

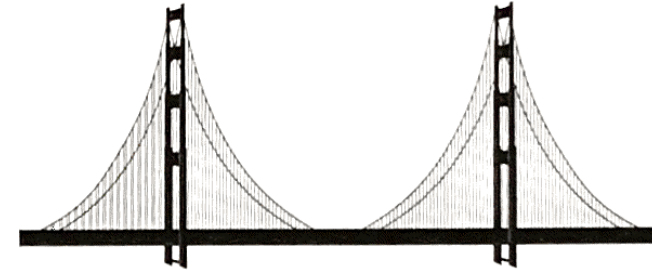
SERVICE PIECE

F-163 rev.07-22-2017, CNCA

CALIFORNIA NORTHERN
COASTAL AREA 06

Bridging The Gap

a sub committee of CNCA06



PRE-RELEASE
CONTACT
SERVICE

For AAs on the INSIDE

CALIFORNIA NORTHERN COASTAL AREA AA BRIDGING THE GAP

Getting back into the “real world” isn’t always easy for an alcoholic. Many of us had never been sober on the outside, and we admitted that the first days out were a little frightening. Sometimes, we didn’t know if we would stay sober.

Even new members of AA usually know that they can’t make it alone. The dilemma for some of us was that we weren’t sure we could make it in AA either. We said things to ourselves like, “Where will I find a meeting I can be comfortable in” or, “Who will I be able to trust?” It was tempting to give in to “I won’t fit in”, or “I’m too different”. Lots of alcoholics think like this. We did.

Many of us who have made the transition to sober and happy lives in our communities still remember the first days on our own. It was hard to know what to do. Now we see that we can help the new people getting out. The primary purpose of AA Bridging The Gap is to introduce newly released inmates, and residents of treatment facilities and hospitals, to AA on the outside. You can get in touch with us through our P.O. Box.

AA Bridging The Gap is an organization of alcoholics helping other alcoholics. We are part of Alcoholics Anonymous. We are not connected with any other group or institution. The only thing we want from this work is the satisfaction of helping another alcoholic.

Being alcoholics ourselves, we know that the people you will meet in your first days out could make all the difference. We hope that we will hear from you.

CNCA Bridging the Gap
P.O. Box 750623
Petaluma, CA 94975-0623
or email: contactbtg@cnca06.org



Please see reverse side

WHAT AA DOES:

Helps people with a desire to stop drinking
to find a solution to their problem.

WHAT AA DOES NOT DO:

- Furnish initial motivation • Solicit members • Charge dues or fees
- Operate clinics or drying-out facilities • Operate clubs
- Provide housing, meals or transportation • Keep membership records
- Follow-up on errant members • Control its members • Hold classes
- Practice medicine, psychiatry, or nursing • Offer religious services
- Offer professional counseling • Accept money from non-members
- Do research • Join councils or social agencies

Individual members may be involved in some of these activities on a personal basis, but not as a part of their membership in AA

To help secure your AA contact, please include the following information when writing to us:

- The town and county you will be living in upon your release.
If available, an address and phone number would be helpful.
- Your exact mailing address of where we can reach you now.
- The date you will be released and returning home.
- Male or female
- Age (optional-we will try to match you with someone around your age).