AA | Mustard Seed | Charleston, WV | 832 525 058 |
| | 9:00 am | AA | Morgantown Phone Meeting | Morgantown, WV | 667 230 021 |
| | 12:00 pm | AA | Wheeling Noon Group | Wheeling, WV | 325 728 1363 |
| | 12:00 pm | AA-COD | Daily Reflections | Charleston, WV | ID: 348 597 9270 PW: 577994 |
| | 12:00 pm | NA | Against All Odds | GTO | ID: 638 913 3089 PW: 6913713 |
| | 12:00 pm | NA | Still Sick | Morgantown, WV | ID: 664 645 7946 PW: 183040 |
| | 12:00 pm | AR | Free to Be | Charleston, | ID: 439-586-520PW: 065517 |

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|----------|------|---------------------------|-------------------|---|
| | | | WV | |
| 12:30 pm | NA | Bomar Club NA | Ripley, WV | 304 372 3722 |
| 1:00 pm | AR | All Recovery Support | Buckhannon, WV | 809 422 747 |
| 1:00 pm | NA | Living Clean Book Study | WV | 218 196 5363 |
| 6:00 pm | AA-C | Wheeling AA | Wheeling, WV | https://global.gotomeeting.com/join/137153877 |
| 7:00 pm | AA | Barboursville AA | Barboursville, WV | 999 835 3229 |
| 7:00 pm | AA | Trinity East Enders | Charleston, WV | ID: 817 296 8977 PW: 25301 |
| 7:00 pm | AA | Morgantown Phone Meeting | Morgantown, WV | 667 230 021 |
| 7:00 pm | AA | 11th Step Meditation | Charleston, WV | 319 779 250 |
| 7:00 pm | AA | Attitude Adjustment | Barboursville, WV | https://us04web.zoom.us/j/9998353229 |
| 7:00 pm | NA | We Came to Believe | Buckhannon, WV | ID: 335 753 039 PW: 25301 |
| 7:00 pm | NA-O | Surrender is the Key | Dunbar, WV | ID: 597 179 783 PW: Recovery |
| 7:00 pm | NA | Freedom Through Surrender | Fairmont, WV | ID: 825 460 8120 PW: 143 |
| 7:00 pm | NA | Uphill Journey Group | Summersville, WV | ID: 616 505 1490 PW: nauphill |
| 7:30 pm | NA-O | Live Clean or Die | Morgantown, WV | 547 641 576 |
| 7:30 pm | NA | Charleston Central | Charleston, WV | ID: 296 054 170 PW: 272796 |
| 8:00 pm | AA | Huntington Area AA | Huntington, WV | ID: 982 233 252 PW: 007869 |
| 8:00 pm | AA | Miracles | Huntington, WV | https://zoom.us/j/982233252?pwd=UktEUnJ5SFpJTlNvOStMWFRoY3lFQT09 |

