



**Howard Co. System of Care
Resources and Mental Health Help in Response to
COVID-19**

Need Immediate Assistance?

Four County Hotline
800-552-3106

St. Vincent Trinity
765-456-5900

National Suicide Prevention Line
800-273-8255

United Way
765-457-4357
Text ACCESS to 85511

<https://www.searchunitedwayhowardcounty.org/>

Howard Community Crisis Line
765-776-8555

Turning Point SOC for Mental Health
and Addiction Referral Help
765-860-8365

Crisis Text Line
Text “help” to 741-741

Emergencies
Call 9-1-1

**DOMESTIC VIOLENCE SHELTER
CONTACT INFORMATION**

Hotline -- 1-877-482-4222

Shelter -- 765-868-3154

Main Office -- 765-457- 9313

Family Service Association

**FAMILY
SERVICE
ASSOCIATION**



For questions please call:

Main Office

765-457-9313

Jackson Street Commons

765-236-1002

Domestic Violence Shelter

1-877-482-4222

**We
are
here
for
YOU!**



Food Resources

Need food while we are away from school?

Breakfast and lunch “Take Away” meals are available at no cost

EVERY WEDNESDAY!!! At Bon Air MS, Central MS, and at Maple Crest MS.

This is for **ANY Kokomo Schools student** (even if you don’t get free/reduced lunch). Just tell them your name, grade, and school!

Breakfast & Lunch Take Away Meals

Bon Air Middle School:

9AM to 12PM (noon)

Central Middle School:

9AM to 12PM (noon)

Maple Crest Middle School:

9AM to 12PM (noon)



KOKOMO SCHOOL CORPORATION
Creating a Better World Through Education

Food Pantries

Hands of Grace: 2012 S Goyer Rd. Kokomo, IN
Monday's 3:30 pm- 6:00 pm and Wednesday's 1:00
pm - 3:00 pm. (Drive in from the south and follow
around to the awning over the church. Bring ID and
proof of address.)

Samaritan Love Center: 124 W. Elm St. Kokomo,
IN Wednesday 9:00 am - 11:00 am. (Bring bags or
boxes, ID if never been and proof of

Tzion Yeshiva: 614 W. Monroe St. Kokomo, IN
Tuesday from 1:00 pm- 3:00 pm (Bring bags or
boxes. ID required.)
address.)

Salvation Army: 1105 S. Waugh St. Kokomo, IN
Thursday's & Friday's 8:30 am - 11:00 am and 1:00 pm
-3:30 pm (Hygiene and food products, bring bags or
boxes, advised to come early.)

Kokomo Rescue Mission: 321 W. Mulberry Kokomo, IN
Monday's and Thursday's 9:30 am-1:45 pm. (Call for
appt. 765-456-3838.)

Hillsdale United Methodist Food pantry will operate a
drive thru service on Friday's noon to 3 tomorrow at
4893E. 100S, Please bring ID and proof of residence and
they have plenty for all!

Howard Co. RESOURCES

If you've recently been temporarily laid off of work due to the coronavirus check this out to see if you qualify for benefits.

https://www.in.gov/dwd/files/Indiana_Unemployment_FA_Q.pdf

NIPSCO: Any customer who has received a termination notice or is having trouble paying his/her bill should call [1-800-4NIPSCO](tel:1-800-4NIPSCO) to discuss payment arrangements and/or financial assistance programs.

Check out United Way Howard Co for resources. This resource includes; housing, food, employment, bill paying support, utility assistance, daycare, and much more.

<https://www.searchunitedwayhowardcounty.org/>

Four County: <https://fourcounty.org/covid19-resources/local-resources>

<https://fourcounty.org/covid19-resources/mental-healthadditional-resources>

The City Line Trolley and the Spirit of Kokomo are still operating as normal. The City of Kokomo asks that you limit use of public transportation to essential travel only (grocery store, medical appointments). Public transportation is considered an essential service to assist those individuals who rely on the public transportation system as their only means of travel.

Turning Point SOC- 765-680-8365

Helps with resources for mental health and addictions as well as connecting client to community resources.

YMCA has online fitness and wellness activities:

<https://kokomoymca.org/health-wellness/virtual-fitness>

YMCA Emergency Child Care for Essential Workers;

<https://kokomoymca.org/blog/emergency-child-care-id-38>

Project Access: <https://www.projectaccesshoco.org/>

Senior Citizen Meals: 765-456-2078



Need Internet?



