

## ONLINE MEETING RESOURCES

***Zoom meetings require downloading the app prior to joining any of the meetings hosted via Zoom.***

**DAILY – Every evening** (Hosted by Rocky Mountain Region)

**7:00 pm (mountain time)**

**9:00 pm (eastern time)**

Saturday evening meeting is a speaker meeting.

Everyone is welcome. For additional information: [www.naranonrm.org](http://www.naranonrm.org)

**Zoom meeting:**

Phone – 720-707-2699

Code (if needed) – 395 160 780

**Mondays - 6:30 p.m.** (Hosted by Athens Recovery Group)

Via Skype:

Send your Skype number via email to [chefpeg@gmail.com](mailto:chefpeg@gmail.com) or via text at 706-207-3061 to be added to the meeting. When registered, you will be added to every Monday night Skype meeting. If you decide not to attend, simply do not answer the Skype call or ask to be removed.

Please minimize background noise during the Skype meeting. It is a good idea to mute your microphone when you are not speaking. Mute the microphone by clicking the picture of the microphone at the bottom center of the Skype screen.

**Tuesdays:**

**7:30 p.m.** (Hosted by the Cherokee Family Group)

To Join Zoom Meeting:

<https://us04web.zoom.us/j/364620532>

Meeting ID: 364 620 532

or

Dial by your location

+1 253 215 8782 US

(continued on next page)

## ONLINE MEETING RESOURCES

**7:30 p.m.** (Hosted by Chamblee/Tucker)

Email Jackie at: [pursewoman@aol.com](mailto:pursewoman@aol.com) An invite will be sent with instructions to join.

**\*\* Please put NarAnon in the subject line. \*\***

**Saturday:**

**Buckhead:** Serenity Hour

Zoom Meeting @ 11:00 am

Contact: [milliecoleman@comcast.net](mailto:milliecoleman@comcast.net) for weekly code