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|----------|----------|-------|------------------------------|-----------------|--------------------------------|
| | 8:00 pm | NA | Still Sick | Morgantown, WV | ID: 664 645 7946 PW: 183040 |
| | 9:00 pm | NA | Ground for Growth | GTO | ID: 552 821 726 PW: 0818 |
| Thursday | 7:30 am | AA | Mustard Seed | Charleston, WV | 832 525 058 |
| | 9:00 am | AA | Morgantown Phone Meeting | Morgantown, WV | 667 230 021 |
| | 12:00 pm | NA | Still Sick | Morgantown, WV | 664 645 7946 PW: 183040 |
| | 12:00 pm | AI-A | District 4 AI-Anon | Clarksburg, WV | ID: 752 159 749 PW: 028038 |
| | 12:30 pm | NA | Bomar Club NA | Ripley, WV | 304 372 3722 |
| | 1:00 pm | AR | All Recovery Support | Buckhannon, WV | 809 422 747 |
| | 6:00 pm | NA | Spoonful of Miracles | Morgantown, WV | 768 095 123 |
| | 6:00 pm | AA- W | Wheeling Women's Group | Wheeling, WV | ID: 304 780 7081 PW: 7081 |
| | 7:00 pm | AA- C | Edgewood Big Book Study | Charleston, WV | ID: 480-968-244 PW: 092995 |
| | 7:00 pm | AA | Morgantown Phone Meeting | Morgantown, WV | 667 230 021 |
| | 7:00 pm | NA | We Came to Believe | Buckhannon, WV | 335 753 039 |
| | 7:00 pm | NA | Peace of Mind | GTO | 767 522 503 |
| | 7:00 pm | NA-OD | New Beginnings | Fairmont, WV | 417 508 3722 |
| | 7:30 pm | NA | Serenity: The Final Frontier | Cross Lanes, WV | ID: 656 416 755 PW: STFF |
| | 7:30 pm | NA-OD | Back to Basics | Parkersburg, WV | ID: 567 568 8762 PW: 064709 |
| | 7:30 pm | NA | Lewisburg Group | Lewisburg, WV | 381 329 802 |

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|---------------|----------|----|--------------------------------|----------------|---|
| | 7:30 pm | NA | No Matter What | Morgantown, WV | ID: 584 213 8914 PW: 752 375 |
| | 8:00 pm | AA | All Our Relations | Charleston, WV | ID: 439-586-520 PW: 065517 |
| | 8:00 pm | AA | Miracles | Huntington, WV | https://zoom.us/j/982233252?pwd=UktEUnJ5SFpJTINvOSiMWFRoY3lFQT09 |
| | 8:00 pm | AA | Huntington Area AA | Huntington, WV | ID: 982 233 252 PW: 007869 |
| | 8:00 pm | AA | Thursday Night Speaker Meeting | Charleston, WV | Tentative: *Facebook Live* in "We are responsible..." group |
| | 8:00 pm | AA | Weston Phone in | Weston, WV | Phone/Dial only (712)770-5007 Access code 520026# |
| | 8:00 pm | NA | Still Sick | Morgantown, WV | ID: 664 645 7946 PW: 183040 |
| | 9:00 pm | NA | Ground for Growth | GTO | ID: 552 821 726 PW: 0818 |
| Friday | 7:00 am | AA | Sober Sunrise Meditation Group | Bridgeport, WV | 561 669 051 |
| | 7:30 am | AA | Mustard Seed | Charleston, WV | 832 525 058 |
| | 9:00 am | AA | Morgantown Phone Meeting | Morgantown, WV | 667 230 021 |
| | 12:00 pm | NA | Still Sick | Morgantown, WV | ID: 664 645 7946 PW: na |
| | 12:00 pm | AA | Wheeling Noon Group | Wheeling, WV | 325 728 1363 |
| | 12:00 pm | AR | WV Students in Recovery | WV | 855 769 118 |
| | 12:30 pm | AR | Bomar Club All Recovery | Ripley, WV | 304 372 3722 |
| | 1:00 pm | AR | All Recovery Support | Buckhannon, WV | 809 422 747 |

