

AA, MA, NA or Alanon Meeting Documentation

One (1) AA, MA, NA or Alanon meeting is required. You must arrive on time and stay the entire meeting. Appointments are not necessary.

"Alcoholics Anonymous" Toll-Free number is **(888) 267-1814**.

Meetings are also easily found online at **www.aa.org**

To ensure proper documentation and to be respectful of Meeting Members fill in the meeting form completely prior to requesting a signature.

Date	Day of Week/Time	Name of Meeting	Complete Address	Official Signature
EXAMPLE 1/1/07	Monday 5:30pm	Sundowner	Alano Club 235 East Cota Santa Barbara, CA 93101	Signature

You may attend any "open" meeting; "open" means participants are not required to identify with being an addict or alcoholic. Some meeting participants do share and express "Hi, my name is _____ and I am an alcoholic." It may be helpful to have a respectful phrase of your own prepared in advance. Some suggestions are: "I am here to listen & learn" or "I am here to review my relationship with alcohol."

Class Location & Directions

Zona Seca
26 W. Figueroa Street
Santa Barbara, CA 93101

From the US 101
Take the Carrillo St exit to Downtown SB
Southbound: Turn left at W. Carrillo St
Northbound: Turn right at W. Carrillo St.
Turn left at Chapala St
Turn right at W Figueroa St
Arrive at 26 W Figueroa St
Santa Barbara, CA 93101
(across from Parking lot # 3 at corner of Chapala and Figueroa)