

## 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.



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

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



*Please note that the following resources listed are not endorsed by PLTS or CLU but are provided as a starting point for one's own research to find a fit for their needs.*

Office of Student Affairs

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Pacific Lutheran Theological Seminary

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2000 Center St. Ste. 200  
Berkeley, CA 94704

## 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.



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## Alcoholics Anonymous (A.A.)

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 (N.A.)

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

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

24-Hour Español: **(855) 667-2265**

Meeting Finder: [www.naalamedacounty.org/](http://www.naalamedacounty.org/)

Email: [support@naalamedacounty.org](mailto:support@naalamedacounty.org)

## 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

www.jumperfactsurrenderforecovery.tumblr.com