

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
<p align="center">Locally Hosted Online AA Meeting (Zoom) 7am - 7 days/week: Attitude Adjustment - Meeting ID: 535 038 766 / pwd: gratitude</p>						
<p>7am (PST) - O On Awakening (Meditation & Share) The Cellar (Downstairs) 717A Vernon St, Nelson</p> <p>12pm (PST) - O, D, WA Love & Tolerance Castlegar United Church 809 Merrycreek Rd, Castlegar</p> <p>5pm (PST) - O, D Sober Steppers Meeting ID: 652 944 5597 PW: 741025</p> <p>6pm (PST) - C, D Sober Reflections 602 Silica St, Nelson</p> <p>6pm (PST) - O, D Nelson Women's Meeting The Cellar (Downstairs) 717A Vernon St, Nelson</p> <p>7pm (PST) - C, D Sobriety Sisters, Women's Meeting The Pavilion Annex, 401 Galena Ave, New Denver</p> <p>7pm (PST) - C, S Trail Unity AA Group 1300 Pine Ave, Trail</p> <p>8pm (PST) - C, D F-Troop The Cellar (Downstairs) 717A Vernon St, Nelson</p>	<p>7am (PST) - O On Awakening (Meditation & Share) The Cellar (Downstairs) 717A Vernon St, Nelson</p> <p>7am (PST) - O, D, WA Unity Works (11th Step Meditation Meeting) Castlegar United Church 809 Merrycreek Rd, Castlegar</p> <p>12pm (PST) - O, D Lunch Bunch Group The Cellar (Downstairs) 717A Vernon St, Nelson</p> <p>4:30pm (PST) - O Keep it Simple St Mark's Ang Church (back door) 601 5th St, Kaslo</p> <p>7pm (PST) - O, D White Flag Group Castlegar United Church 809 Merrycreek Rd, Castlegar</p> <p>7pm (PST) - C, D Tuesday Night Men's Group The Cellar (Downstairs) 717A Vernon St, Nelson <i>All welcome to speaker meeting on last Tuesday of the month</i></p> <p>7pm (PST) - C, D, WA 3410 Rossland Group 1916 1st Ave, Rossland</p> <p>8pm (PST) - C, BB Salmo Loop Group 430 Cady St, Salmo</p>	<p>7am (PST) - O On Awakening (Meditation & Share) The Cellar (Downstairs) 717A Vernon St, Nelson</p> <p>5pm (PST) - O, D A Broad Hwy-Secular AA The Cellar (Downstairs) 717A Vernon St, Nelson</p> <p>7pm (PST) - O, D, WA Willingness Wednesday 611 Fifth St, Nelson</p> <p>7pm (PST) - C, D, WA Nakusp Group 317 Broadway St, (back entrance), Nakusp</p> <p>7pm (MST) - C, BB Crawford Bay AA Community Corner Bldg. 15990 Hwy 3a Crawford Bay</p> <p>7pm (PST) - O, D (Beginner) Trail Unity AA Group 1300 Pine Ave, Trail</p> <p>7pm (PST) - BB Slocan Big Book Study Group Back of Church at Arthur St and Park Ave, Slocan</p>	<p>7am (PST) - O On Awakening (Meditation & Share) The Cellar (Downstairs) 717A Vernon St, Nelson</p> <p>12pm (PST) - O, D Lunch Bunch Group The Cellar (Downstairs) 717A Vernon St, Nelson</p> <p>12pm (PST) - O, D, WA Love & Tolerance Castlegar United Church 809 Merrycreek Rd, Castlegar</p> <p>7pm (PST) - O, BB, WA Sisters Of Sobriety Women's Group Castlegar United Church 809 Merrycreek Rd, Castlegar</p> <p>7pm (PST) - O, BB The Way Out Big Book Sponsorship Meeting The Cellar (Downstairs) 717A Vernon St, Nelson</p>	<p>7am (PST) - O, D, WA Unity Works (11th Step Meditation Meeting) Castlegar United Church 809 Merrycreek Rd, Castlegar</p> <p>7am (PST) - O On Awakening (Meditation & Share) The Cellar (Downstairs) 717A Vernon St, Nelson</p> <p>6pm (PST) - O, BB Freedom Friday Salvation Army Josephine St, Nelson</p> <p>7pm (PST) - O, D New Denver Tea Toddlers 401 Galena Ave, New Denver</p> <p>7pm (PST) - C, BB Trail Unity AA Group 1300 Pine Ave, Trail</p> <p>7pm (PST) - O, S [Starting Nov 28/25] The Mad Realm 1801 Connors Road, Castlegar</p>	<p>7am (PST) - O On Awakening (Meditation & Share) The Cellar (Downstairs) 717A Vernon St, Nelson</p> <p>12pm (PST) - O, D Lunch Bunch Group The Cellar (Downstairs) 717A Vernon St, Nelson</p> <p>12pm (PST) - O, D, WA Love & Tolerance Castlegar United Church 809 Merrycreek Rd, Castlegar</p> <p>7pm (PST) - O, D, WA Saturday Night Solutions 611 Fifth St, Nelson</p>	<p>9am (PST) - O, D Sunlight of the Spirit (Meditation) The Cellar (Downstairs) 717A Vernon St, Nelson</p> <p>10am (PST) - O, D The Mad Realm 1801 Connors Road, Castlegar</p> <p>5pm (PST) - O, D, WA Nakusp Group 317 Broadway St (back entrance), Nakusp</p> <p>7pm (PST) - O, D, WA Turning Point Group Junction Church, 2840 Eden Rd, South Slocan</p> <p>7:30pm (PST) - C, D Fruitvale Group Fruitvale Christian Fellowship 1878 Columbia Gardens Rd, Fruitvale</p>
<p>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</p>				<p align="center"><u>District AA Helpline</u> 1-250-800-4125</p>		
<p>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</p>						