Click on the links below to learn more about how each mobile phone company is responding to this health crisis. The response at each company is different and ranges from unlimited/increased data, low cost phone plans and other features that can help you connect virtually with youth and families.

AT&T <https://about.att.com/pages/COVID-19.html>

T-Mobile <https://www.t-mobile.com/news/t-mobile-update-on-covid-19-response>

Verizon <https://www.verizonwireless.com/support/covid-19-faqs/>

Sprint <https://newsroom.sprint.com/covid-19-updates-sprint-responds.htm>

Some families may qualify for FREE internet from Comcast or Spectrum. Must meet income and eligibility requirements.

More Info (Comcast):

www.internetessentials.com

1-855-846-8376 (English)

1-855-765-6995 (Spanish)

More Info (Spectrum):

<https://www.spectrum.com/browse/content/spectrum-internet-assist>

Anthem

Proactively reaching out to homeless shelters, churches, schools, health care agencies, social-service groups and food pantries to assess their needs and help them overcome barriers.

Organizations and/or members can reach out to me if they have any questions or barriers they need help addressing.

Providing hand sanitizers, reusable bags, adult and child activities, thermometers and sanitizing wipes, as well as a list of resources to share with clients impacted by COVID-19.

While our supplies are running low (disinfectants), we can check what supplies we do have left to see if they would benefit the clients you serve.

We have a website set-up to capture all of the COVID-19 resources in the state. Enter zip code, then type “COVID” in the search box and all of the programs that are open or have opened as a result of the pandemic will be list.

[Anthem Resources](#)

Promoting benefits such as telemedicine and the Lifeline cell phone benefit, as well as up-to-date information related to renewals, power account payments, and state benefits.

Cell phone minutes have temporarily been increased are now unlimited.

The State of Indiana has suspended POWER Account payments due to COVID-19, this means members on HIP Plus do not have to pay their monthly contribution until the State decides to reinstates POWER Account payments.

Presentations on benefits for HIP, HHW, and HCC done via WebEx for organizations and/or members to go over this information in more detail.

Completing well-check calls for our vulnerable members to touch base, share benefits information, and provide resources as needed.

COVID-19 Important Info.

Frequently asked questions:

https://www.in.gov/fssa/files/FAQ_DA_COVID-19.pdf

If you are sick with COVID-19 – CDC

https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fabout%2Fsteps-when-sick.html

How to protect yourself-

https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fprepare%2Fprevention.html

IN.gov Coronavirus Hub <https://coronavirus.in.gov/>

IU Health has launched a virtual clinic to offer individuals in Indiana regardless of age free Coronavirus (COVID-19) screenings using the IU Health Virtual Visit app. Staffed 24/7 with IU Health physicians, advance practice providers and registered nurses, the clinic will screen patients from home, potentially eliminating the need to visit physician offices, urgent cares or emergency departments.” <https://iuhealth.org/news-hub/iu-health-virtual-clinic-offers-free-coronavirus-screening>

FSSA- <https://www.in.gov/fssa/5772.htm>

Food Maps <https://www.in.gov/fssa/dfp/5768.htm>

COVID-19 Multi language resources from LUNA

<https://luna360.com/resources/covid-19-resource-center/>

IRS Stimulus Check info <https://www.irs.gov/newsroom/economic-impact-payments-what-you-need-to-know>

Continued Resources

<https://lookupindiana.org/learn/covid-19>

<https://www.mhanational.org/covid19>

<https://mhanortheastindiana.org/coronavirus>

The Steve Fund is dedicated to the mental health and emotional well-being of students of color.

