

Alcohol & Drug Addictions Counsellor's – Monthly Corner

Mn'sit no'gama - Greeting to all my relations.

AA – Alcohol Anonymous meetings are held on a daily basis in the Bathurst Area. If anyone wants to go to an AA meeting please contact me and I will go with you for support. Pabineau Free Spirit Group will start up again in September. THE ONLY REQUIREMENT IS THE DESIRE TO STOP DRINKING.

GA – Gamblers Anonymous meetings are held at Pabineau First Nation Band Hall – Every Monday from 7:30pm – 8:30pm.

Confidential Gambling Help-Line: 1-800-461-1234.

AL-NON: In September I will be starting an **Al-non** meeting will be starting. Date & times to be announced... If anyone is interested in this type of support group, please contact me. Al-non support groups are for persons who feel their lives have been or are being deeply affected by alcoholism in a family member for friend. This gives the participants greater freedom to discuss their own ideas and feelings.

ANONYMITY is an important principle of the three support groups. Everything that is said here, in the group meeting and member-to-member, must be held in CONFIDENCE. ONLY in this way can we feel free to say what is on our minds and hearts, for this is how we help one another.

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Addiction Awareness begins with you!

New Brunswick Addiction Services

Bathurst 350 St. George St. 547-2086

Campbellton 31 Prince Williams St. 789-7055

Edmundston 62 Queen St. 735-2092

Fredericton 65 Brunswick St. 452-5558

Miramichi 500 Water St. 623-3375

Moncton 125 Mapleton Rd. 856-2333

Saint John 416 Bay St. South Bay 674-4300

Chimo Help-line Province wide 1-800-667-5005