

Is Your Twelfth Step Within Service Safe and Caring?

Everyone needs a safe and caring environment to achieve progress in recovery. The following are suggested ways for individuals to support members.

- Contact members you have stopped seeing at meetings.
- Share your experience in using the program to come through relapse and return to recovery.
- Offer to take someone who may be isolating to a meeting.
- Offer encouragement to members you know to be struggling with food or Step work.