

The Next Step Program
Seattle Area NA

Q&A:

I just got out of treatment and want support in going to my first meeting. Is The Next Step for me?

Yes. Use any of our contact methods and we'll get you connected!

I didn't go to treatment. I've never been to an NA meeting and don't know what to expect. Is The Next Step for me?

Yes. Again, use the best contact method for you and we'll be in touch.

I've attended a few NA meetings and don't know if I fit in. Can I sign up for The Next Step?

Yes.

I've been attending NA for months and just haven't made any friends. Is The Next Step for me?

Sorry, we cannot help you make friends. We suggest you reach out at the meetings you regularly attend and find meetings you feel most comfortable.

I just got released and I want to find a sponsor right away like suggested to me. Is The Next Step for me?

We can talk to you about sponsorship in NA. We can also support you by attending a meeting with you and introducing you to potential sponsors. We do not match you with a sponsor.

My counselor wants me to do this, but I'm not so sure. Is The Next Step right for me?

While many members are influenced to come to NA for different reasons, the only requirement for membership is the desire to stop using. The choice is up to you. We can tell you about NA, share our experience, and answer questions. We are simply here for you, and you can make a different choice at any time.

I think I'm an alcoholic and not an addict. A coworker of mine is a member and recommended I check this out. Is The Next Step for me?

NA does not view addiction to alcohol as different from any other drug. This is a program of abstinence from all mind and mood altering substances. We come from all walks of life, backgrounds, and histories. Anyone with a desire to stop using fits in here.

Have questions about taking The Next Step? Please use any of our contact methods and a NA Connection Volunteer will reply within 48 hours. We are here to support you in your recovery.