



# Recovery INTERNATIONAL SM

## Telephone Meetings

Effective July 2010

***“Peers Helping Peers Achieve Mental Health”***

*“A Relaxed Atmosphere Where You Are Always Welcome”*

Recovery International (R.I.) telephone meetings are designed to introduce individuals to the Recovery method and/or for those who are unable to attend R. I. community-based meetings in person due to distance, illness or other challenges. Phone Meetings are accessed at participants’ own expense-**they are toll calls**. Phone meetings last about 90 minutes. Participants are asked to attend on time and to remain on the call for the duration of the meeting if possible.

**There are 3 types of Recovery International Phone Meetings you can attend**

*You are welcome to attend as many meetings as you wish*

***Ready To Jump  
Right In?***

Try our **OPEN ATTENDANCE PHONE MEETINGS**: uses the standard Recovery International group meeting format and process. Meeting materials can be obtained on the web at [www.lowselfhelpsystems.org](http://www.lowselfhelpsystems.org), or call R.I. toll free at 1-866-221-0302

|           |                                   |  |                |                      |
|-----------|-----------------------------------|--|----------------|----------------------|
| Monday    | 12:00PM (EDT)                     |  | 1-218-936-4700 | Access Code 25632#   |
| Wednesday | 8:00 PM (EDT) <b>(IN SPANISH)</b> |  | 1-270-400-1500 | Access Code 165750#  |
| Wednesday | 9:30 PM (EDT)                     |  | 1-218-936-4700 | Access Code 25632#   |
| Thursday  | 2:30 PM (EDT)                     |  | 1-712-432-0175 | Access Code 1046189# |
| Friday    | 12:00PM (EDT)                     |  | 1-218-936-4700 | Access Code 25632#   |
| Friday    | 7:30PM (EDT)                      |  | 1-218-936-4700 | Access Code 25632#   |
| Saturday  | 7:30PM (EDT)                      |  | 1-218-936-4700 | Access Code 25632#   |
| Sunday    | 3:30PM (EDT)                      |  | 1-218-936-4700 | Access Code 25632#   |

***Curious About  
The Recovery  
Method?***

Try Our **INTRODUCTORY PHONE MEETINGS**: Introduce yourself to the Recovery International Method and the structure of group meetings.  
***Includes a question and answer period.***

|   |                  |  |                |                     |
|---|------------------|--|----------------|---------------------|
| 2 <sup>nd</sup> Wednesday of each month | 8:00 PM (EDT)    |  | 1-712-775-7100 | Access Code 756760# |
| 4 <sup>th</sup> Wednesday of each month | 12:00 NOON (EDT) |  | 1-712-775-7100 | Access Code 756760# |

***Interesting and  
Enjoyable..All Are  
Welcome!!***

**Literature Phone Meetings** are available for people with visual impairments or who are reading challenged. Sessions focus on the books and recordings of Recovery founder Dr. Abraham A. Low.

|          |              |  |                |                    |
|----------|--------------|--|----------------|--------------------|
| Thursday | 4:15PM (EDT) |  | 1-218-936-4700 | Access Code 25632# |
|----------|--------------|--|----------------|--------------------|

***For information on small group “Assigned” meetings and/or R.I. meetings for target populations contact Joan Nobiling: [joan@lowselfhelpsystems.org](mailto:joan@lowselfhelpsystems.org) or call 1-607-432-2565***