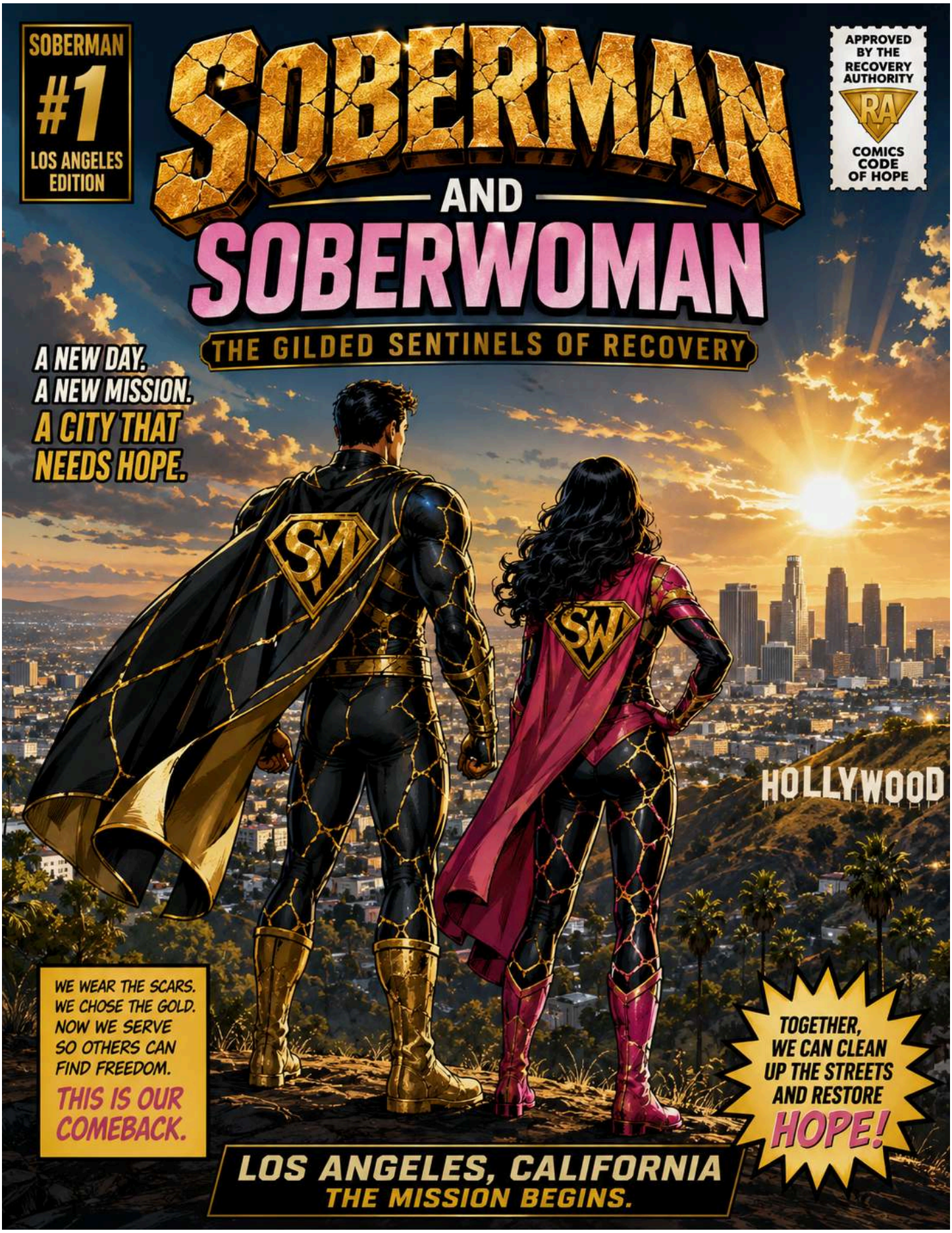

SOBERMAN #1
LOS ANGELES EDITION
SOBERMAN AND SOBERWOMAN
THE GILDED SENTINELS OF RECOVERY
APPROVED BY THE RECOVERY AUTHORITY
RA
COMICS CODE OF HOPE
A NEW DAY.
A NEW MISSION.
A CITY THAT NEEDS HOPE.
SM
SW
HOLLYWOOD
WE WEAR THE SCARS.
WE CHOSE THE GOLD.
NOW WE SERVE
SO OTHERS CAN
FIND FREEDOM.
THIS IS OUR COMEBACK.
TOGETHER, WE CAN CLEAN UP THE STREETS AND RESTORE HOPE!
LOS ANGELES, CALIFORNIA
THE MISSION BEGINS.

THE CREATORS OF SOBERMAN

The Soberman concept was first discussed between Jim Quinn and Chris Makasimow while they attended a 30-day inpatient rehabilitation treatment session at Mirmont Treatment Center in Media, Pennsylvania. During their stay, they became fast friends and often fantasized about what it would be like to have a comic book series based solely on a superhero named Soberman, who would have tremendous healing powers and be able to zap people and get them to be sober. We would fantasize about this topic for days and come up with different storylines on how we would actually prepare these comic books.

Well, after long journeys through addiction and recovery, Chris and Jim finally got around to putting their ideas down on paper, and Soberman was born. We hope you enjoy the experience.

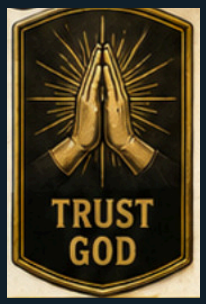
Jim Quinn

Jim is 69 years old and spent 45 years as an alcoholic and drug addict. His drinking career spanned nearly five decades, beginning at age 13. He progressed to drugs in his twenties and thirties and did not find the bitter end until January 31, 2012, his sobriety date. And with God's good graces, he'll have 15 years of continuous sobriety on January 31st, 2027.

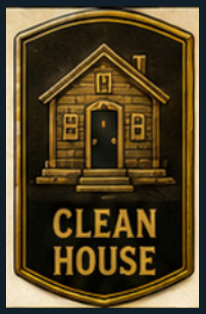
Chris Makasimow

Chris is 51 years old and began drinking and using drugs at 17. He describes more than 34 years of living with addiction and alcoholism, with many relapses along the way. "Yes, I'm a relapser," he says, "but I've got two years under my belt now." His sobriety date is February 3, 2024. By working on the Soberman Project with Jim Quinn, Chris hopes to stay on his path of continuous sobriety.

Soberman's mission is based on three pillars.



First pillar: Trust God.



