

You are not alone. We want to help.

Is AA for you?

12 Questions only you can answer.

1. Have you ever decided to stop drinking for a week or so, but only lasted a for a couple of days?
2. Do you wish people would mind their own business about your drinking and stop telling you what to do?
3. Have you ever switched from one kind of drink to another in the hope that this would keep you from getting drunk?
4. Have you had to have a drink upon waking up during the past year?
5. Do you envy people who can drink without getting into trouble?
6. Have you had problems connected with drinking during the past year?
7. Has your drinking caused trouble at home?
8. Do you ever try to get "extra" drinks at a party because you do not get enough?
9. Do you tell yourself you can stop drinking any time you want to, even though you keep getting drunk when you don't mean to?
10. Have you missed days of work or school because of drinking?
11. Do you have "blackouts"?
12. Have you ever felt that your life would be better if you did not drink?



District 75, Area 79 West Kootenay AA Meeting Guide

If you want to drink, that's your business.
If you want to stop, that's ours.

MEETING INFORMATION MAY HAVE CHANGED SINCE THIS PRINT.

For the most up-to-date meeting times and locations visit bcyukonaa.org or aawestkootenays.org
Download the **Meeting Guide app**

AA literature can be downloaded at aa.org

ALCOHOLICS ANONYMOUS is a fellowship of people 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 A.A. membership; we are self-supporting through our own contributions.

A.A. 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.

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Locally Hosted Online AA Meeting (Zoom) 7am - 7 days/week: Attitude Adjustment - Meeting ID: 535 038 766 / PWD: gratitude

7am - O
On Awakening
(Meditation & Share)
The Cellar (Downstairs)
717A Vernon St, Nelson

12pm - O, D, WA
Love & Tolerance
Castlegar United
Church
809 Merrycreek Rd,
Castlegar

5pm - O, D
Sober Steppers
Meeting ID:
652 944 5597
PWD: 741025

6pm - C, D
Sober Reflections
602 Silica St, Nelson

6pm - O, D
Nelson Women's
Meeting
The Cellar (Downstairs)
717A Vernon St, Nelson

7pm - C, D
Sobriety Sisters,
Women's Meeting
The Pavilion Annex,
401 Galena Ave,
New Denver

7pm - C, S
Trail Unity AA Group
1347 Pine Ave, Trail
*Entry at back across
from Ferraro's lot*

8pm - C, D
F-Troop
The Cellar (Downstairs)
717A Vernon St, Nelson

7am - O
On Awakening
(Meditation & Share)
The Cellar (Downstairs)
717A Vernon St, Nelson

7am - O, D, WA
Unity Works (11th Step
Meditation Meeting)
Castlegar United Church
809 Merrycreek Rd,
Castlegar

12pm - O, D
Lunch Bunch Group
The Cellar (Downstairs)
717A Vernon St, Nelson

4:30pm - O
Keep it Simple
St Mark's Ang Church
(back door) 601 5th St,
Kaslo

7pm - O, D
White Flag Group
809 Merrycreek Rd,
Castlegar
(Downstairs)

7pm - C, D
Tuesday Night Men's
Group
The Cellar (Downstairs)
717A Vernon St, Nelson
**All welcome to speaker
meeting on last Tuesday
of the month**

7pm - C, D, WA
3410 Rossland Group
1916 1st Ave, Rossland

8pm - C, BB
Salmo Loop Group
430 Cady St, Salmo

7am - O
On Awakening
(Meditation & Share)
The Cellar (Downstairs)
717A Vernon St, Nelson

5pm - O, D
A Broad Hwy-Secular AA
The Cellar (Downstairs)
717A Vernon St, Nelson

7pm - O, D, WA
Willingness Wednesday
611 Fifth St, Nelson

7pm - C, D, WA
Nakusp Group
317 Broadway St, (back
entrance), Nakusp

7pm (MST) - C, BB
Crawford Bay AA
Community Corner Bldg.
15990 Hwy 3a
Crawford Bay

7pm - O, D (Beginner)
Trail Unity AA Group
1347 Pine Ave, Trail
*Entry at back across from
Ferraro's lot*

7am - O
On Awakening
(Meditation & Share)
The Cellar (Downstairs)
717A Vernon St, Nelson

12pm - O, D
Lunch Bunch Group
The Cellar (Downstairs)
717A Vernon St, Nelson

12pm - O, D, WA
Love & Tolerance
Castlegar United Church
809 Merrycreek Rd,
Castlegar

7pm - O, BB, WA
Sisters Of Sobriety
Women's Group
Castlegar United Church
809 Merrycreek Rd,
Castlegar

7pm - O, BB
The Way Out Big Book
Sponsorship Meeting
The Cellar (Downstairs)
717A Vernon St, Nelson

7am - O, D, WA
Unity Works (11th Step
Meditation Meeting)
809 Merrycreek Rd,
Castlegar

7am - O
On Awakening
(Meditation & Share)
The Cellar (Downstairs)
717A Vernon St, Nelson

6pm - O, BB
Freedom Friday
Salvation Army
Josephine St, Nelson

7pm - O, D
New Denver Tea
Toddlers
401 Galena Ave,
New Denver

7pm - C, BB
Trail Unity AA Group
1347 Pine Ave, Trail
*Entry at back across
from Ferraro's lot*

7pm - O, S
The Mad Realm
1801 Connors Road,
Castlegar

7am - O
On Awakening
(Meditation & Share)
The Cellar (Downstairs)
717A Vernon St, Nelson

12pm - O, D
Lunch Bunch Group
The Cellar (Downstairs)
717A Vernon St, Nelson

12pm - O, D, WA
Love & Tolerance
Castlegar United Church
809 Merrycreek Rd,
Castlegar

7pm - O, D, WA
Saturday Night Solutions
611 Fifth St, Nelson

9am - O, D
Sunlight of the Spirit
(Meditation)
The Cellar (Downstairs)
717A Vernon St, Nelson

10am - O, D
The Mad Realm
1801 Connors Road,
Castlegar

5pm - O, D, WA
Nakusp Group
317 Broadway St (back
entrance), Nakusp

7pm - O, D, WA
Turning Point Group
Junction Church, 2840
Eden Rd, South Slokan

7:30pm - C, D
Fruitvale Group
Fruitvale Christian
Fellowship
1878 Columbia Gardens
Rd, Fruitvale

Legend

O - Open meeting, observers and non-alcoholics welcome

C - Closed meeting, for people with a problem with alcohol & AA members

WA - Wheelchair accessible

D - Discussion/Topic meeting

BB - Big Book Study

S - Step Study

To contact an AA member call **1-250-800-4125** or email us at **district75aa@gmail.com**

For more information about AA and local events visit www.aawestkootenays.org

District AA Helpline

1-250-800-4125