

## Al-Anon/ Alateen

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Support for families, friends, and teenagers of alcoholics is provided through Al-Anon and Alateen in Northern California (<https://www.ncwsa.org/>). As this is a large service area, supports and groups can vary by district. Berkeley is part of District 26 (<https://www.ncwsa.org/d26/>). Please see their site for meetings and times, including phone meetings.



## The Principles in the Twelve Steps

*(As listed in the Twelve Steps and Twelve Traditions)*

- Step One: Honesty
- Step Two: Hope
- Step Three: Faith
- Step Four: Courage
- Step Five: Integrity
- Step Six: Willingness
- Step Seven: Humility
- Step Eight: Self-discipline
- Step Nine: Love for others
- Step Ten: Perseverance
- Step Eleven: Spiritual Awareness
- Step Twelve: Service

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## Pacific Lutheran Theological Seminary

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Our Campus Pastoral Care Team is also available to assist you in finding the help and support you need:

<http://www.plts.edu/directory/pastoral-team.php>

## East Bay Recovery/ Self-Help Groups

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We recognize our students come from a variety of backgrounds and life experiences. Some of these include a struggle with substances— one's own, or that of a loved one. Please find inside options for community support.





## Alcoholics Anonymous (AA)

East Bay Intergroup, Inc. (<http://eastbayaa.org/>) coordinates the AA meetings of the East Bay, of which there are dozens daily. They also offer a 24 hour hotline and confidential help via email.

24-Hour Hotline: **510-839-8900**

Oficina Intergrupala Hispana Este De la Bahia Hotline Espanol: **510-502-8560**

Confidential Online Support:  
[helpline@eastbayaa.org](mailto:helpline@eastbayaa.org)

Meetings Finder:  
<http://eastbayaa.org/meetings>

This panel is for you to make notes of meetings, numbers, etc. in private.

## Narcotics Anonymous (NA)

Tri-Area NA (<http://www.naalamedacounty.org/>) serves Alameda County. They offer several meetings each day and a 24-Hour Hotline. You can also email support.

24-Hour Hotline: **510-444-HOPE (4673)**

24-Hour Español: **855-667-2265**

Meetings Finder: <http://www.naalamedacounty.org/meeting/index.html>

More information:  
[support@naalamedacounty.org](mailto:support@naalamedacounty.org)

