Meeting Location: Day: Time:

This meeting maintains a voluntary contact list that is a valuable tool for recovery. We urge you to make use of it, and to keep in mind the following:

Each person whose name appears on this list has agreed to be available to listen to others in need. By placing our names on this list, we make a statement about our own recovery, our willingness to share with others, and our willingness to offer support and information to those in need. Sometimes when we get a phone call, we are unable to focus our full attention on it, or do not feel like talking that day. At these times, it is important for the caller and the person receiving the call to recognize that it may be necessary to postpone or limit the conversation. Members reserve the right to take a message and call back later, or even to say: “I am not able to talk right now. Please try another person.” By respecting their private lives, both the caller and the receiver learn to practice healthy boundaries.

First name, Last Initial	Phone #	Message OK?	Best Time to Call	Email address	Avail as Temp. Sponsor?

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