

Daily Recovery Support Meetings Available Online

Free online recovery support meetings 7+ times a day

Visit wec.health/all-mtgs



About All Recovery Meetings

Online recovery support groups will be available daily. They are open to anyone who is dealing with substance use, mental health concerns, disordered eating, as well as any other quality of life concerns.

Meetings are led by peer recovery support specialists who have firsthand experience and understand what you're going through.

Everyone is welcome no matter your pathway of recovery or recovery status.

How to Join These Meetings

- Visit weconnectrecovery.com/free-online-support-meetings or wec.health/all-mtgs
- Click the link for the meeting you'd like to join

What to Expect

- Video is optional but can be used
- Real names do not have to be used and are not required
- Audio can be muted and you are not required to share
- Please be respectful of all participants just as you would in any other meeting

Daily Meeting Times

- 4am Pacific | 7am Eastern
- 6am Pacific | 9am Eastern
- 9am Pacific | 12pm Eastern
- 12pm Pacific | 3pm Eastern
- 3pm Pacific | 6pm Eastern
- 6pm Pacific | 9pm Eastern
- 8pm Pacific | 11pm Eastern

Daily Family & Loved Ones Meeting

- 5pm Pacific | 8pm Eastern every day

Twice Weekly Womxn's Meeting

- 4pm Pacific | 7pm Eastern Tuesdays & Thursdays
*womxn includes everyone who identifies as female

Weekly LGBTQ+ Meeting

- 4pm Pacific | 7pm Eastern Mondays
- 8am Pacific | 11am Eastern Wednesdays

Speaker Meeting Series

- 7pm Pacific | 10pm Eastern every third Friday