

Phone Number and Group Information: Buddy Copy

1. Dates and Phone Number

Optional: 'GET READY' CALL

1 week before the 1st group starts

Optional for anyone who needs help preparing for the class.

Call 605-313-5759 Access Code 150369#

Week 1 Group Call

605-313-5759 Access Code 150369#

Your participant's copy has their group information already filled in. You have this generic copy to use with multiple participants.

- ✓ This is a phone conference call, not a Zoom call.
- ✓ We use a free conference call line.

1. Some long-distance carriers are now charging to call a 605 area code.
2. It might be advantageous to check your carrier to see if there is a fee.
3. If there is, consider downloading the freeconferencecall.com app so that you can call in for free.
4. Go to the homepage of our website for directions: www.howtoliveinrecovery.org

2. Requirements to Participate in Our Group

1. Be in a 12-Step Program for food and have a sponsor in that Program. If you need help getting a sponsor read the How To Find A Sponsor Sheet on our website, follow ALL the suggestions, and then if needed, email howtogetabstinent@gmail.com for help finding one.
2. Be struggling to get and stay abstinent; want to be abstinent, but don't know how.
3. Be willing to do one hour of homework each week
4. Be willing to work with a buddy and to get started as soon as you register.
5. Be willing to try new ways to do your program tools.

3. Our Policy on Attendance

1. Attending each of the 10-week group calls will ensure that you have the opportunity to maximize your learning and to benefit from hearing the experience of group participants on each call.
2. Some of the guidelines for missed meetings:
 - a) If you miss the first two group calls or the first and the third, you will need to join another group
 - b) After that, if you miss 2 consecutive group calls and do not inform us of your absence by email or phone, prior to the second missed meeting, you will need to join another group.
 - c) In addition, if you miss an excessive number of calls, you will not get the benefits of the program and you will need to join another group.

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4. Co-Facilitators

1. Do not give out the Co-Facilitators phone numbers without their permission.
2. For additional information contact your group's co-facilitators:

Their document has the actual info for their Co-facilitators:

Jan Doe	NY	ET	Phone Number	Email
John Doe	CA	PT	Phone Number	Email

5. Recommendations and Suggestions

1. Recommendations for our group:
 - We absolutely do not want anyone to leave this group!
 - We will contact you if you have not informed us that you will miss a call.
 - Help us get off to a good start by calling in 5-10 minutes before the group starts.
2. Suggestions for our group
 - Find a quiet place to make the call to not be disturbed or distracted during the call.
 - Do not multi-task or do any other activities during the call.
 - Remember to practice anonymity. What you hear stays here.
 - Do not share these worksheets with anyone including other participants or your sponsor.
 - Feel free to discuss the content and your answers with your sponsor.
3. If for any reason you need to leave the group, let us know. You are always welcome back in another group when you are ready.

6. What to do BEFORE the First Call

1. Follow the directions in the Welcome Letter (emailed from howtoliveinrecovery2@gmail.com).
2. This is also in the Week 1 homework.
3. Find a Buddy to help you.
4. Didn't receive the Welcome letter? Email howtoliveinrecovery2@gmail.com.

7. What to do ON the First Call

1. Come on the call 5-10 minutes before the start time.
2. Read the 2 Weekly Discussion Questions ahead of time and plan your share.
3. Keep your shares 1-2 minutes long. This is critical for the call to end on time. Consider practicing your share and maybe timing it so your share does not go too long.

8. What to do AFTER the Calls

1. Immediately read the next week's homework.
2. Call your buddy promptly at your scheduled time.
3. Start the homework the next day and practice it for 5-6 days.

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9. Protect Our Documents

1. Our documents and support materials have been designed to be used only within our groups.
2. To that end, you agreed on the registration form that you would not share our documents with anyone including other participants and your sponsor. Thank you for honoring that promise.

10. HOMEWORK DIRECTIONS

1. Each week's homework is meant to be practiced for 5-7 days before your group call so start the next week's homework right after your call.
2. Even the 1st week's homework is meant to be practiced, so give yourself enough time to do that before your 1st group call.

11. Why Are We Asking for Your Sponsor's Name and Email?

1. We will email them the Sponsor Information Packet that includes ways to support you while you are in our program.
2. We will invite them to a Sponsor Conference Call but they are not required to attend the call or do anything else.

**Refer People Struggling with Abstinence to our Website.
Email us your questions via the Contact Us tab on our website.
www.howtoliveinrecovery.org**