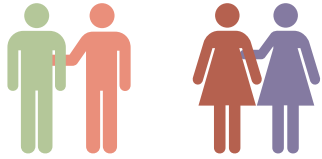


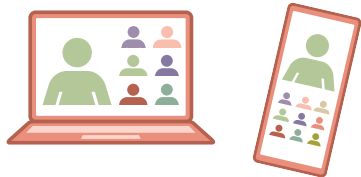
HELP PATIENTS ON THE ROAD TO RECOVERY

The purpose of A.A. meetings is sharing our experience, strength, and hope with each other that we may solve our common problem and help others to recover from alcoholism.



10 × IN-PERSON MEETINGS PER WEEK

Listing of all in-person Zürich meetings: aazurich.org



8 × ONLINE MEETINGS PER WEEK*

Listing of all online* Zürich meetings: aazurich.org

* Online meetings are hosted by Zürich A.A. members on topics of interest to newcomers and people with long-term sobriety. Zoom links listed with meeting info on our website: aazurich.org.

10 × ADDITIONAL MEETINGS NEARBY

Basel, Bern, Konstanz, Lugano, Luzern, Zug.
Meeting schedule and locations on: aazurich.org

Listings of all English-speaking meetings in Switzerland and Continental European Region (CER), can be found on CER website: alcoholics-anonymous.eu/meetings

ALCOHOLICS ANONYMOUS AT A GLANCE

Over two million alcoholics have achieved sobriety in A.A., but members recognize that their program is not always effective with all alcoholics. Some members may also require professional counseling or medical treatment. Since we are recovering alcoholics, we have a special understanding of each other – we know what alcoholism feels like and learn from each other how to stay sober. A.A. is concerned solely with the personal recovery and continued sobriety of individual alcoholics. A.A. doesn't make medical diagnoses or keep records of members.

ZÜRICH A.A. AT A GLANCE

- Zürich has a strong active and supportive English-speaking A.A. fellowship.
- We are an ideal support community for problem drinkers who want to stop and stay sober.
- Members are looking to support their community by helping other alcoholics.
- We are actively seeking to cooperate with the local professional community.

A.A. PREAMBLE©

Alcoholics Anonymous is a fellowship of people who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism.

The only requirement for membership is a desire to stop drinking. There are no dues or fees for A.A. membership; we are self-supporting through our own contributions. A.A. is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy, neither endorses nor opposes any causes. Our primary purpose is to stay sober and help other alcoholics to achieve sobriety.

Copyright © The AA Grapevine, Inc.



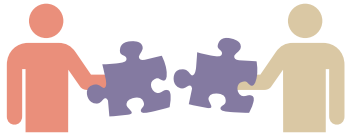
ALCOHOLICS ANONYMOUS MEMBERSHIP SURVEY 2022 ZÜRICH



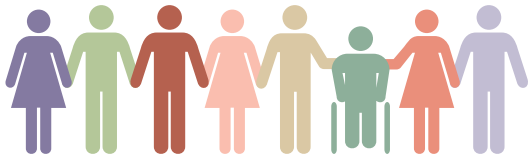
A.A. ZÜRICH AS A RESOURCE FOR HEALTH CARE PROFESSIONALS

Professionals who work with alcoholics share a common purpose with A.A: to help the alcoholic stop drinking and stay sober.

People who think they have a drinking problem are welcome to attend any A.A. meeting. They can sit and listen and learn more about recovery, or they can share about themselves. It's completely up to them. Everyone is welcome. You don't have to pay anything to attend.



Professionals are welcome to observe open A.A. meetings to learn more about what happens in A.A. Members are available to meet in person, virtually online, accompany you to an A.A. meeting and provide more information electronically or by post upon request.



SURVEY ACKNOWLEDGEMENTS

This pamphlet shows the results of a survey conducted amongst Zürich English-speaking A.A Feb. - Mar 2022

The survey was organized by Alcoholics Anonymous Zürich with support from the English-speaking Basel fellowship, Zürich Intergroup and the Health Liaison Officer (HLO) of the Continental European Region (CER) of A.A. Great Britain. Contact HLO: health.cer@aamail.org

English-speaking A.A. meetings for all European countries are listed on the CER website:

alcoholics-anonymous.eu/meetings

INTRODUCTION TO A.A.

Through an A.A. member	25%
Health Professional	25%
Self-motivated	25%
Family	14%
Other	11%



MEMBERS LIVE NEARBY

Zürich City	42%
Zürich region (St. Gallen, Winterthur, Baden)	14%
Lugano and Ticino region	17%
Other (AG, BE, LU, SH, ZG, Germany)	21%



OTHER LANGUAGES

English is spoken in our meetings, but we also have the capabilities to provide support in Swiss-German, German, French, Italian, Spanish, Russian, Bulgarian, Serbian, Croatian, Finnish, Bosnian, Swedish, Mandarin, Khmer and Portuguese.



PROFESSIONAL ASSISTANCE

BEFORE coming to A.A. **69.4%** of members received Health Care Professionals (HCP) services (medical, psychological, spiritual, etc.). **39.4%** said HCP played an important role directing them to A.A.

AFTER coming to A.A. **47.2%** of members received HCP services. **42%** said HCP services play an important role in their recovery.

AGE OF MEMBERS

Under 30	3%
Age 30 — 39	27%
Age 40 — 49	36%
Age 50 — 59	17%
Age 60 — 69	17%

Zürich fellowship has approximately 80 members between 21 – 69 years old.

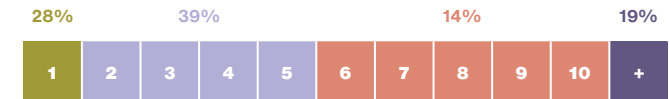
MARITAL STATUS OF MEMBERS

Married/ Life Partner	Single	Divorced	Other
50%	19%	28%	3%

GENDER OF MEMBERS



LENGTH OF SOBRIETY (YEARS)



Less than 1 year • Between 1 - 5 years • Between 5 - 10 years • 10 years plus

40% of Zürich members have more than five years of continuous sobriety.

MEETING ATTENDANCE



Members attend an average of **3.2 MEETINGS** per week.