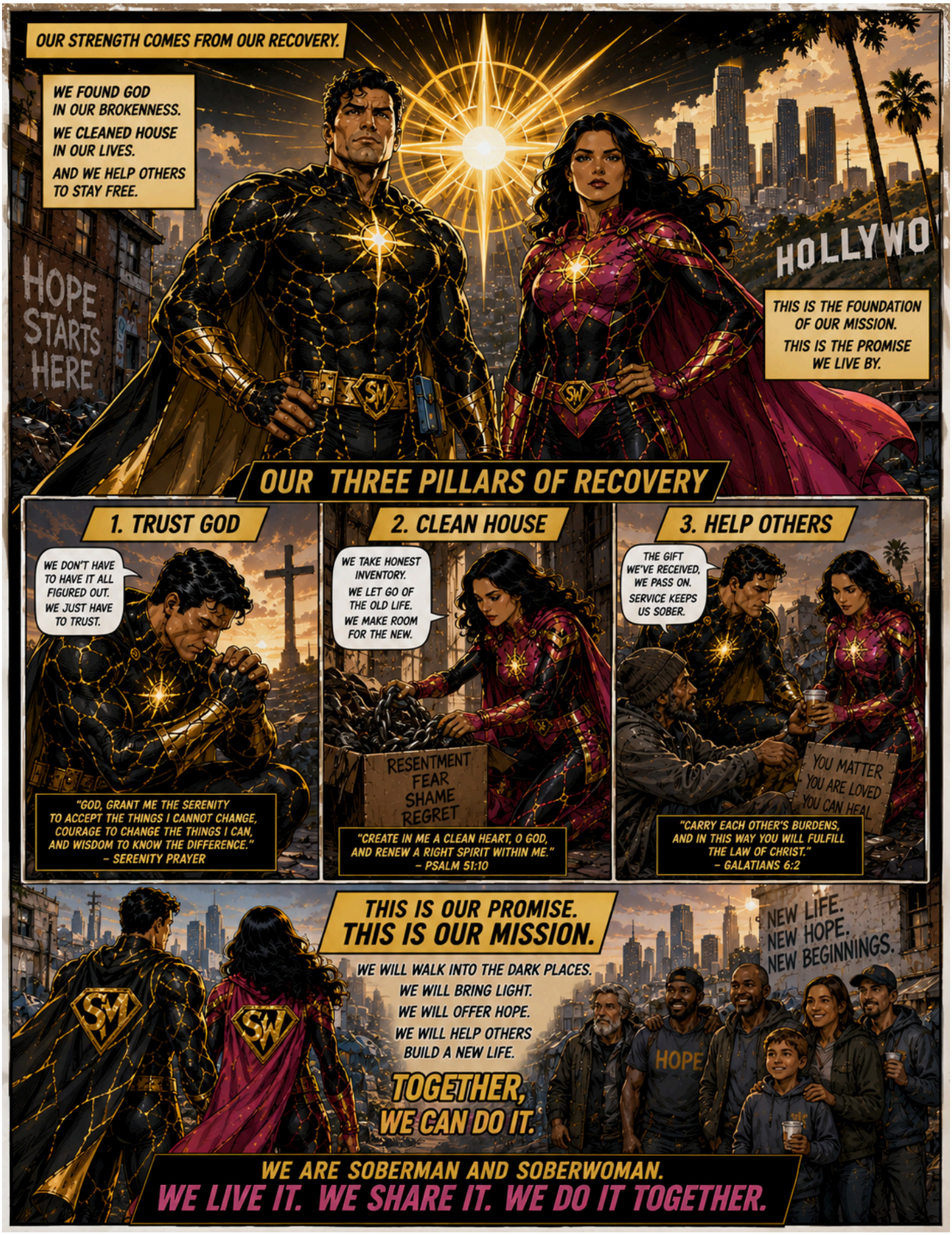
Second pillar: Clean House.

