



# Recovery INTERNATIONAL™

## Telephone Meetings

Effective February 1, 2012

*“Peers Helping Peers Achieve Mental Health”*

Recovery International (RI) telephone meetings of the Abraham Low Self Help Systems (ALSHS) are designed to introduce individuals to the Recovery method and/or for those who are unable to attend RI community-based meetings in person due to distance, illness or other challenges. Phone meetings are accessed at participant’s own expense-**they are toll calls**. Phone meetings last from 60 to 90 minutes. Participants are asked to attend on time and to remain on the call for the duration of the meeting if possible. Line open 5 minutes prior to scheduled time shown.

**OPEN MEETINGS: AVAILABLE TO ANYONE (Phone Number Shown on Schedule)**

**INTRODUCTION TO RI (INTRO):**  
Introduces the RI method, structure of group meetings and includes a question and answer period.  
*\*Newcomers and practicing RI participants are welcome to attend.*

**OPEN ATTENDANCE PHONE MEETINGS:** Uses the traditional RI group meeting format and process. Meeting Materials recommended for newcomers. Download materials at [www.lowselfhelpsystems.org](http://www.lowselfhelpsystems.org) or call RI toll free at 1-866-221-0302

**LITERATURE PHONE MEETINGS:** For people with visual impairments or are reading challenged. Others also welcome. Focuses on the works of Recovery founder Dr. Abraham A. Low.

**PAID MEMBERS ONLY MEETINGS: For those persons holding a current paid membership in ALSHS (\$30.00 per year) and attended at least 6 Open meetings and understands the basic RI method and concepts.**

**TRADITIONAL ASSIGNED MEETINGS:** Small closed group meetings allowing for increased participation and practice.

**SUPPLEMENTAL MEETINGS:** Additional RI traditional meetings. Focus on reading, examples and mutual aid. Members may attend as many as desired.

**SPECIAL FOCUS MEETINGS:**  
**RIPP:** Assigned meetings using the RI method for persons with physical problems.  
**RIED:** Assigned meetings using the RI method for persons with eating disorders or issues with food. (Participants must purchase specific materials.)

**RI DISCOVERY**  
Shorter assigned meetings. (Participants must purchase specific materials.)

*For information on Memberships and the RI Assigned, Supplemental or Special Focus Group Meetings e-mail: [joan@lowselfhelpsystems.org](mailto:joan@lowselfhelpsystems.org) or call 607-432-2565*

*\*All meeting times are listed in the Eastern Time Zone. \* Adjust times as needed to fit YOUR time zone.\**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Intro to RI 1 <sup>st</sup> Sun of the month 8:00 pm 1-218-936-4700 Access Code 25632#		Intro to RI 3 <sup>rd</sup> Tues of the month 9:00 pm 1-218-936-4700 Access Code 25632#	Intro to RI 4 <sup>th</sup> Wed of the month 12 Noon 1-218-936-4700 Access Code 25632#		Intro to RI 2 <sup>nd</sup> Fri of the month 10:30 am 1-218-936-4700 Access Code 25632#	
Open: Traditional 3:30 pm 1-218-936-4700 Access Code 25632#			Open: In Spanish NEW TIME 7:00 pm 1-218-936-4700 Access Code 25632#	Open: Literature Meeting 4:15 pm 1-218-936-4700 Access Code 25632#	Open: Traditional 12 Noon 1-218-936-4700 Access Code 25632#	Open: Traditional 7:30 pm 1-218-936-4700 Access Code 25632#
	Supplemental 12 Noon	Supplemental 5:30 pm	Supplemental 9:15 pm	Supplemental 11:00 am	Supplemental 7:30 pm	Supplemental 10:30 am
Assigned: Traditional 7:30 pm	Assigned RIED NEW TIME 7:30 pm	Assigned RI Discovery 11:00 am	Assigned: Traditional 7:30 pm	Assigned: Traditional 2:30 pm	Assigned RIPP 7:30 pm	Assigned: Traditional 2:00 pm
	Assigned: Traditional 7:30 pm	Assigned: Traditional 3:30 pm				
		Assigned: Traditional 7:30 pm		Assigned: Traditional 7:30 pm		