



ALCOHOLICS ANONYMOUS *in* WEST DORSET – CAN WE HELP YOU?

“The only requirement for membership is a desire to stop drinking”.

If you seem to be having trouble with your drinking, or if your drinking has reached the point of where it worries you, you may be interested to know something about Alcoholics Anonymous and the AA programme of recovery from alcoholism. After reading this brief outline you may decide that AA has something to offer you.

What is AA?

AA is concerned solely with the personal recovery and continued sobriety of individual alcoholics who turn to the Fellowship for help.

Our preamble: “Alcoholics Anonymous is 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 only requirement for membership is a desire to stop drinking.

Millions of men and women have heard or read about the unique Fellowship called Alcoholics Anonymous since its founding in 1935. Of these, more than 2,000,000 now call themselves members. People who once drank to excess, they finally acknowledged that they could not handle alcohol, and now live a new way of life without it.

COVID-19 and AA.

Like so many other organisations, we in West Dorset, have had to temporarily close our 29 meetings (held weekly) due to the Coronavirus outbreak.

We have however, set up online meetings for people struggling with alcoholism and the details of these can be found on our website

**www.alcoholics-anonymous.org.uk
or www.westdorsetaa.org.uk**

We have a “CHAT NOW” facility on our website.

Our email address is: help@aamail.org

We also have a team of dedicated telephone responders available 24 hours a day, 7 days a week, ready to help any alcoholics who want our help.

Tel: 0800 9177 650