



# UNHINGED RECOVERY

## Member Guidelines

- No recording of meetings is permitted or endorsed by Unhinged Recovery on any device or by any means.
- This is a peer-led meeting. No counseling will be provided.
- Please remain muted unless you are sharing and please no cross talking.
- Be mindful if your share starts to get a little long; we want to give everyone the opportunity to speak!
- If you are currently intoxicated, thank you for coming! Please stay after the meeting for a more focused level of support. In the meantime, just listen and soak it all in.
- Be respectful and refrain from hate speech, insults, or provoking others. This includes all chats.
- Respect anonymity and share your experiences and recovery ONLY. If you are not ready to speak, please share in the chat!
- No zooming and driving! Just listen with your camera off until you have parked.
- We do provide an attendance slip after the meeting.