



## Meeting Formats and Descriptions

Click to **FIND A MEETING** on the website.

**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 Jessica at (312) 337-5661 or [Jessica@recoveryinternational.org](mailto:Jessica@recoveryinternational.org)

**SPECIAL FOCUS MEETINGS** - These meetings are live, facilitated, interactive meetings designed for members of specific communities or with a facilitator who has special experience. Examples given in these meetings may extend beyond the usual RI topics.

**SPANISH LANGUAGE MEETINGS** - These meetings are conducted in Spanish.

### MEMBER-ONLY TELEPHONE MEETINGS

These meetings are limited to members of Recovery International, and meetings are held telephone-conference style. Learn more about joining RI on our **Membership Page**. 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.

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

Times shown in Eastern Standard Time (EST)

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

### 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 480-660-2224, Access Code 25632#. Meets on:

- Sundays at 9pm EST
- Monday at 7:00pm EST
- Tuesdays 1pm 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 GROUP** – 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.

*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.*