



Just a phone call away! Finally a way to meet people without having to leave your home!

This opportunity is offered by Cricket in North Carolina and she hopes it will give the callers a consistent place to get support and hope. Please remember that **you can call in from anywhere in the US or Canada**. Please note the time zone!!

Starting in January of 2016, Cricket will be holding a support Group call on the 2nd Monday of each month. This call will be at 7PM Eastern time, which will be 6PM Central, 5 PM Mountain and 4 PM Pacific time.

The meetings usually last about an hour but you are free to hang up when you need to and you are welcome just to listen.

You will dial the call in number which is **1-800-977-8002** promptly at the time the call is scheduled. When prompted you will enter the participant code number which is **5429554#**

You will be asked to state your name and then you will be joined into the call.

If you have any questions , you can email me, Ruth, at the CVSA Office at cvsa@cvsasonline.org. Or call me at 414-342-7880.