<https://www.stevelfund.org/transition-times/>

Financial Support:

https://www.healthwellfoundation.org/fund/covid-19-fund/?utm_medium=social&utm_source=MHA&utm_campaign=COVID-19_story

DMHA_Indiana Behavioral Health Inpatient Facilities:

file:///C:/Users/jejohnson/AppData/Local/Microsoft/Windows/INetCache/Content.Outlook/Q4HJPH6W/DMHA_IndianaBehavioralHealthInpatientFacilities4_2_2020.pdf

Mental Health: https://www.who.int/docs/default-source/coronaviruse/mental-health-considerations.pdf?sfvrsn=6d3578af_2

<https://www.nami.org/getattachment/Press-Media/Press-Releases/2020/COVID-19-and-Mental-Illness-NAMI-Releases-Importan/COVID-19-Updated-Guide-1.pdf?lang=en-US>

https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fprepare%2Fmanaging-stress-anxiety.html

<https://mhanational.org/stay-connected>

Youth Resources: <https://www.remedylive.com/>

Virtual Events and Activities with Kids

Join us on Facebook at [The Children's Museum of Indianapolis](#) (@childrensmuseum).
www.childrensmuseum.org

<https://www.georgiaaquarium.org/webcam/ocean-voyager/>

<http://cincinnati-zoo.org/home-safari-resources/>

<https://www.nps.gov/yell/learn/photosmultimedia/webcams.htm>

<https://accessmars.withgoogle.com/>

<https://storytimefromspace.com/>

<https://www.farmfood360.ca/>

<https://www.montereybayaquarium.org/animals/live-cams>

<https://explore.org/livecams/african-wildlife/tembe-elephant-park>

<https://parade.com/1009774/stephanieosmanski/things-to-do-with-kids-during-coronavirus-quarantine/>

Stay Mentally Healthy

Create A Daily Routine

Shower daily

keep a regular sleep schedule

Get dressed everyday

Have regular meal times

Schedule work time

Schedule school time

Have designated fun time with family

Have down time.

It's common and totally normal to feel afraid and stressed during a pandemic or outbreak. But taking time to step away from the noise and focus on yourself can help ease those feelings.

Limit your social media intake, TV intake and technology intake.

Staying focused on the positives- Keep a gratitude journal.

Brain breaks! Play board games, read a book or a magazine, take a nap, meditating, yoga, painting, writing, coloring, listen to music and dance!

Go outside- take walks, ride bikes, plant flowers, or roast hotdogs!

MANAGING CORONA VIRUS (COVID-19) ANXIETY



For You

- Avoid excessive exposure to media coverage
- Connect through calls/text/internet
- Add extra time for daily stress relief
- Practice self-care
- Focus on your mental health

BlessingManifesting

For Kids

- Reassure them that they're safe
- Let them talk about their worries
- Share your own coping skills
- Limit their news exposure
- Create a routine & structure

For Quarantine/Isolation

- Keep in contact with your loved ones via social media, texts, and phone calls
- Create a daily self-care routine
- Keep yourself busy: games, books, movies
- Focus on new relaxation techniques

I CANNOT CONTROL

(So, I can LET GO of these things.)

IF OTHERS FOLLOW THE RULES OF SOCIAL DISTANCING

THE AMOUNT OF TOILET PAPER AT THE STORE

I CAN CONTROL

(So, I will focus on these things.)

THE ACTIONS OF OTHERS

MY POSITIVE ATTITUDE

TURNING OFF THE NEWS

FINDING FUN THINGS TO DO AT HOME

HOW LONG THIS WILL LAST

HOW I FOLLOW CDC RECOMMENDATIONS

LIMITING MY SOCIAL MEDIA

MY OWN SOCIAL DISTANCING

MY KINDNESS & GRACE

HOW OTHERS REACT

PREDICTING WHAT WILL HAPPEN

OTHER PEOPLE'S MOTIVES



Clipart: Carrie Stephens Art
TheCounselingTeacher.com

CALMING GROUNDING TECHNIQUES

For Anxiety & Stress

4-7-8 BREATHING

1. Sit in a comfy position and relax your **muscles**.
2. Take a big **deep breath in** through your nose for **four seconds**.
3. Hold it for **seven seconds**.
4. Next take an **even bigger breath out** for **eight seconds**.
5. As you're breathing out, part your lips and make a "woosh sound."

5, 4, 3, 2, 1 METHOD

1. Be aware of your surroundings and **take deep breaths**.
2. Name **five things** you can **see** around you.
3. Name **four things** you can **feel**.
4. Name **three things** you can **hear**.
5. Name **two things** you can **smell**.
6. Give yourself a compliment or recite one **positive affirmation!**

*Click for 6 More Grounding
Techniques!*

Disaster Distress Helpline



1-800-985-5990



TEXT: "TalkWithUs" to 66746



DisasterDistress.samhsa.gov

SAMHSA

HHS.gov

**FOR ANYONE,
ANYTIME,
ANYWHERE**

NATIONAL SUICIDE PREVENTION LIFELINE
1-800-273-TALK (8255)

The subject in this photo is a model for illustrative purposes only.

