

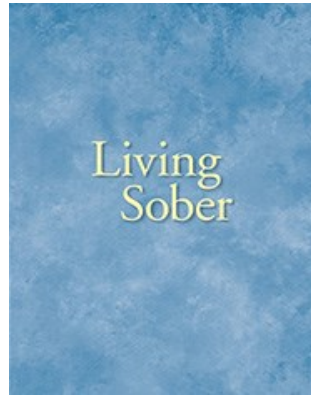


# Resources To Help Stay Sober Over The Holidays



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During the holiday season Heartland Intergroup is here for you! We have a 24/7 hotline where you can reach out for help, (863)687-9275. Our office is open and staffed by volunteers that are here to talk with you. We always have things at the office you can do to keep your mind occupied. We have literature available that you can read in our quiet reading room. We keep an up to date online meeting schedule to help you find your next meeting and the Meeting Guide App. A free online newsletter, The Intergrouper, that posts events going on in our area. Heartland Intergroup realizes the holi-



This practical booklet demonstrates through simple examples how A.A. members throughout the world live and stay away from that "first drink" one day at a time. Covers topics such as attending events where alcohol is served, relationships in sobriety and much more.

Purchase at the Heartland Intergroup office, on AA.org or it is also available on some phone Apps like "Everything AA" which has many resources.



AA Grapevine offers more than just their magazine. If you go to [aagrapevine.org](http://aagrapevine.org) and search "holidays", a whole bunch of previous grapevine articles are free to read on staying sober during the holidays. AA Grapevine also has a free app where you can listen to their podcast, build your own spiritual maintenance daily checklist, and much more. For a subscription fee you can have access to the monthly magazine and their archives right on your phone.



Produced by Area 15 District 3 Literature Committee with cooperation from the Grapevine Committee and Heartland Intergroup.

