

## **'Bridging the Gap' to help you Stay Sober**

Contact BRIDGING THE GAP and a member of Alcoholics Anonymous will accompany you to an A.A. Meeting on the day you are discharged, or during the first few days after you leave a hospital, detox, or treatment facility.

We can help you with any questions you may have about A.A. and you can meet people who live without drinking alcohol 'One Day at a Time'.

We encourage patients, treatment counselors, family members or friends to contact Bridging the Gap prior to discharge, so we can make arrangements to be there for you at the treatment center or an A.A. meeting when you are released.

Bridging the Gap is available in Rockland County, and we currently have English and Spanish speaking A.A. member volunteers.

For more information contact: [bridgingthegap@aarockland.org](mailto:bridgingthegap@aarockland.org)

---

### **Bridging the Gap**

You, a family member, friend, or treatment counselor can submit your information on line and an A.A. member will follow up with you within 48 hours.

First Name \_\_\_\_\_

Last Initial \_\_\_\_\_

City and State \_\_\_\_\_

Email Address \_\_\_\_\_

Phone \_\_\_\_\_

Gender \_\_\_\_\_