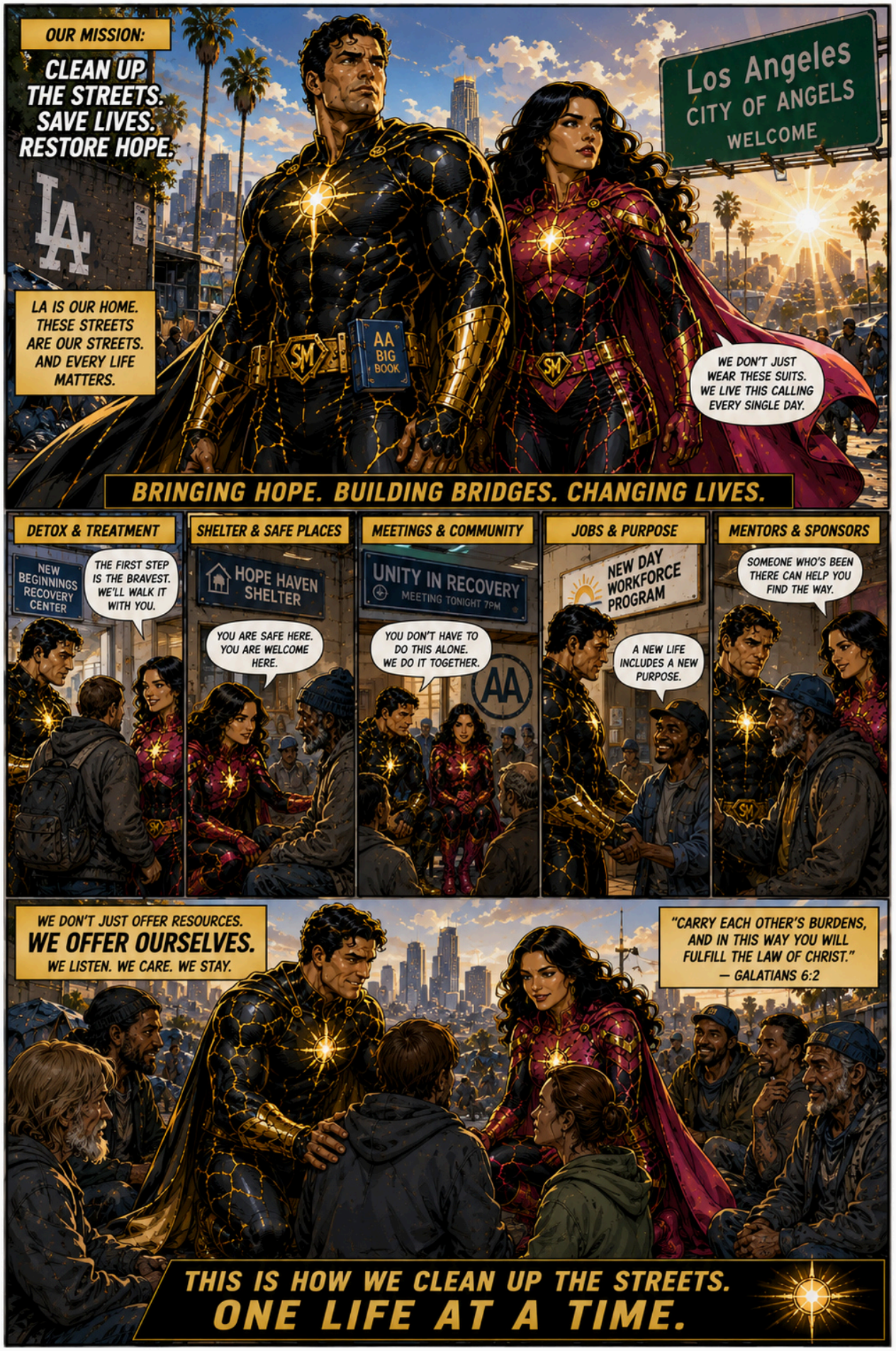


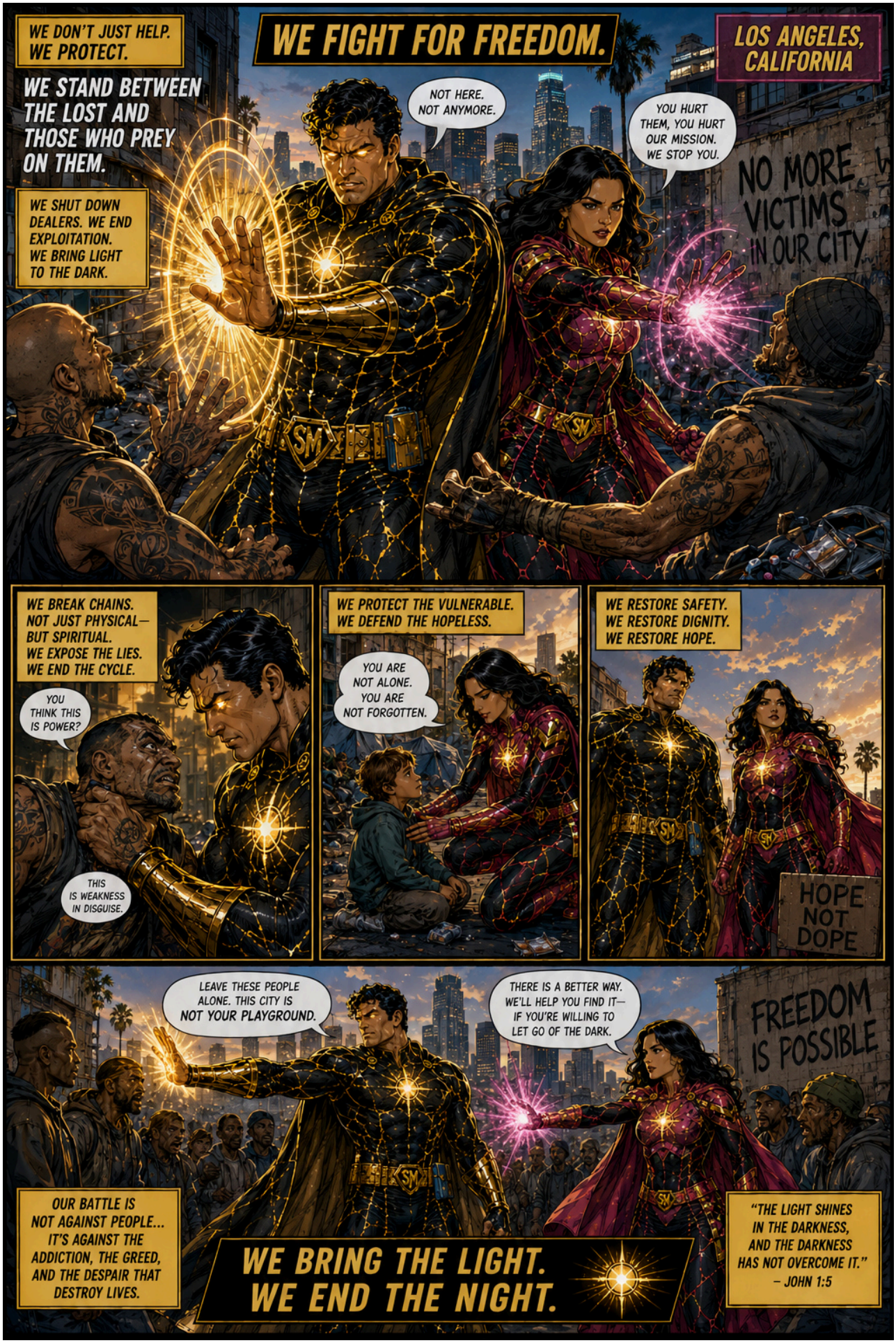
Third pillar: Help Others.