SAMHSA
Substance Abuse and Mental Health
Services Administration



Even in isolation, you're not alone. Text **SHARE** to **741741** for free, 24/7 support at your fingertips.

CRISIS TEXT LINE |



COMMUNITIES COMING TOGETHER

YMCA CHILDCARE FOR ESSENTIAL WORKERS

Our communities are strongest together. The Kokomo Family YMCA is proud to provide childcare for essential workers who are helping to keep our communities running smoothly.

What is an essential worker? For info regarding what is an essential worker, click [HERE](#)

MEDICATIONS AND RECORDS:

Please bring any needed medication in a bag with a prescription label. A form will need to be completed at registration.

WHAT TO BRING/HOW TO PREPARE:

- Please dress your child in weather-appropriate clothing, including a jacket.
- Bring a sack lunch
- Breakfast and snacks will be provided by the Y
- A refillable water bottle is recommended.

LOCATIONS:

Downtown Kokomo YMCA

Where: 114 North Union St. • Kokomo, IN 46901

Ages: Kindergarten through 6th grade.

Hours: 6-6

Pricing: \$27 per day per child

Financial assistance is available

(Extended hours for either location may apply to essential/emergency workers by arrangements only.)



kokomoymca.org

DROP-OFF INFORMATION

Each child must be fever and symptom free to attend. A screening process with the following questions will be completed as each child is signed in:

- Do you have a fever, new or worsening cough, shortness of breath, and/or a sore throat?
- Parents will need to complete a daily wellness check
- Have you been in contact with a confirmed case of COVID-19?

PLEASE NOTE:

- We will follow the screening questions by taking your child's temperature. We ask that you stay with your child until the wellness screening has been completed.
- Parents should escort their child to the door and practice social distancing by keeping 6 ft apart from anyone else in line.
- Parents will need to stay with their child until the wellness screening is completed.

CHILD SAFETY

The safety of participants and families is our top priority. Here are the ways we will work to keep everyone healthy.

- Children will wash their hands upon entering the program daily.
- Drop-off/pick-up will take place in the vestibule to avoid unnecessary contact.
- Children will play in small groups (8 or fewer children to 2 staff).
- The space will be sanitized daily.
- Toys/supplies will remain separated by groups throughout the day.

Trained personnel are on hand during drop-off each day to screen staff and children at YMCA sites. Before opening, all childcare centers were deep cleaned. All childcare sites will continue to follow CDC guidance for cleaning and sanitation.

ACTIVITIES

Participants will receive support to complete e-Learning assignments, along with engaging and hands-on activities led by experienced staff. Children should bring any needed materials to complete e-learning assignments, including any technology and/or devices. We will also be providing learning based activities like STEM and reading & math games. Your child will learn while having fun! We will also offer daily the opportunity for exercise and active play.

KOKOMO FAMILY YMCA

YMCA EMERGENCY SCHOOL AGE CHILD CARE ENROLLMENT FORM

Please fill out completely and return to:

Kokomo Family YMCA • 114 N Union St. • Kokomo, IN 46901 • P 765 457 4447 • F 765 457 4440
Please use one form per child and print neatly. Use full legal names for all parties.

Child's First Name _____ MI _____ Last Name _____ Date of Birth _____ Gender: F M
Child's Nickname _____ Grade in 2019-2020 _____ Age _____

Child resides with Mother Father Both Other _____

#1 Parent/Guardian's First Name _____ Middle Initial _____ Last Name _____

Address _____ City _____ State _____ Zip _____

Parent/Guardian's Birthdate _____ Gender: F M Home Phone (____) _____ E-mail _____

Parent/Guardian's Work Phone (____) _____ Cell Phone (____) _____

#2 Parent/Guardian's First Name _____ Middle Initial _____ Last Name _____

Address _____ City _____ State _____ Zip _____

Parent/Guardian's Birthdate _____ Gender: F M Home Phone (____) _____ E-mail _____

Parent/Guardian's Work Phone (____) _____ Cell Phone (____) _____

EMERGENCY CONTACTS AND PICK-UP AUTHORIZATION

The following people should be contacted in case of emergency, only if parent(s) or guardian cannot be reached AND are authorized to pick up the child:

