



## Meeting Formats and Descriptions

Click to **FIND A MEETING** on the website or any of the words in **RED** below to search that meeting type.

**CHAT** - Meetings are live chat with a leader and other participants. You need to register for a Slack account to participate.

**COMMUNITY** – Meetings take place in person in a public meeting space such as a room at a church, synagogue, community center, or hospital.

**TELEPHONE** – Meetings use a conference call number. See the individual meeting for instructions on how to obtain the call information. Note that some meetings are open to all, others are for members only due to high demand.

**ZOOM** - These meetings are all live, facilitated and interactive. Note that some are moderated **webinar format** with readings and spots posted, others are just like an in person meeting but online—have your books handy.

**WELCOME MEETINGS FOR NEWCOMERS** – We also welcome returnees interested in a refresher course in the RI Method. Attendees learn through explanation, demonstration, and practice, using the *Better. Mental. Health. for Everyone* workbook.

- **ZOOM – Welcome Meeting (90 minutes)** - Newcomers are introduced to the RI Cognitive Behavioral Method basics by attending a 4-week training course. For further information, contact the San Diego RI office at (619) 383- 2084 or [valerie@recoveryinternational.org](mailto:valerie@recoveryinternational.org) or [eric@recoveryinternational.org](mailto:eric@recoveryinternational.org)

### MEMBER-ONLY TELEPHONE MEETINGS

To register for Member-only phone meetings, contact Gilda (352) 464-7232.

- **PHONE – Traditional Assigned Meetings (90 minutes)** - For members who have demonstrated a working knowledge and practice of the RI Method. Each member is allowed one Assigned Meeting and one Special Focus meeting per week. It is expected that you attend and fully participate a minimum of twice monthly.
- **PHONE – Special Focus-RIPP (90 Minutes)** - For members who have demonstrated a working knowledge and practice of the RI Method and also struggle with chronic health issues. It is expected that you attend and fully participate a minimum of twice monthly.
- **PHONE – Supplemental Meetings (60 minutes)** - For new members who have completed Intro to RI Training, returnees, or community meeting members. Members may attend as many Supplemental Meetings as they wish throughout the week. Participation with readings, examples, and spotting is expected.

*Readings come from Recovery International literature. Please have your books ready. In person meetings will have books to share. If you need more information, contact [info@recoveryinternational.org](mailto:info@recoveryinternational.org) or call (312) 337-5661*

## Member-Only Phone Schedule At-A-Glance

Times shown in Eastern Standard Time (EST)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					Supplemental 12pm EST	
			Supplemental 4:00 pm EST		Supplemental 7:30 pm EST	Supplemental 11:00 am EST
Supplemental 3:30 pm EST	Supplemental 12:00 pm EST	Supplemental 5:30 pm EST	Supplemental 9:15 pm EST	Supplemental 12:45 pm EST	Assigned: Traditional 11:00 am EST	
Assigned: Traditional 7:30 pm EST	Assigned: Traditional 7:45 pm EST	Assigned: Traditional 3:30 pm EST	Assigned: Traditional 8:15 pm EST	Assigned: Traditional 7:30 pm EST	RI PP 7:30 pm EST	Assigned: Traditional 10:30 am EST

*As of 5/4/2023*

### LITERATURE MEETINGS - No Membership Required

- **Literature Meetings via Phone (60 minutes)** – Literature meetings focus on reading and discussing the works of Dr. Abraham Low, founder of Recovery. Call 1-605-475-6333, Access Code 25632#. Meets on:
  - Sundays at 9pm EST
  - Mondays at 7pm EST
  - Thursdays at 4:15pm EST
- **Quarterly Book Study Group via Zoom** (contact Dave to register for dates and Zoom link [davesdecafe@gmail.com](mailto:davesdecafe@gmail.com))

**FACEBOOK MEETING PAGE** – For Members Only, a place to post examples and spot on others’ examples.

All meetings follow this basic format:

- **Reading** – The group reads from one of Dr. Abraham Low’s books. **Order books [HERE](#).**
- **Examples** – Participants take turns describing an event from everyday life that caused distress and use tools to address their discomfort and control their responses.
- **Spotting** – After each example, other members offer comments on the example-giver’s use of Recovery International tools and suggest other “spots” that also could have been used.
- **Mutual Aid** – The end of the meeting is a time for informal discussion. It is a good time to ask the group leader or a long-time member to help develop an example to share at a later meeting, or to ask questions about specific “spots” that were discussed.
- **Voluntary Contributions** – Participants are asked to help support the organization with the suggested donation of \$5-\$7 per meeting. However, no one is turned away due to inability to pay– this should not deter anyone from attending Recovery International meetings.