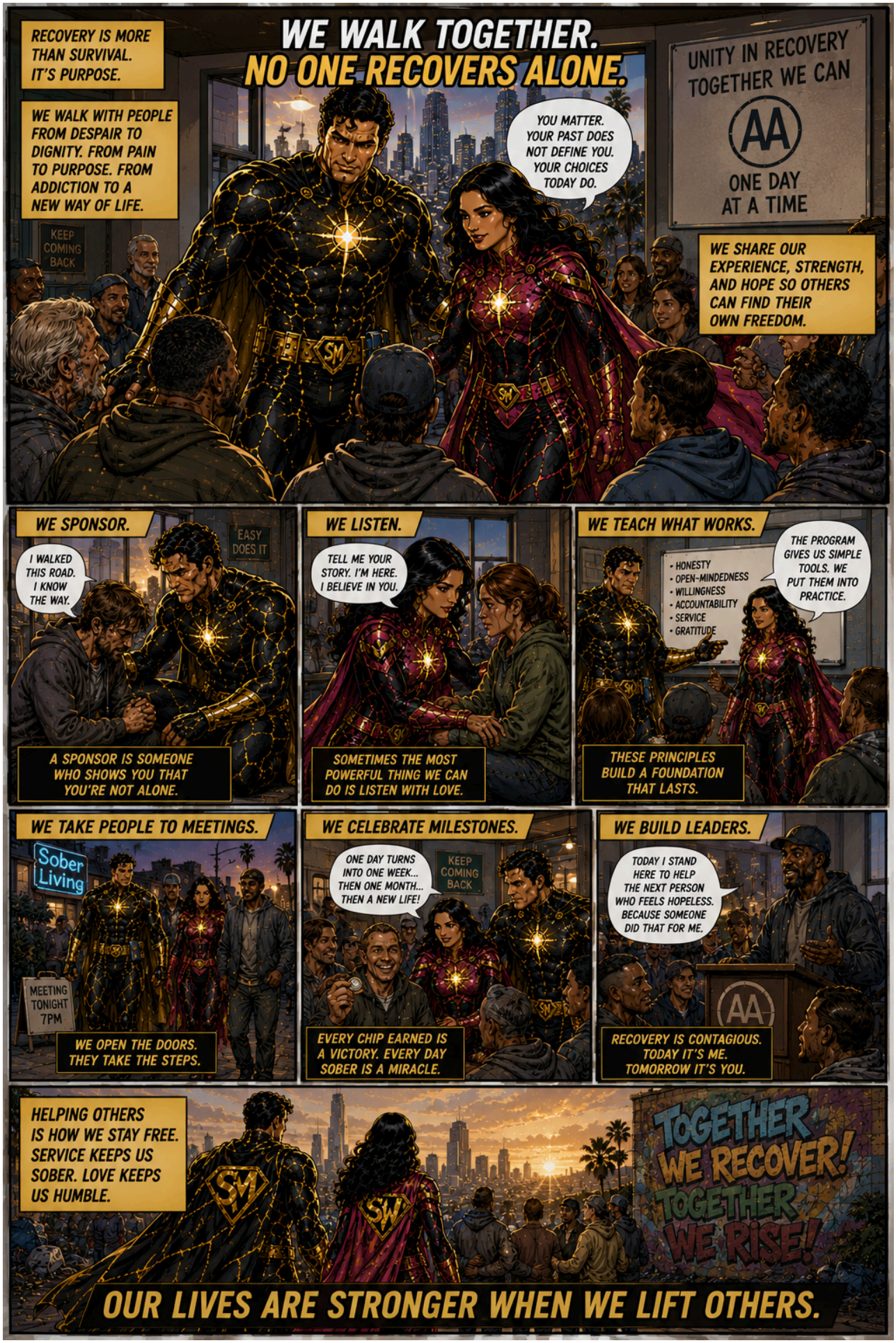

LOS ANGELES.
A CITY OF DREAMS...
BUT FOR TOO MANY, IT'S A NIGHTMARE.
ADDICTION.
HOMELESSNESS.
HOPELESSNESS.
WE'RE HERE TO CHANGE THAT.
OUR MISSION BEGINS.
HOLLYWOOD
WE ARE SOBERMAN AND SOBERWOMAN.
AND WE DON'T WEAR CAPES... WE LIVE OUR RECOVERY.
WE GO WHERE OTHERS LOOK AWAY.
Skid Row
CITY LIMIT
POP Too Many ELEV Hope
LOST SOULS NEED HOPE
BECAUSE EVERY SOUL DESERVES A CHANCE TO BE FOUND.
WE LISTEN.
YOU MATTER.
YOU'RE NOT ALONE.
ANYTHING HELPS
WE CARE.
THERE IS A BETTER LIFE.
AND WE'LL WALK IT WITH YOU.
WE BRING HOPE.
THIS ISN'T JUST A MISSION.
IT'S OUR LIFE'S WORK.
LOS ANGELES, WE SEE YOU. WE HEAR YOU. WE WON'T STOP. UNTIL NO ONE IS LEFT BEHIND.


WE MEET PEOPLE WHERE THEY ARE.
NOT WITH JUDGMENT... BUT WITH COMPASSION.
LOS ANGELES, CALIFORNIA.
ON THE STREETS. IN THE SHADOWS. BUT HOPE IS HERE.
NO ONE IS BEYOND HOPE
WE SEE YOU. WE CARE ABOUT YOU. AND WE'RE NOT GOING ANYWHERE.
Skid Row
CITY LIMIT
POP Too Many ELEV Hope
YOU'RE NOT DEFINED BY YOUR PAST. YOU'RE DEFINED BY WHAT YOU CHOOSE NEXT.
THERE'S HELP. THERE'S HEALING. THERE'S A WAY OUT.
YOU MATTER. YOUR LIFE HAS PURPOSE.
WE'RE HERE FOR YOU.
THANK YOU... I HAVEN'T FELT HOPE IN A LONG TIME.
ONE DAY AT A TIME
BEHIND EVERY ADDICT, THERE IS A STORY.
BEHIND EVERY STORY, THERE IS PAIN.
BEHIND EVERY PERSON, THERE IS A SOUL THAT CAN BE SAVED.
THAT IS WHY WE DON'T GIVE UP.
COMPASSION IS OUR POWER. CONNECTION IS OUR MISSION.

