

## FastBreak Rehab 11/11/2023

**fastbreakrehab@gmail.com**

We are also looking for speakers and chairs for the next few months. We host weekly on Mondays at 6pm at BRC (25th St, gents only) and twice a month on Sundays at 4pm Mt. Sinai (58th St, ladies/gents/etc).

If you can speak/chair any meetings, please fill in the spreadsheet with the date(s) you'd like and your name, cell, and

email <https://docs.google.com/spreadsheets/d/1qDQ6DMrAe81EltZ9Y7tw2ur3LigpV72ANQjYaB3aH-E/edit#gid=0>

If you'd like to spread the word to other meetings you go to (live or on Zoom), feel free to use this or similar language:

"If you'd like to speak at rehabs on the West Side of NYC, please reach out to [FastBreakRehab@gmail.com](mailto:FastBreakRehab@gmail.com) If you can help NY Intergroup answer calls, texts, and emails from home (anywhere) in small, 2 hour blocks, please reach out to [VolunteerSvcesCoordinator@nyintergroup.org](mailto:VolunteerSvcesCoordinator@nyintergroup.org) This is a great way to do 12th Step service"

### Sundays

Mt. Sinai. 1000 10th Avenue (between 58th and 59th Streets), 9th Floor (The Addiction Institute). 212.523.8516

Please get there about 15 minutes early.

They may ask you to sign in on the lobby level, you'll need ID. On the 9th (9C) floor, follow signs to the addiction institute, buzz the bell, it may take a minute or two.

Meetings should be around 10 people. Make sure the TV is off when the meeting starts.

Chair opens the meeting with introduction, preamble speaker, qualification, show of hands or round robin (whichever you prefer)

If there is downtime at the end I generally ask if people have questions. Usually there are a few wondering about AA in general or if beer will work instead of liquor, drinking on weekends is ok, or how aa can help with drugs. Some clients tend to ramble, keep them in check. Close with the serenity prayer.

### Mondays

BRC 131 w 25th 3rd floor. 212.533.3281x8622

Please get there about 15 minutes.

They may ask you to sign in on the lobby level. On the 3rd floor, there should be someone behind the glass. If not, feel free to knock on the door. The elevator takes forever, it may behoove you to take the stairs if they will allow you access to the steps.

My meetings have fluctuated between 10 and 2 guys. Don't be concerned if they arrive late or leave early.

The chair opens the meeting with introduction, preamble speaker, qualification, and show of hands. If there is downtime at the end I generally ask if people have questions. Usually, there are a few wondering about AA in general or if beer will work instead of liquor, drinking on weekends is ok, or how aa can help with drugs. Some clients tend to ramble, keep them in check.

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