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|---------|--------|--------------------------------|--|---|
| 1:00 pm | AA-W | Women's Recovery Meeting | Charleston/ Huntington, WV | 730 518 4606 |
| 1:00 pm | AR | Refuge Recovery | WVU Collegiate Recovery Program | 930 904 470 |
| 6:00 pm | AI-A | District 4 Al-Anon | Clarksburg, WV | ID: 859 605 614 PW: 006 562 |
| 6:00 pm | NA | Point of Freedom Group | Morgantown, WV | ID: 408 169 432 PW: 145333 |
| 6:00 pm | AA-C | Wheeling AA | Wheeling, WV | https://global.gotomeeting.com/join/137153877 |
| 6:30 pm | AR-W | Moms in Recovery | West Virginia | 598 472 1154 |
| 7:00 pm | AA- C | Edgewood Discussion meeting | Charleston, WV | ID: 480-968-244 PW: 092995 |
| 7:00 pm | AA | Morgantown Phone Meeting | Morgantown, WV | 667 230 021 |
| 7:00 pm | NA | We Came to Believe | Buckhannon, WV | 335 753 039 |
| 7:00 pm | NA-O | Living Clean | Ronceverte, WV | 258 272 7485 |
| 7:00 pm | NA | High on Life | Beckley, WV | 262 121 1743 |
| 7:30 pm | NA- CD | The Home Group | Morgantown, WV | ID: 614 376 217 PW: 376 681 |
| 8:00 pm | AA | Huntington Area AA | Huntington, WV | ID: 982 233 252 PW: 007869 |
| 8:00 pm | AA | TGIF Group | Barboursville , WV | https://us04web.zoom.us/j/9998353229 |
| 8:00 pm | AA | Miracles | Huntinton, WV | https://zoom.us/j/982233252?pwd=UktEU_nJ5SFpJTINvOSStMWFRoY3lFQT09 |
| 8:00 pm | NA | Freedom Through Surrender | Fairmont, WV | ID: 825 460 8120 PW: 143 |
| 8:00 pm | NA | We All Belong | Parkersburg, WV | 788 585 3142 |

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|----------|----------|-------|---------------------------|-----------------|------------------------------|
| | 8:00 pm | NA | Still Sick | Morgantown, WV | 664 645 7946 PW: 183040 |
| | 9:00 pm | NA | Ground for Growth | GTO | 552 821 726 PW: 0818 |
| Saturday | 9:00 am | AA | Mustard Seed | Charleston, WV | 731 289 535 |
| | 9:00 am | AA | Morgantown Phone Meeting | Morgantown, WV | 667 230 021 |
| | 12:00 pm | NA | Still Sick | Morgantown, WV | 664 645 7946 PW: 183040 |
| | 12:00 pm | AR | Free to Be | Charleston, WV | 439-586-520 PW: 065517 |
| | 1:00 pm | AR | All Recovery Support | Buckhannon, WV | 809 422 747 |
| | 3:00 pm | NA | Welcome Home Group | Bluefield, WV | ID: 871 546 0892 PW: 903116 |
| | 6:00 pm | NA-O | End of the Road | Morgantown, WV | 260 282 250 PW: 018934 |
| | 6:00 pm | AA- W | Wheeling Women's Group | Wheeling, WV | ID: 304 780 7081 PW: 7081 |
| | 6:45 pm | NA | Simplicity is the Key | Huntington, WV | 684 532 1240 PW: 159181 |
| | 7:00 pm | AA | Morgantown Phone Meeting | Morgantown, WV | 667 230 021 |
| | 7:00 pm | NA-OD | We Came to Believe | Buckhannon, WV | 335 753 039 |
| | 7:00 pm | NA-OD | No Weekends Off | Cross Lanes, WV | 671 563 4600 PW: 794103 |
| | 7:00 pm | NA-OD | Freedom Through Surrender | Fairmont, WV | 825 460 8120 PW: 143 |
| | 7:00 pm | NA-O | We All Belong | Parkersburg, WV | 788 585 3142 |
| | 7:00 pm | NA-O | High on Life Group | Beckley, WV | 262 121 1743 |