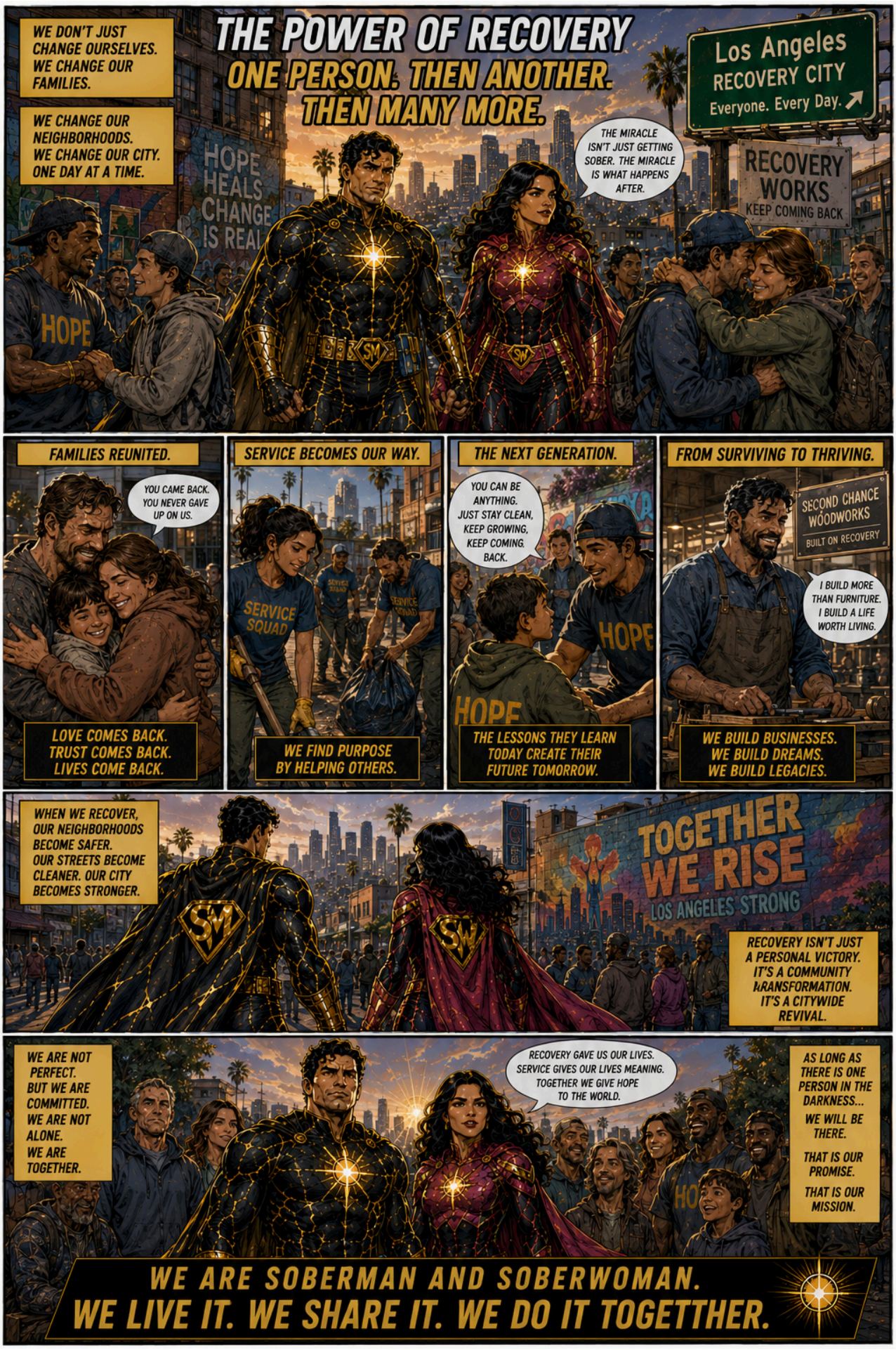

OUR STRENGTH COMES FROM OUR RECOVERY.
WE FOUND GOD IN OUR BROKENNESS.
WE CLEANED HOUSE IN OUR LIVES.
AND WE HELP OTHERS TO STAY FREE.
HOPE STARTS HERE
HOLLYWO
THIS IS THE FOUNDATION OF OUR MISSION.
THIS IS THE PROMISE WE LIVE BY.
OUR THREE PILLARS OF RECOVERY
1. TRUST GOD
WE DON'T HAVE TO HAVE IT ALL FIGURED OUT.
WE JUST HAVE TO TRUST.
"GOD, GRANT ME THE SERENITY TO ACCEPT THE THINGS I CANNOT CHANGE, COURAGE TO CHANGE THE THINGS I CAN, AND WISDOM TO KNOW THE DIFFERENCE."
– SERENITY PRAYER
2. CLEAN HOUSE
WE TAKE HONEST INVENTORY.
WE LET GO OF THE OLD LIFE.
WE MAKE ROOM FOR THE NEW.
RESENTMENT
FEAR
SHAME
REGRET
"CREATE IN ME A CLEAN HEART, O GOD, AND RENEW A RIGHT SPIRIT WITHIN ME."
– PSALM 51:10
3. HELP OTHERS
THE GIFT WE'VE RECEIVED, WE PASS ON.
SERVICE KEEPS US SOBER.
YOU MATTER
YOU ARE LOVED
YOU CAN HEAL
"CARRY EACH OTHER'S BURDENS, AND IN THIS WAY YOU WILL FULFILL THE LAW OF CHRIST."
– GALATIANS 6:2
THIS IS OUR PROMISE.
THIS IS OUR MISSION.
WE WILL WALK INTO THE DARK PLACES.
WE WILL BRING LIGHT.
WE WILL OFFER HOPE.
WE WILL HELP OTHERS BUILD A NEW LIFE.
TOGETHER, WE CAN DO IT.
NEW LIFE.
NEW HOPE.
NEW BEGINNINGS.
HOPE
WE ARE SOBERMAN AND SOBERWOMAN.
WE LIVE IT. WE SHARE IT. WE DO IT TOGETHER.

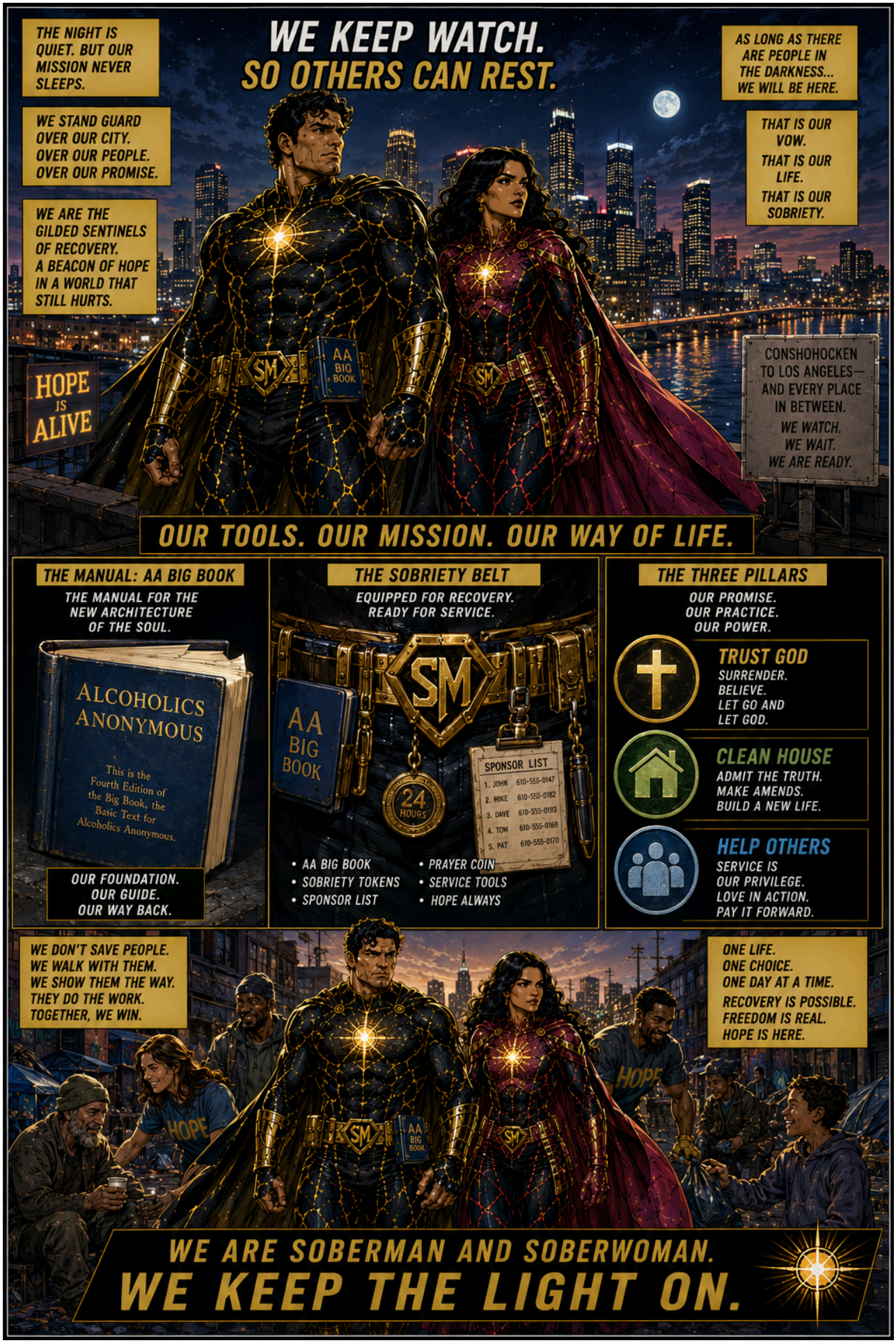

OUR MISSION:
CLEAN UP THE STREETS. SAVE LIVES. RESTORE HOPE.
LA IS OUR HOME. THESE STREETS ARE OUR STREETS. AND EVERY LIFE MATTERS.
Los Angeles
CITY OF ANGELS
WELCOME
AA BIG BOOK
WE DON'T JUST WEAR THESE SUITS. WE LIVE THIS CALLING EVERY SINGLE DAY.
BRINGING HOPE. BUILDING BRIDGES. CHANGING LIVES.
DETOX & TREATMENT
NEW BEGINNINGS RECOVERY CENTER
THE FIRST STEP IS THE BRAVEST. WE'LL WALK IT WITH YOU.
SHELTER & SAFE PLACES
HOPE HAVEN SHELTER
YOU ARE SAFE HERE. YOU ARE WELCOME HERE.
MEETINGS & COMMUNITY
UNITY IN RECOVERY
MEETING TONIGHT 7PM
YOU DON'T HAVE TO DO THIS ALONE. WE DO IT TOGETHER.
AA
JOBS & PURPOSE
NEW DAY WORKFORCE PROGRAM
A NEW LIFE INCLUDES A NEW PURPOSE.
MENTORS & SPONSORS
SOMEONE WHO'S BEEN THERE CAN HELP YOU FIND THE WAY.
WE DON'T JUST OFFER RESOURCES.
WE OFFER OURSELVES.
WE LISTEN. WE CARE. WE STAY.
"CARRY EACH OTHER'S BURDENS, AND IN THIS WAY YOU WILL FULFILL THE LAW OF CHRIST."
— GALATIANS 6:2
THIS IS HOW WE CLEAN UP THE STREETS.
ONE LIFE AT A TIME.