1. Name _____

Relationship to child _____

Phone: Cell (____) _____ Home/Work (____) _____

2. Name _____

Relationship to child _____

Phone: Cell (____) _____ Home/Work (____) _____

3. Name _____

Relationship to child _____

Phone: Cell (____) _____ Home/Work (____) _____

Family Doctor _____

Phone (____) _____

Family Dentist _____

Phone (____) _____

Do you carry family medical/hospital insurance? Yes No

Carrier _____

Policy/Group # _____

Month, date and year of most recent immunizations. Information required including specific dates. Or attach immunization record.

DTP _____ Polio _____ Hep. B _____

MMR _____ Hib _____ Hep. A _____

Tetanus _____ VAR _____ PCV _____

Or Conscientious Objector

Parent/Guardian Signature _____

Is the child taking any medications? Yes No

If yes, what kind and why: _____

If medication needs to be administered during the program, a Medication Authorization Form must be completed. You may pick up this form at the YMCA.

CHILD HEALTH INFORMATION

Please provide the following information regarding your child's health:

Has child had any of the following? If so, please explain

Allergies _____

Dietary restriction/s _____

Special Need/s _____

Does your child have a communicable disease or condition which may prove to be a risk to others? Yes No

If yes, please comment: _____

Description of any program activities from which the camper should be exempted for health reasons: _____

Describe any current conditions requiring medication, treatment, or special restrictions or considerations while at YMCA programs: _____

Record of Past Medical Treatment. Chronic Concerns: Check all that pertain to this child/participant and provide information about supportive health care.

Asthma Convulsions/Epilepsy

Diabetes Hypertension

Frequent Ear Infections Surgeries

Bleeding/Clotting Disorder Heart Defect/Disease Other: _____

Provide information about health care need for each item checked: _____

Any person coming to pick up a child from the YMCA will need to show a valid photo ID or Driver's License.

Turning Point SOC

Howard County Resource Center for Addiction/
Mental Health



Virtual Support Team

Find Help Where You Are...

During the challenges we are all facing due to the COVID-19 virus, we are limiting our in-person contact to comply with the guidance of our state and local government. As we do so, Turning Point is looking for adaptive ways to meet the needs of our clients, right where they are. We understand it can be tough to know where to go to get help or who can answer questions that can meet your needs around mental health or addiction. During this time Turning Point SOC will be providing virtual support and resources to continue to meet the needs here in OUR community. Please know that if your care requires in person support, someone from our Mobile Response Teams will be ready to meet you. You are NOT alone!! Contact us now!

1

CALL US

Call our office to get connected!
765-860-8365!!

2

VIDEO CHAT

Chat virtually with one of our Navigators or Recovery Coaches!

3

SOCIAL MEDIA

Connect with us on Facebook/ Messenger for updates and resources!



Get HELP Today!
CALL
765.860.8365



VIDEO CHAT SUPPORT

Download and get support using the Google DUO app!!



VIDEO CHAT SUPPORT

Facebook @
Turningpoint-
systemofcare

Contact us now!

Contact us to meet with someone who cares!

We provide no barrier access to services for the community!

- We provide a comprehensive assessment to be able to find resources to meet your needs.
- We promote safety for our clients and our community by referring you according to your level of need.
- We provide culturally relevant supports and referrals to engage and support you in your recovery journey.
- We provide follow-ups and check-ins to ensure we are keeping you wrapped in supports and services consistently as you need us.
- We have resources to help with housing, employment, insurance, addiction, mental health, recovery supports, food pantries, educational supports and many other needed resources for Youth, Adults and Seniors.



Pick Yourself UP

SHARE YOUR RECOVERY... DON'T CARRY THE WEIGHT ALONE...

Contact one of our Recovery Coaches today to find support, get connected to resources and educational opportunities that will help you continue forward in your Recovery!!

Recovery Coaches are people who have been successful in the recovery process who help others experiencing similar situations. Through shared understanding, respect, and mutual empowerment, recovery coaches help people become and stay engaged in the recovery process and reduce the likelihood of relapse. Peer support services can effectively extend the reach of treatment beyond the clinical setting into the everyday environment of those seeking a successful, sustained recovery process.

