



MHA Nation Support Groups

Day	Support Group	Time	Location	Zoom ID
SUN.	N.A. Book Study	5:00 PM	White Shield, Ralph Wells Mem. CMPX	N/A
	A.A./N.A. Men's Meeting	4:00 PM	Mandaree, Pathways to Wellness	N/A
	N.A. Meeting	6:00 PM	White Shield, Ralph Wells Mem. CMPX	N/A
	N.A. Meeting Gift Of Desperation	8:00 PM	New Town, The Door	N/A
MON.	MHA Sober Living Book Study	10:00 AM	Bismarck, MHA Sober Living	ID: 8782035328 Code: Fortb
	A.A. Meeting	Noon	New Town, The Door	5426378537
	Women's Recovery Meeting	5:30 PM	New Town, Circle of Life	87996206524 Code: Women23
	F.A. Fentanyl Anonymous	7:30 PM	Parshall, American Legion, Main St.	ID: 8782035328 Code: FortB
	A.A./N.A. Meeting	8:00 PM	New Town, Healthy Skins	N/A
TUES.	MHA Sober Living Book Study	10:00 AM	Bismarck, MHA Sober Living	8782035328 Code: Fortb
	N.A. Meeting	Noon	New Town, The Door	5426378537
	Nar-Anon, Family Meeting	6:00 PM	New Town, The Door	5426378537
	A.A. Big Book	7:00 PM	White Shield, Ralph Wells Mem. CMPX	N/A
	A.A. Meeting	8:00 PM	White Shield, Ralph Wells Mem. CMPX	N/A
	A.A. Meeting	8:00 PM	New Town, Lutheran Church	N/A
WED.	MHA Sober Living Book Study	10:00 AM	Bismarck, MHA Sober Living	8782035328 Code: Fortb
	Wellbriety Talking Circle	Noon	New Town, The Door	5426378537
	Parents In Recovery Circle	4:00pm	New Town, The Door	5426378537
	Men's Stag Meeting	6:00 PM	Four Bears, Johnny Bird Vet.'s Mem. Hall	N/A
	Women's Meeting	7:00 PM	Mandaree, Pathways to Wellness	N/A
	Happy Hour Big Book Study	7:00 PM	White Shield, Rec. Center	N/A
	Big Book Study	7:30 PM	New Town, Circle of Life	N/A
	C.M.A. Crystal Meth Anonymous	8:00 PM	Parshall, Parshall Resource Center	N/A
A.A. Meeting	8:00 PM	Four Bears, Johnny Bird Vet.'s Mem. Hall	N/A	
THURS.	MHA Sober Living Book Study	10:00 AM	Bismarck, MHA Sober Living	8782035328 Code: Fortb
	N.A. Meeting	Noon	New Town, The Door	5426378537
	A.A. Meeting, Being Convinced	6:00 PM	Twin Buttes, Wellness Center	N/A
	AI-Anon, Family Meeting	7:00 PM	New Town, Bethel Lutheran Church	N/A
	A.A. Big Book Study	8:00 PM	White Shield, Ralph Wells Mem. CMPX	N/A
	A.A. Meeting	8:00 PM	New Town, Bethel Lutheran Church	N/A
FRI.	MHA Sober Living Book Study	10:00 AM	Bismarck, MHA Sober Living	8782035328 Code: Fortb
	A.A. Meeting	Noon	New Town, The Door	5426378537
	A.A. Meeting	7:00 PM	Mandaree, Pathways to Wellness	N/A
	A.A./N.A. Meeting	8:00 PM	New Town, Healthy Skins	N/A
SAT.	A.A. Meeting	Noon	New Town, The Door	5426378537
	Speaker Meeting	7:00 PM	Parshall, Parshall Resource Center	N/A
	A.A./N.A. Meeting	8:00 PM	Parshall, Parshall Resource Center	N/A

Contact Phone Numbers:

North Segment, The Door Resource &
Recovery Lodge...701-627-3854
MHA Recovery Hotline...701-421-8869
Parshall Resource Center...701-862-3682

Circle of Life...701-627-4105
Healthy Skins Foundation...701-897-2182
Mandaree Pathways to Wellness... 701-759-3880
Elbowoods Memorial Health Center Behavioral Health (EMHC BH)...701-627-7777

North Dakota, Call 211 if you or someone you know is in crisis, call 2-1-1 for help 24-hours a day/7-days a week. It's free and confidential. 2-1-1 offers support for the following: substance use, suicidal thoughts, depression, relationship conflict, stress, mental health concerns, concerns for loved ones, isolation, and trauma. FOR ALL EMERGENCIES DIAL 9-1-1.