



If you need help with a drinking problem

**either
phone our national HELP LINE free on
08009177650**

**or
email us at help@aamail.org**

**or
come to a local meeting.**

**AA Meets here:
Littlehampton United Church
Coffee Lounge**

**Wednesday 7.30pm - 8.45pm
Sunday 3.30pm - 4.45pm**