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|--------|----------|------|-----------------------------|-----------------|---|
| | 7:30 pm | NA | Our Primary Purpose | Charleston, WV | 880 304 974 PW: 421 827 |
| | 7:30 pm | NA | Back to Basics | Parkersburg, WV | 567 568 8762 PW: 064709 |
| | 8:00 pm | NA | Still Sick | Morgantown, WV | 664 645 7946 PW: 183040 |
| | 8:00 pm | AA | Huntington Area AA | Huntington, WV | ID: 982 233 252 PW: 007869 |
| | 8:00 pm | AA | Hill Unity | Charleston, WV | 462 977 679 |
| | 8:00 pm | AA | Miracles | Huntinton, WV | https://zoom.us/j/982233252?pwd=UktEUnJ5SFpJTINvOStMWFRoY3lFQT09 |
| | 8:30 pm | NA-O | We Are the Ultimate Weapon | Parkersburg, WV | 668 788 820 |
| | 9:00 pm | NA | Ground for Growth | GTO | 552 821 726 PW: 0818 |
| Sunday | 9:00 am | AA | Mustard Seed | Charleston, WV | 731 289 535 |
| | 9:00 am | AA | Morgantown Phone Meeting | Morgantown, WV | 667 230 021 |
| | 11:00 am | AA | 11th Step Prayer/Meditation | Charleston, WV | 901 107 181 |
| | 11:00 am | NA | The Journey Continues | Branchland, WV | 291 334 4378 |
| | 12:00 pm | NA | Still Sick | Morgantown, WV | 664 645 7946 PW: 183040 |
| | 12:00 pm | AR | Free to Be | Charleston, WV | 439-586-520 PW: 065517 |
| | 12:30 pm | NA | Back to Basics | Parkersburg, WV | 567 568 8762 PW: 064709 |
| | 1:00 pm | AR | All Recovery Support | Buckhannon, WV | 809 422 747 |
| | 1:00 pm | NA | No Reservations | Star City, WV | 965 500 058 PW: ganggang |

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|---------|-----------------|-------------------------|-------------------|---|
| 2:30 pm | NA | Work the Steps or Die | Fairmont, WV | 405 889 067 PW: 968684 |
| 6:00 pm | AI-A | District 4 AI-Anon | Clarksburg, WV | 334 186 678 PW: 009 867 |
| 6:00 pm | AA-C | Wheeling AA | Wheeling, WV | https://global.gotomeeting.com/join/137153877 |
| 6:00 pm | AA | Big Book Discussion | Charleston, WV | 866 124 907 PW: 343 907 |
| 6:00 pm | NA | Living Clean Group | Lewisburg, WV | 258 272 7845 |
| 6:00 pm | NA- O-11th step | Old Bugaboos | Morgantown, WV | 374 086 4536 PW: 674818 |
| 7:00 pm | NA | Back to Basics | Nitro, WV | 885 087 2833 PW: b2b |
| 7:00 pm | NA | Hope Without Dope | Barboursville, WV | 984 404 462 PW: Surrender |
| 7:00 pm | NA | Never Alone Never Again | Fairmont, WV | 558 241 4818 PW: 228100 |
| 7:00 pm | NA | Primary Purpose Group | Beckley, WV | 649 606 383 PW: 263779 |
| 7:00 pm | NA | We Came to Believe | Buckhannon, WV | 335 753 039 |
| 7:00 pm | AI-Anon | Sunday Night AI-Anon | Charleston, WV | 713 006 8115 PW: 840 299 |
| 8:00 pm | AA | Huntington Area AA | Huntington, WV | ID: 982 233 252 PW: 007869 |
| 8:00 pm | NA | Still Sick | Morgantown, WV | 664 645 7946 PW: 183040 |
| 9:00 pm | NA | Ground for Growth | GTO | 552 821 726 PW: 0818 |

