Mendocino County Young People in Alcoholics Anonymous

Business Meetings Are:
3:30pm
2nd Sundays
in Ukiah at the Arbor
&
4th Sundays
in Fort Bragg at PHG

Remote (phone) access availability!
All Are Welcome!

www.mendocinocoastaa.com
www.aaukiah.org
707-462-7123
707-884-1401
Score it Yourself Quiz

1- Do you lose time from school and work because of drinking?
2- Do you drink to lose shyness and build up self confidence?
3- Is drinking affecting your reputation?
4- Do you drink to escape?
5- Does it bother you if someone says you drink too much?
6- Do you have to take a drink to go out?
7- Do you ever get into money trouble over buying liquor?
8- Have you lost friends since you started drinking?
9- Do you hang out now with a crowd where stuff is easy to get?
10- Do your friends drink less than you do?
11- Do you drink until the bottle is empty?
12- Have you ever had a loss of memory from drinking?
13- Has drunk driving ever put you in hospital or jail?
14- Do you ever get annoyed with classes and lectures on drinking?
15- Do you think you have a problem with liquor?

MENDYPAAA

is a fellowship of young and young at heart. The only requirement for membership is a desire to stop drinking. There are no dues or fees, we are self supporting through our own contributions. Our primary purpose is to stay sober and to help other alcoholics achieve sobriety. We go to A.A. meetings as often as we can, we read the literature such as the Big Book, Living Sober, and Twelve Steps and Twelve Traditions. We reach out to other members, talking to others and sharing our experience.

We change ourselves gradually day to day. We help other alcoholics. And by helping, we stay sober, sane, and happy.