

Alcoholics Anonymous  
**Darkness Into Light**



**AN EXHIBITION  
CELEBRATING 75  
YEARS OF AA IN THE UK**

**03 TO 27.08.22**

**EASTBOURNE LIBRARY  
GROVE ROAD  
EASTBOURNE  
EAST SUSSEX  
BN21 4TL**

**OPENING HOURS**

M - T: 10 AM to 5 PM  
W: 10 AM to 1PM  
T: 10 AM to 6PM  
F - S: 10AM to 5PM  
SUN: CLOSED

**You are invited to attend this  
free public exhibition displaying  
AA's history and work in the  
community.**



HELPLINE:  
0800 9177650



help@aamail.org



alcoholics-anonymous.org.uk



**East Sussex  
Library and Information Service**

# IS YOUR DRINKING COSTING YOU MORE THAN MONEY?



## MEETINGS IN EAST SUSSEX

LEWES  
HAILSHAM  
EASTBOURNE  
RINGMER  
HEATHFIELD  
SEAFORD

UCKFIELD  
NEWHAVEN  
WOODINGDEAN  
PEACEHAVEN  
LANGNEY  
CROWBOROUGH



**SCAN THE QR CODE OR VISIT:  
[AA-EASTSUSSEX.ORG/EAST-SUSSEX-MEETINGS](http://AA-EASTSUSSEX.ORG/EAST-SUSSEX-MEETINGS) TO FIND A  
MEETING NEAR YOU**

## AADARKNESSINTOLIGHT.ORG.UK

### Newcomers

If you seem to be having trouble with your drinking, or if your drinking has reached the point where it worries you, you may be interested to know something about Alcoholics Anonymous and the AA programme of recovery from alcoholism.



0800 887 766



[pi.esussex@aamail.org](mailto:pi.esussex@aamail.org)



[aa-eastsussex.org/east-sussex-meetings](http://aa-eastsussex.org/east-sussex-meetings)



**FIND OUT ABOUT  
ALCOHOLISM AND  
PROBLEM DRINKING**