Other Online Resources

- [Online Alcoholics Anonymous Meetings](#)
- [Online Narcotics Anonymous Meetings](#)
- [AI-Anon online and phone meetings](#)
- [In the Rooms](#) offers over 130 weekly on-line meetings for people experiencing substance use and related mental health disorders.
- [SMART Recovery meetings](#) are available online. Self-Management And Recovery Training (SMART) is a global community of mutual-support groups. At meetings, participants help one another resolve problems with any addiction (to drugs or alcohol or to activities such as gambling or over-eating). Participants find and develop the power within themselves to change and lead fulfilling and balanced lives guided by our science-based and sensible 4-Point Program
- [Recovery Dharma](#) is a peer-led, grass-roots, democratically-structured organization whose mission is to support individuals on their path of recovery from addiction using Buddhist practices and principles. Their website offers online meetings and other recovery support resources.
- Eating Recovery Center offers [virtual support groups](#) for people with eating disorders.
- [The Phoenix](#) sober active community is offering free virtual meditation, yoga, and Cross-Fit classes for people in recovery.
- [Recovery Link](#) provides free online peer support, recovery meetings, Cross-Fit, and yoga classes.
- The WV Drug Intervention Institute has compiled [a resource guide](#) with other virtual recovery support services and resources.

Zoom Meeting Help Guide

Before joining a Zoom meeting on a computer or mobile device, you [can download the Zoom app](#) onto your device. Otherwise, you will be prompted to download and install Zoom when you click a join link. You do not need to download Zoom if you will only join by telephone, but you will not have access to video if you chose this route.

You can [watch this video tutorial](#) or [join a test meeting](#) to familiarize yourself with Zoom.

To join a meeting without an invitation (with a meeting ID # or link):

[Download Zoom](#) onto your device according to the instructions above.

You can join a meeting directly by [clicking here](#) and entering the meeting ID number.

If you have a full link to a Zoom meeting, clicking on the link provided will take you straight into the meeting.

To join from a meeting invitation:

At the top of the invitation, you will see the title of the meeting. This is how you know which meeting you are joining.

The date and time of the meeting are listed right below the title. If the meeting is recurring, meaning it happens every so often, then you might see an “event series” listed below the date and time. This schedule of events can be added to your calendar (Google, Outlook, etc.) by clicking the link provided.

Right below the date/time schedule on the meeting invitation, you’ll see “Join zoom meeting.” To join from your computer or phone with video, you can simply click the link provided. This will take you straight into the meeting.

If you’d like to call in only, you click “one tap mobile (New York),” which is listed right below the meeting ID. When you click this link, it’ll automatically enter the meeting ID for you. You will not need to enter it manually.

Underneath that, you’ll see “dial by location.” You can join this way as well, if you want to. You’d simply click the phone number listed Next to “New York” (If you’re in WV) and then enter the **meeting ID** when prompted. If you decide to go this route, it’s helpful to write the meeting ID down and have it handy when you call in.

Helpful Tips:

Keep in mind, neither call-in options include video. We ask that you mute yourself using your phone’s keypad when you’re not talking so we can clearly hear the person sharing. Simply un-mute yourself to speak.

If you’re joining online, as you log-in to the meeting, you’ll be shown a video of yourself and asked if you want to join with or without video. It’s up to you what you choose! The video setting can be turned on and off during the meeting as well, so no pressure.

Next, you’ll be asked if you want to join using the computer audio or dial-in. Unless you are planning to join the meeting by both phone and computer, chose the option to join by computer. Otherwise, you’d need to dial-in separately. Feel free to use headphones if you’d like, and make sure your speaker and your volume or on and to your comfort level.

Quick tip: If you’re joining by laptop, you may have a microphone control on the top row of your keyboard (it’s the 4th button to the right of ESC for me). If your speaker isn’t working, it could be that you just need to push this button.

Once you’re in the meeting, on the bottom left of the screen you’ll see two icons: a microphone and a video camera. Clicking on these buttons will allow you to turn your speaker (microphone)

or your video (camera) on and off throughout the meeting. If there is a red strike through the icon, that feature is considered “off.” For example, if there’s a red strike through the speaker icon, you are considered “muted.” In order to be able to share with others, you would need to click the icon again, so the red strike is no longer visible.

Also at the bottom-center of the screen are other icons that you can play around with. The one you are most likely to use is the “Chat” bubble. Clicking this icon will prompt a screen to pop up that allows you to type and send messages directly to the host, another participant, or the whole group.