

AOA

Accompanying One Another

On the Journey through Addiction to Recovery

Meeting Rules:

- Be Welcoming & Respectful to everyone.
- Confidentially is mandatory... What is said here - stays here.
- Everyone has the opportunity to speak, but only if they choose to.
- Do not give advice or monopolize the conversation.
- No crosstalk or sidebar discussions – respect the person who is sharing.
- Be compassionate to everyone, including yourself.
- If you ever feel uncomfortable, speak up immediately.
- Our mission is to support one another, wherever we are on our journey.