Pick Yourself UP Program

- Connect with Recovery Coaches via Video Chat
- Join our Recovery Tree Groups for Daily Connections
- Join us for our Bi-weekly Virtual WRAP meetings:
 - Tuesday 5-7:00pm/ Thursday 10-12:00pm
 - [facebook.com/PYU.kokomo](https://www.facebook.com/PYU.kokomo) for more INFO.
- Contact Morgan, Brianna or Jayme for more information:
admin@pyukokomo.org 765.450.3590 (office)
[facebook.com/pyu.kokomo](https://www.facebook.com/pyu.kokomo)



Kokomo Recovery Community

Virtual Recovery Community Collaboration



Find Meetings Where You Are...Daily Recovery Groups.

It's essential to Recovery to stay connected. Recovery Meetings are a vital way to do that. Together we are supporting one another and our community leaders as we respond to the COVID-19 virus. To accomplish this, we have created exciting ways for us all to stay connected and truly stand together strong as a Recovery Community. This will afford us new ways to share, experience, learn more about our own recovery and more about others as well, right where we are. We are NOT alone.

We have many wonderful meetings in our community. Held by different churches, agencies and people who care about Recovery. No reason to reinvent the wheel. We are collaborating together, to bring them to you. If you are interested in attending one of the many Recovery Meetings please see the information on the backside of this flyer and check the Facebook pages of @Turning Point-System of Care and Pick Yourself UP- Kokomo to find the links each day to the current meetings.

Recovery is possible together. We look forward to seeing you and sharing in this journey as a Kokomo Recovery Community!

1

DOWNLO
Download the free
ZOOM Cloud Meeting
Application!!

2

SIGN-
Follow directions in
ZOOM to sign-in and
create profile!!

3

CLICK
Click the link on social
media to instantly be
redirected to the app at
the meeting time!!



Connect
with the ZOOM Cloud
Meeting Application
(iOS or Android)



Meeting Links
Links available on
Group Sponsors or
our Facebook page
daily!



Contact
PickYourself UP with
any questions or Tech
challenges!!
765-432-2288

Online Virtual Recovery Community Meeting Schedule:

Hyperlinks to meetings on Facebook @ Turning Point- System of Care or Pick Yourself UP- Kokomo!!

Monday

- South Creek Church Open Share 6:30-7:30pm (Chuck Mccoskey- Lead)

Tuesday

- Pick Yourself UP/WRAP 5-7:00pm (Jayme Whitaker- Lead)

Wednesday

- Gilead House 6:30-7:30pm (Mark Robinson- Lead)
- South Creek Church Step Meeting 6:30-7:30pm (Kristi Uitts- Lead)

Thursday

- Pick Yourself UP/WRAP 10-12:00pm (Jayme Whitaker- Lead)
- C/R Celebrate Recovery Large Group 7-8:00pm (Ty Rogers 765.461.5048 contact)
- Newcomers Open Share 8:00pm— learn about Celebrate Recovery 8-9:00pm (Ty Rogers- Lead)

- Women's Open Share Groups; 8-9:00pm (each group will have its own link)
- Chemical Dependency (Summer Bailey- Lead)
- Alcohol Dependency (Jamie Steiner and Suzi Westlake- Leads)
- Life Issues (Tara Keller and Erin Alford- Leads)
- Life Issues (Linda Alexander and Sheena Jones- Leads)

- Men's Open Share Groups; 8-9:00pm (each group will have its own link)
- Chemical Dependency (Scott Hipsler- Lead)
- Chemical Dependency (Graham Roe- Lead)
- Alcohol Dependency (Todd Gibson- Lead)
- Alcohol Dependency (Seth Alford- Lead)
- Life Issues (Jon Casbon and Karl Stoneking-Leads)

Friday

- Reformers 7-9:00pm (Krist Uitts Lead)
- Safehouse 8-9:00pm (Dustin Moloch- Lead)

Saturday

- Pick Yourself UP/WRAP 12-2:00pm (Jayme Whitaker- Lead)
- Sobriety Lounge 8-9:00pm (Kevin Sprinkle- Lead)

Sunday

- Living Clean 7-9:00pm (Josh Phelps-Lead)

*All meetings will be hosted on ZOOM Cloud Meeting Application which can be accessed by phone or computer. Works for both Apple and Android Devices. Tech Help Text- 765-432-2288