WE DON'T JUST HELP. WE PROTECT.
WE FIGHT FOR FREEDOM.
LOS ANGELES, CALIFORNIA
WE STAND BETWEEN THE LOST AND THOSE WHO PREY ON THEM.
NOT HERE. NOT ANYMORE.
YOU HURT THEM, YOU HURT OUR MISSION. WE STOP YOU.
WE SHUT DOWN DEALERS. WE END EXPLOITATION. WE BRING LIGHT TO THE DARK.
NO MORE VICTIMS IN OUR CITY
WE BREAK CHAINS. NOT JUST PHYSICAL— BUT SPIRITUAL. WE EXPOSE THE LIES. WE END THE CYCLE.
YOU THINK THIS IS POWER?
THIS IS WEAKNESS IN DISGUISE.
WE PROTECT THE VULNERABLE. WE DEFEND THE HOPELESS.
YOU ARE NOT ALONE. YOU ARE NOT FORGOTTEN.
WE RESTORE SAFETY. WE RESTORE DIGNITY. WE RESTORE HOPE.
HOPE NOT DOPE
LEAVE THESE PEOPLE ALONE. THIS CITY IS NOT YOUR PLAYGROUND.
THERE IS A BETTER WAY. WE'LL HELP YOU FIND IT— IF YOU'RE WILLING TO LET GO OF THE DARK.
FREEDOM IS POSSIBLE
OUR BATTLE IS NOT AGAINST PEOPLE... IT'S AGAINST THE ADDICTION, THE GREED, AND THE DESPAIR THAT DESTROY LIVES.
WE BRING THE LIGHT. WE END THE NIGHT.
"THE LIGHT SHINES IN THE DARKNESS, AND THE DARKNESS HAS NOT OVERCOME IT." – JOHN 1:5


WE WALK TOGETHER.
NO ONE RECOVERS ALONE.
RECOVERY IS MORE THAN SURVIVAL. IT'S PURPOSE.
WE WALK WITH PEOPLE FROM DESPAIR TO DIGNITY. FROM PAIN TO PURPOSE. FROM ADDICTION TO A NEW WAY OF LIFE.
KEEP COMING BACK
YOU MATTER. YOUR PAST DOES NOT DEFINE YOU. YOUR CHOICES TODAY DO.
UNITY IN RECOVERY TOGETHER WE CAN
AA
ONE DAY AT A TIME
WE SHARE OUR EXPERIENCE, STRENGTH, AND HOPE SO OTHERS CAN FIND THEIR OWN FREEDOM.
WE SPONSOR.
EASY DOES IT
I WALKED THIS ROAD. I KNOW THE WAY.
A SPONSOR IS SOMEONE WHO SHOWS YOU THAT YOU'RE NOT ALONE.
WE LISTEN.
TELL ME YOUR STORY. I'M HERE. I BELIEVE IN YOU.
SOMETIMES THE MOST POWERFUL THING WE CAN DO IS LISTEN WITH LOVE.
WE TEACH WHAT WORKS.
• HONESTY
• OPEN-MINDEDNESS
• WILLINGNESS
• ACCOUNTABILITY
• SERVICE
• GRATITUDE
THE PROGRAM GIVES US SIMPLE TOOLS. WE PUT THEM INTO PRACTICE.
THESE PRINCIPLES BUILD A FOUNDATION THAT LASTS.
WE TAKE PEOPLE TO MEETINGS.
Sober Living
MEETING TONIGHT 7PM
WE OPEN THE DOORS. THEY TAKE THE STEPS.
WE CELEBRATE MILESTONES.
ONE DAY TURNS INTO ONE WEEK... THEN ONE MONTH... THEN A NEW LIFE!
KEEP COMING BACK
EVERY CHIP EARNED IS A VICTORY. EVERY DAY SOBER IS A MIRACLE.
WE BUILD LEADERS.
TODAY I STAND HERE TO HELP THE NEXT PERSON WHO FEELS HOPELESS. BECAUSE SOMEONE DID THAT FOR ME.
AA
RECOVERY IS CONTAGIOUS. TODAY IT'S ME. TOMORROW IT'S YOU.
HELPING OTHERS IS HOW WE STAY FREE. SERVICE KEEPS US SOBER. LOVE KEEPS US HUMBLE.
TOGETHER WE RECOVER! TOGETHER WE RISE!
OUR LIVES ARE STRONGER WHEN WE LIFT OTHERS.


RECOVERY IN ACTION.
NEW BEGINNINGS. NEW LIVES.
WE DON'T JUST INSPIRE. WE CONNECT.
WE HELP PEOPLE FIND THE PATH— THEN WALK IT WITH THEM.
I THOUGHT IT WAS OVER... BUT YOU GAVE ME A REASON TO TRY AGAIN.
YOU ARE LOVED. YOU ARE WORTH IT. YOUR STORY ISN'T OVER. THIS IS JUST THE BEGINNING.
HOPE WAY
NEXT EXIT
YOU ARE NOT ALONE
WE CONNECT PEOPLE TO THE RESOURCES THEY NEED.
DETOX & TREATMENT
NEW HOPE RECOVERY CENTER
THE FIRST STEP IS THE BRAVEST.
SHELTER & HOUSING
SAFE HAVEN FOR ALL
A SAFE PLACE TO REST AND REBUILD.
MEETINGS & FELLOWSHIP
UNITY IN RECOVERY
MEETING TONIGHT 7PM
AA
SHARING OUR EXPERIENCE, STRENGTH, AND HOPE.
JOB TRAINING & WORK
NEW DAY WORKFORCE PROGRAM
DIGNITY THROUGH WORK. PURPOSE THROUGH SERVICE.
MENTORS & SPONSORS
SOMEONE WHO'S WALKED THE PATH CAN HELP SHOW THE WAY.
WE SERVE TOGETHER. WE HEAL TOGETHER.
LA STRONG
RECOVERY STRONGER
HOPE
SERVICE REMINDS US WHO WE ARE— AND WHO WE WERE MEANT TO BE.
WHEN ONE PERSON CHOOSES RECOVERY, EVERYTHING CHANGES.
I GOT MY LIFE BACK.
MY DAD IS HOME.
I HAVE A JOB. I HAVE PURPOSE.
I HAVE HOPE.
HOPE
ONE CHOICE. ONE DAY. ONE LIFE AT A TIME.
TOGETHER, WE CAN TRANSFORM OUR CITY. TOGETHER, WE CAN CHANGE THE WORLD.


