

AREA 80 MANITOBA
Bridging the Gap – Request to be “bridged”

Bridging the Gap is a contact program designed to help individuals transition safely and comfortably from treatment or corrections into the rooms of Alcoholics Anonymous. Past experience has shown that attending an A.A. meeting as soon as possible is key to making a sober transition to life outside treatment or prison. Finding a home group and building a sober community can make all the difference between continued recovery and relapse.

If you have completed a treatment or detox program, or are being released from a corrections facility, you are invited to fill out a Bridging the Gap request form. A member of our committee will reach out and act as your temporary contact.

The purpose of Bridging the Gap is simple: to ensure you are not alone during your first steps back into the community. When you leave a facility and want to connect with AA, we will match you with a member who can introduce you to meetings, help you find a home group, and support you in getting acquainted with Alcoholics Anonymous in your area.

We need the following information:

Name	
What are your pronouns? <i>Select all that apply</i>	☐ She/Her/Hers ☐ He/Him/His ☐ They/Them/Theirs
Preferred method of contact <i>Choose one or both</i>	☐ phone number (____)-____-____ ☐ email address _____@_____
I am	☐ being discharged from a treatment facility ☐ being released from a corrections facility
Name of facility	
Date of discharge	
Area you will be living	
Contact me prior to discharge?	☐ Yes ☐ No (check one)
COMMENTS	

Please ask the facility to send this request to
btgchair@aamanitoba.org
or contact Manitoba Central Office directly by phone at
204-942-0126 or (toll-free) **1-877-942-0126**.

Bridging the Gap is a sub-committee of the Area 80 Treatment Committee and liaises with the Corrections and other Area 80 Committees