

**From:** Beth Sikora PhD drbeth@bethsikoraphd.com  
**Subject:** Fwd: Connecting in Recovery During this Challenging Time  
**Date:** March 19, 2020 at 8:44 PM  
**To:** Angie Read angie@bethsikoraphd.com



For blog

Beth Sikora, PhD

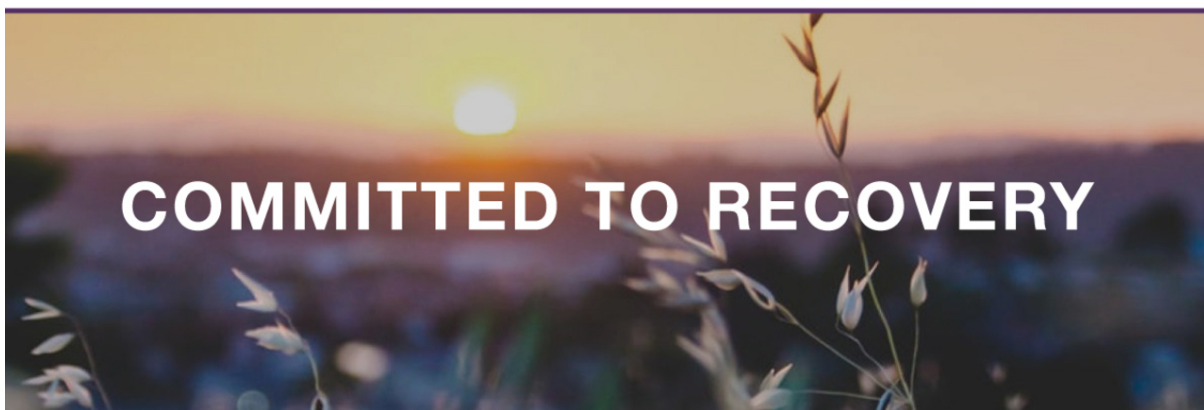
This message is intended to be private and confidential and intended for this addressee only. Further, it is protected by Federal HIPAA statute. If you are not the intended recipient, please do not disclose, copy, distribute, share, or take any other action with this communication other than to notify the sender of the error and delete this message from your records.  
Sent from my iPhone

Begin forwarded message:

**From:** Meadows Behavioral Healthcare <newsletter@themeadows.com>  
**Date:** March 19, 2020 at 8:47:41 AM MST  
**To:** "bethsikoraphd@outlook.com" <bethsikoraphd@outlook.com>  
**Subject:** **Connecting in Recovery During this Challenging Time**  
**Reply-To:** newsletter@themeadows.com

**MEADOWS**<sup>®</sup>  
Behavioral Healthcare

833-749-4889  
[www.meadowsbh.com](http://www.meadowsbh.com)



In these uncertain times, staying connected to support systems and recovery groups is more important than ever. We have compiled a list of virtual resources to help those in recovery stay on track.

Online meetings are a great resource when social distancing limits those options. These tools can also supplement a recovery plan in the future when these current challenges pass. Please share this with anyone who would benefit from it. Together, we are going to get through this.

## Online Support Groups

### Alcohol and Substance Use Disorders

- [www.aa.org](http://www.aa.org) - Alcoholics Anonymous is an international fellowship of men and women suffering from alcoholism. To find an online support group, visit [here](#).
- [www.adultchildren.org](http://www.adultchildren.org) - Adult Children of Alcoholics (ACA)/Dysfunctional Families is a Twelve Step, Twelve Tradition program of men and women who grew up in with parents suffering from alcoholism. To find an online support group, visit [here](#).

- [www.na.org](http://www.na.org) - Narcotics Anonymous is a global, community-based organization that helps individuals with substance use disorders. To find an online support group, visit [here](#).
- [www.ca.org](http://www.ca.org) - Cocaine Anonymous is a fellowship of men and women help each to recover from their addiction. To find an online support group, visit [here](#).

### **Co-dependency**

- [www.coda.org](http://www.coda.org) - Co-Dependents Anonymous, a program that helps individuals recover from codependence. To find an online support group, visit [here](#).

### **Depression and Anxiety**

- [www.adaa.org](http://www.adaa.org) - Anxiety and Depression Association of America (ADAA) is an international nonprofit organization dedicated to the prevention, treatment, and cure of anxiety, depression, OCD, PTSD, and co-occurring disorders. To find an online support group, visit [here](#).

### **Eating Disorder**

- [www.eatingdisorderhope.com](http://www.eatingdisorderhope.com) - Eating Disorder Hope's mission is to offer hope, information, and resources to individual eating disorder sufferers, their family members, and treatment providers. To find an online support group, visit [here](#).

### **Sexual Addiction**

- [www.saa-recovery.org](http://www.saa-recovery.org) - Sex Addicts Anonymous (SAA) shares experience and hope to others so that they can overcome their sexual addiction. To find a telephone or virtual meeting, visit [here](#).

## **Related Articles**

---

### **Maintaining Your Emotional Immunity During Covid-19: How to Create a Sense of Calm in Uncertain Time**

By [Dr. Tian Dayton](#), Meadows Senior Fellow

Uncertainty is one of our most difficult feelings to manage. We humans like to wrap our minds around things, we like to know what's going to happen. But do we? Hmm. That's the age-old question. It is times like these that pull us into the present, that remind us of who we love and what we have.



It's not what happens to us but what we do with what happens that matters. Research on resilience finds that those who thrive in situations that might defeat others, have somehow figured out how to mobilize their supports and make use of them. They have a sense of reality and acceptance about their circumstances, but they are proactive in taking steps to make things better.

### **CONTINUE READING**

### **Recovery From Six Feet Away: Connection, Creativity, and the Coronavirus**

By [Jenni Schaefer](#), Meadows Senior Fellow



Worldwide pandemic or not, recovery must come first. No matter what, we must continue to follow healing principles. This means, in part, doing recovery from six feet away, which is how far the Centers for Disease Control and Prevention has asked us to separate from others. The buzzword phrase is “social distancing,” and it is meant to prevent the spread of the virus. It is not a free pass to relapse (as Ed would have told me).



This is a time to get creative. We can practice flexing our black-and-white thinking muscles all the way to some gray flexibility. More than ever, this is the time for technology to shine. Maybe we can't attend a support meeting in person, but we can go to virtual meetings.

### **CONTINUE READING**

In closing, we want to reassure you that we continue to closely monitor the COVID-19 situation and are taking measures to ensure the safety of our patients and their families, as well as our employees.

---

*Meadows Behavioral Healthcare offers a full continuum of treatment programs and services to meet individuals at their point of need and help them achieve lasting recovery.*

*Contact our Intake Team today for more information.*



### **Share this email:**



[Manage](#) your preferences | [Opt out](#) using TrueRemove®

Got this as a forward? [Sign up](#) to receive our future emails.

View this email [online](#).

1655 N. Tegner St  
Wickenburg, AZ | 85390 US

This email was sent to bethsikoraphd@outlook.com.

To continue receiving our emails, add us to your address book.