THE POWER OF RECOVERY
ONE PERSON. THEN ANOTHER. THEN MANY MORE.
WE DON'T JUST CHANGE OURSELVES. WE CHANGE OUR FAMILIES.
WE CHANGE OUR NEIGHBORHOODS. WE CHANGE OUR CITY. ONE DAY AT A TIME.
HOPE HEALS CHANGE IS REAL
HOPE
Los Angeles RECOVERY CITY Everyone. Every Day.
RECOVERY WORKS KEEP COMING BACK
THE MIRACLE ISN'T JUST GETTING SOBER. THE MIRACLE IS WHAT HAPPENS AFTER.
FAMILIES REUNITED.
YOU CAME BACK. YOU NEVER GAVE UP ON US.
LOVE COMES BACK. TRUST COMES BACK. LIVES COME BACK.
SERVICE BECOMES OUR WAY.
SERVICE SQUAD
WE FIND PURPOSE BY HELPING OTHERS.
THE NEXT GENERATION.
YOU CAN BE ANYTHING. JUST STAY CLEAN, KEEP GROWING, KEEP COMING. BACK.
HOPE
THE LESSONS THEY LEARN TODAY CREATE THEIR FUTURE TOMORROW.
FROM SURVIVING TO THRIVING.
SECOND CHANCE WOODWORKS BUILT ON RECOVERY
I BUILD MORE THAN FURNITURE. I BUILD A LIFE WORTH LIVING.
WE BUILD BUSINESSES. WE BUILD DREAMS. WE BUILD LEGACIES.
WHEN WE RECOVER, OUR NEIGHBORHOODS BECOME SAFER. OUR STREETS BECOME CLEANER. OUR CITY BECOMES STRONGER.
TOGETHER WE RISE
LOS ANGELES STRONG
RECOVERY ISN'T JUST A PERSONAL VICTORY. IT'S A COMMUNITY TRANSFORMATION. IT'S A CITYWIDE REVIVAL.
WE ARE NOT PERFECT. BUT WE ARE COMMITTED. WE ARE NOT ALONE. WE ARE TOGETHER.
RECOVERY GAVE US OUR LIVES. SERVICE GIVES OUR LIVES MEANING. TOGETHER WE GIVE HOPE TO THE WORLD.
AS LONG AS THERE IS ONE PERSON IN THE DARKNESS... WE WILL BE THERE. THAT IS OUR PROMISE. THAT IS OUR MISSION.
WE ARE SOBERMAN AND SOBERWOMAN.
WE LIVE IT. WE SHARE IT. WE DO IT TOGETTHER.


WE KEEP WATCH.
SO OTHERS CAN REST.
THE NIGHT IS QUIET. BUT OUR MISSION NEVER SLEEPS.
WE STAND GUARD OVER OUR CITY. OVER OUR PEOPLE. OVER OUR PROMISE.
WE ARE THE GILDED SENTINELS OF RECOVERY. A BEACON OF HOPE IN A WORLD THAT STILL HURTS.
AS LONG AS THERE ARE PEOPLE IN THE DARKNESS... WE WILL BE HERE.
THAT IS OUR VOW.
THAT IS OUR LIFE.
THAT IS OUR SOBRIETY.
HOPE IS ALIVE
AA BIG BOOK
CONSHOHOCKEN TO LOS ANGELES— AND EVERY PLACE IN BETWEEN.
WE WATCH.
WE WAIT.
WE ARE READY.
OUR TOOLS. OUR MISSION. OUR WAY OF LIFE.
THE MANUAL: AA BIG BOOK
THE MANUAL FOR THE NEW ARCHITECTURE OF THE SOUL.
ALCOHOLICS ANONYMOUS
This is the Fourth Edition of the Big Book, the Basic Text for Alcoholics Anonymous.
OUR FOUNDATION.
OUR GUIDE.
OUR WAY BACK.
THE SOBRIETY BELT
EQUIPPED FOR RECOVERY.
READY FOR SERVICE.
AA BIG BOOK
24 HOURS
SPONSOR LIST
1. JOHN 610-555-0147
2. MIKE 610-555-0182
3. DAVE 610-555-0193
4. TOM 610-555-0169
5. PAT 610-555-0170
• AA BIG BOOK
• SOBRIETY TOKENS
• SPONSOR LIST
• PRAYER COIN
• SERVICE TOOLS
• HOPE ALWAYS
THE THREE PILLARS
OUR PROMISE.
OUR PRACTICE.
OUR POWER.
TRUST GOD
SURRENDER.
BELIEVE.
LET GO AND LET GOD.
CLEAN HOUSE
ADMIT THE TRUTH.
MAKE AMENDS.
BUILD A NEW LIFE.
HELP OTHERS
SERVICE IS OUR PRIVILEGE.
LOVE IN ACTION.
PAY IT FORWARD.
WE DON'T SAVE PEOPLE.
WE WALK WITH THEM.
WE SHOW THEM THE WAY.
THEY DO THE WORK.
TOGETHER, WE WIN.
HOPE
ONE LIFE.
ONE CHOICE.
ONE DAY AT A TIME.
RECOVERY IS POSSIBLE.
FREEDOM IS REAL.
HOPE IS HERE.
WE ARE SOBERMAN AND SOBERWOMAN.
WE KEEP THE LIGHT ON.

THE MISSION CONTINUES.
THE LIGHT GROWS.
THE FUTURE IS OURS.

TOGETHER, WE BUILD A CITY WHERE EVERYONE HAS A CHANCE TO RECOVER, HEAL AND THRIVE.



THE GILDED SENTINELS

Not born of power.
Forged in pain.
Refined by recovery.
Driven by purpose.

We are the light in the darkness.



THE SUIT

- **MATTE-BLACK TACTICAL SHELL** – *Symbol of discipline, focus and resilience.*
- **GILDED FISSURES** – *Inspired by Kintsugi. Our broken places made beautiful. Stronger. Brighter. Unbreakable.*
- **SOLAR NUCLEUS** – *The Gilded Ember. The power of faith, recovery and love.*
- **FACIAL VOID** – *We are not the hero. Recovery is the hero.*

THE UTILITY BELT – TOOLS OF RECOVERY



- **AA BIG BOOK** – *The Manual for the New Architecture of the Soul*
- **SOBRIETY TOKENS** – *Reminders of grace and growth*
- **SPONSOR LIST** – *Connection when we need it most*
- **PRAYER COIN** – *Faith in action*
- **SERVICE TOOLS** – *For the work that saves lives*
- **HOPE ALWAYS** – *Because hope never quits*

THE THREE PILLARS

OUR FOUNDATION. OUR COMPASS. OUR MISSION.

TRUST GOD
Surrender.
Believe.
Let go and let God.

CLEAN HOUSE
Admit the truth.
Make amends.
Build a new life.

