



RESOURCES-Episode 2

Staying Centered and Sober through a Crisis

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Worcester Area AA Intergroup virtual meeting list

https://docs.google.com/spreadsheets/d/1c8pXr0tKcMI_JHvQ7VGz7X4DHvStO2qprOKdJ_XV8ls/edit#gid=1985923290

Refuge Recovery Online Meeting Directory

<https://refugerecovery.org/meetings?tsml-day=any&tsml-region=online-english>

SMART Recovery Online Community

<http://www.smartrecovery.org/srol-2/>

Gratitude Journal Prompts to Try

<https://artjournalist.com/gratitude-journal-prompts/>