

Bridging the Gap

If you would like someone from our Bridging the Gap program to contact you to assist you in making the transition from treatment to Alcoholics Anonymous, please fill out the information below and have your counselor contact us!

NAME

HOMETOWN

PHONE NUMBER

DATE OF DISCHARGE

RETURNING/RELOCATING LOCALLY?
CONTACT:

Or mail to:

Matthew Campbell
PO BOX 30163
Pensacola, FL 32503

Pamphlet printed and distributed by Area One Alabama/Northwest Florida region

BRIDGING THE GAP

between Jail and
Alcoholics Anonymous



Temporary contact programs for the newcomer who wants help

AA 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. There are no dues or fees for AA membership; we are self-supporting through our own contributions. AA is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy, neither endorses nor opposes any causes. Our primary purpose is to stay sober and help other alcoholics to achieve sobriety."

We know how you feel

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 A.A. 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 A.A. either. We said things 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 don'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.

Bridging the Gap

Bridging the Gap is a Temporary Contact Program which is designed to help the alcoholic in a Treatment Program make the transition into Alcoholics Anonymous.

Our experience suggests that attendance at meetings regularly is critical to recovery. In order to Bridge the Gap, AA members have volunteered to be temporary contacts to assist you as you make the transition from the secure surroundings of a treatment center to the Fellowship of Alcoholics Anonymous in your community. Help you can expect to receive from your Temporary Contact includes: assisting you in attending meetings, introducing you to the different types of Alcoholics Anonymous literature available, explaining the importance of sponsorship and a home group as they relate to recovery, assisting you to obtain a meeting list and providing information on different types of meetings available to you, and helping you to get the phone numbers of other recovering members of Alcoholics Anonymous.

Alcoholics Anonymous members live and meet everywhere – at many different hours of the day. We hope you will want to talk to one of us when you get out! We will be waiting – because somebody waited for each of us... And that made all the difference!