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WHAT IS ALCOHOLICS ANONYMOUS (AA) AND AL-ANON / ALATEEN?

Alcoholics Anonymous is a self-help group that identifies itself as a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. The primary purpose is to help individuals stay sober and help other alcoholics to achieve sobriety.

A.A. Attendance & Membership:

- The only requirement for membership is a desire to stop drinking.
- There are no dues or fees for A.A. membership.
- A.A. is not allied with any sect, denomination, politics, organization, or institution.
- The organization does not wish to engage in any controversy; neither endorses nor opposes any causes. (Summarized from: "This is A.A....an introduction to the AA recovery program".)

Where to find A.A. Meetings:

- Their website may be helpful: www.aa.org
- A.A. Central Services, 2683 S. Big Bend, Rm. 4, Maplewood, MO 63143 314/647-3677
- Call the NCADA. The information is at the top of this sheet. Ask to speak with a counselor.
- Many meetings are listed in local newspapers in the community events section.

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Al-Anon and Alateen are self-help organizations designed to provide a fellowship to help families and friends of alcoholics. The groups are based on the Twelve Steps (adapted from A.A.) and have the primary purpose to help give understanding and encouragement to individuals in a relationship with an alcoholic.

Al-Anon Attendance & Membership:

- The only requirement for membership is a desire to seek help with the issues that arise from someone's alcohol abuse or addiction.
- There are no dues or fees for membership. Al-Anon is self-supporting through its own voluntary contributions.
- The group is not allied with any sect, denomination, politics, organization, or institution.
- The organization does not wish to engage in any controversy; neither endorses nor opposes any causes. (Summarized from "This is Al-Anon".)

Where to Find Al-Anon Meetings:

- Their website may be helpful: www.al-anon.alateen.org
- Al-Anon Information Center, 2683 S. Big Bend, Rm. 17, Maplewood, MO 63143 314/645-1572
- Call the NCADA. The information is at the top of this sheet. Ask to speak with a counselor.
- Many meetings are listed in the local newspapers in the community events section.

The Twelve Steps:

1. We admitted we were powerless over alcohol – that our lives had become unmanageable.
2. Come to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of *God as we understood Him*.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory, and when we were wrong promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God, *as we understood Him*, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.

Other Twelve Step Programs:

Many other resources exist to help friends, family members, and others struggling with alcohol and other drug abuse/addiction, or other unhealthy, risky behaviors. These programs frequently are modeled after A.A., using the Twelve Steps. NCADA recognizes the power that Twelve Step and other self-help programs have in the recovery process.

The numbers listed below are possible resources that may be helpful to you. This list is not an inclusive one, and you may consider expanding it to meet your needs. The United way (314/421-4636) offers excellent resourcing opportunities. Inclusion on this resource does not imply endorsement of an agency or its programs by the NCADA, nor does exclusion imply disapproval.

- Cocaine Anonymous 314/361-3500
- Codependents Anonymous 636/397-8676
- Emotions Anonymous 314/638-2844
- Gambling Help Line 800/522-4700
- Narcotics Anonymous St. Louis 314/830-3232, St. Charles 636/946-5650
- Nicotine Anonymous 415/750-0328
- Overeaters Anonymous 505/891-2664
- Parents Anonymous 314/534-9350
- Sexual Compulsives Anonymous (SCA) 314/253-4085, National Hotline 800/977-4325
- Survivors of Incest Anonymous 314/531-2003

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