HELP OTHERS
Service is our privilege.
Love in action.
Pay it forward.

WE ARE SOBERMAN AND SOBERWOMAN.

WE CHOOSE FAITH.
WE CHOOSE SERVICE.
WE CHOOSE LOVE.
WE CHOOSE RECOVERY.

ONE CITY. ONE LIFE. ONE DAY AT A TIME.

FIND SOMEONE ELSE IN THE DARK.
WALK WITH THEM INTO THE LIGHT.
THAT'S HOW WE KEEP IT.
THAT'S HOW WE GROW.
THAT'S HOW WE CHANGE THE WORLD.

THE PROMISE

RECOVERY IS POSSIBLE.
FREEDOM IS REAL.
HOPE IS HERE.
THERE IS A BETTER WAY.
WE'LL HELP YOU FIND IT.

TOGETHER, WE RISE.

ONE MAN. ONE WOMAN. ONE MISSION. COUNTLESS LIVES. ETERNAL PURPOSE.



WE ARE SOBERMAN AND SOBERWOMAN.

WE DON'T JUST SURVIVE.
WE HELP OTHERS SURVIVE.
WE DON'T JUST DREAM.
WE BUILD.
WE DON'T JUST TALK.
WE SHOW UP.

TOGETHER, WE CHANGE THE STORY.
TOGETHER, WE CHANGE THE WORLD.



FIND SOMEONE ELSE IN THE DARK.
WALK WITH THEM INTO THE LIGHT.
THAT'S HOW WE KEEP IT.
THAT'S HOW WE GROW.
THAT'S HOW WE CHANGE THE WORLD.

ONE DAY AT A TIME.

THE GILDED SENTINELS

WE ARE NOT BORN TO WEAR THIS.
WE EARN IT.
WE LIVE IT.
WE SHARE IT.

THE SUIT – A SYMBOL OF TRANSFORMATION

MATTE-BLACK SHELL
Strength. Discipline. Protection.
A shield for service, not for ego.

GILDED FISSURES (KINTSUGI LINES)
Our scars glow with purpose.
Broken places made beautiful.
Recovery makes us stronger.

SOLAR NUCLEUS
The Gilded Ember.
Unwavering hope.
Powered by faith and love.

FACIAL VOID / GOLDEN EYES
We see beyond appearances.
We see pain. We see potential.
We see the light within.

THE UTILITY BELT – TOOLS FOR THE MISSION



- **AA BIG BOOK** – *The Manual for the New Architecture of the Soul*
- **SOBRIETY TOKENS** – *Daily reminders that freedom is possible*
- **SPONSOR LIST** – *Connection and guidance when we need it most*
- **PRAYER COIN** – *Faith in action*
- **SERVICE TOOLS** – *For the work that changes lives*
- **HOPE ALWAYS** – *Because hope never quits*

THE THREE PILLARS OF RECOVERY

TRUST GOD
Surrender.
Believe.
Let go and let God.

CLEAN HOUSE
Admit the truth.
Make amends.
Build a new life.

HELP OTHERS
Service is our privilege.
Love in action.
Pay it forward.

OUR PROMISE. OUR PURPOSE.

Recovery is possible.
Freedom is real.
Hope is here.
There is a better way.
We'll help you find it.

TOGETHER, WE RECOVER. TOGETHER, WE RISE!

RECOVERY RESOURCES

PRINT EDITION | NATIONAL U.S. GUIDE | KEEP THIS PAGE

YOU DO NOT HAVE TO DO THIS ALONE

IMMEDIATE DANGER OR OVERDOSE: CALL 911
SUICIDE OR EMOTIONAL CRISIS: CALL OR TEXT 988

TREATMENT REFERRAL: 1-800-662-HELP (4357)
Free and confidential - available 24 hours a day

START HERE: TREATMENT HELP

Confidential national guidance and a searchable treatment directory.

SAMHSA National Helpline: 1-800-662-HELP (4357)

01 **SAMHSA National Helpline**
samhsa.gov/find-help/helplines/national-helpline

02 **Find treatment near you**
FindTreatment.gov

ALCOHOLICS ANONYMOUS (AA)

Peer support for recovery from alcohol addiction.

General Service Office: 212-870-3400

03 **Meeting Guide app**
aa.org/meeting-guide-app

04 **General Service Office contact**
aa.org/contact-gso

05 **Find AA and local phone help**
aa.org/find-aa

NARCOTICS ANONYMOUS (NA)

Peer support for recovery from drug addiction. Local sites list meetings and helplines.

NA World Services: 818-773-9999 (not a 24-hour crisis line)

06 **Find local and virtual meetings**
na.org/MeetingSearch

07 **NA World Services contact**
na.org/contact-us

SMART RECOVERY

Practical recovery skills and free peer meetings for addictive behaviors.

Office: 440-951-5357 - Mon-Fri, 8 a.m.-4 p.m. ET

08 **Find SMART meetings**
meetings.smartrecovery.org/meetings

09 **SMART Recovery contact**
smartrecovery.org/contact-us

WOMEN FOR SOBRIETY

Peer recovery support and meetings for women.

Office: 215-536-8026

10 **Women for Sobriety**
womenforsobriety.org

11 **Meeting finder**
meetings.womenforsobriety.org/meetings

RECOVERY DHARMA

Peer recovery support using Buddhist practices and meditation.

12 **Online and in-person meetings**
recoverydharma.org/meetings-and-events

SUPPORT FOR FAMILIES AND FRIENDS

Meeting information and support for people affected by a loved one's addiction.

Al-Anon: 1-888-425-2666 | Nar-Anon: 1-800-477-6291

13 **Al-Anon / Alateen contact**
al-anon.org/contact-us

14 **Nar-Anon contact**
nar-anon.org/contact

My Sobriety Goals

Write the goals you want to achieve in your sobriety.

Sobriety Objectives

List the specific action steps you will take to achieve the goals you wrote in section one. Include when you will take each step.

Please scan to rate the Soberman website and printed comics, and tell us how they can help you begin or sustain recovery.

THE SOBERMAN UNIVERSE



SoberManRecovery.com

Scan with your phone's camera, or type this address into your browser.

Best viewed on a laptop or tablet. The website is optimized for larger screens. You can use a phone, but navigation is more difficult.

Soberman is a universe of printed comic books and web-based resources, united by one purpose: sobriety through storytelling. You're reading a printed comic now. To explore the rest of the universe, visit **SoberManRecovery.com**.

All of our comic books are available on the website, along with other valuable recovery resources. We invite you to explore both the printed stories and the online materials.

With grant funding, we hope to print our comics in bulk and deliver them to treatment centers, rehabilitation hospitals, emergency rooms, and other recovery-related settings. For now, most of our comics and resources are available online.

If you have a printed copy, hold on to it! We don't yet know when funding will allow us to print larger quantities of the other comics you'll find on our website.

Now you know how to explore the Soberman universe. We wish you all the best in your recovery and hope that sobriety through storytelling supports you on the journey ahead.



Created and published by Soberman LLC™ as part of the Storytelling for Sobriety initiative.