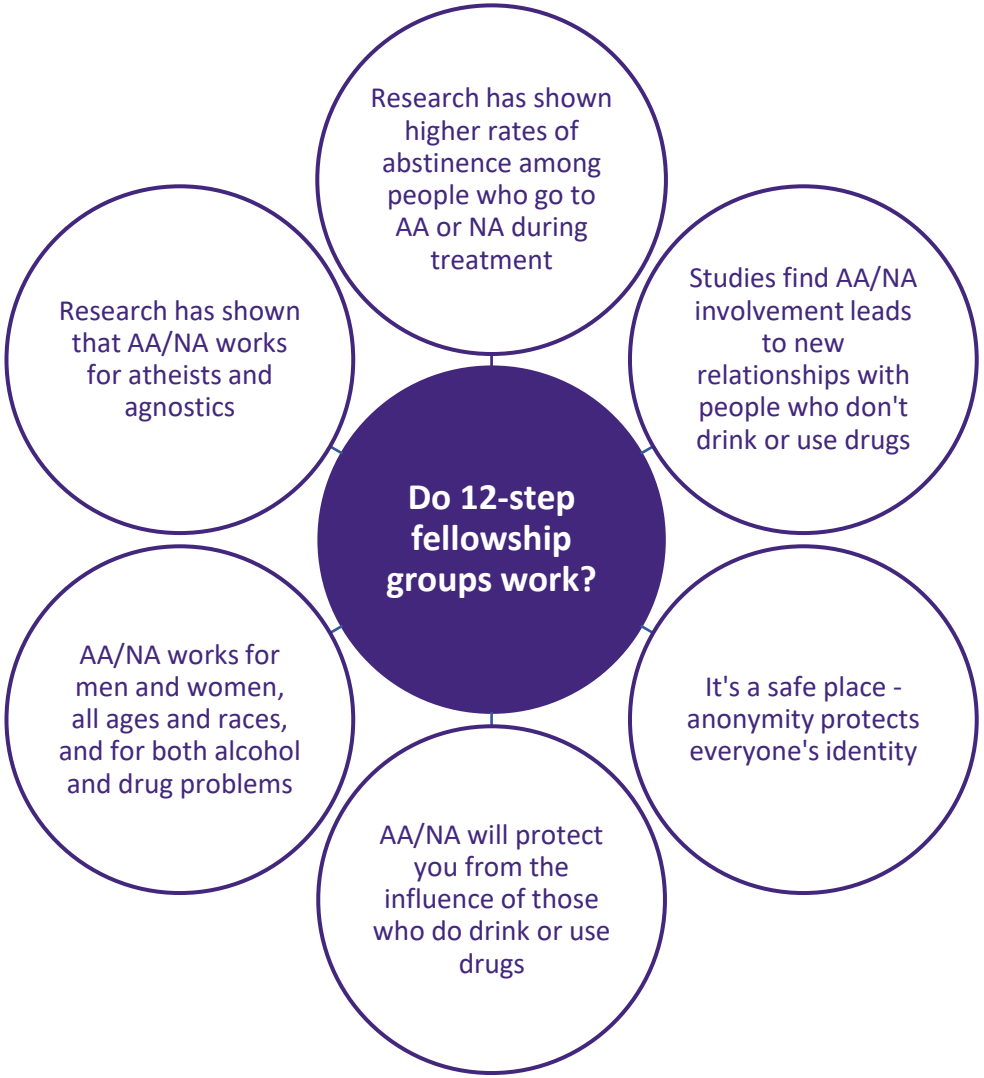
Do 12-step fellowship groups work?
Research has shown higher rates of abstinence among people who go to AA or NA during treatment
Studies find AA/NA involvement leads to new relationships with people who don't drink or use drugs
It's a safe place - anonymity protects everyone's identity
AA/NA will protect you from the influence of those who do drink or use drugs
AA/NA works for men and women, all ages and races, and for both alcohol and drug problems
Research has shown that AA/NA works for atheists and agnostics