

**Capital District Central Office  
11 Computer Drive West,  
Suite 100  
Albany, NY 12205  
518-463-0906  
Great Service Opportunities!!**

The Capital District Central Office is looking for Daytime volunteers and Night Owls to help carry the message and provide information about meetings, A.A. Literature, and events and activities in and around the Capital District. The Office is open from 11 am to 7 pm, Mondays through Fridays, and from noon to 4 pm on Saturdays. Daytime volunteers work four hour shifts. Shifts during the week are 11 am to 3 pm, and 3 pm to 7 pm. Night Owls receive calls on their home or cell phones during the hours when the Office is closed. During the week, Night Owl shifts are from 7 pm to 11 am the next day. Most Night Owls cover shifts every other week. The Night Owl position is ideal for retirees or those who work part time. All volunteers receive a one-time, personal training that includes scripting for all types of calls. Night Owls are given a handbook that contains all of the information that is available to Daytime volunteers in the Office.

For more information please call the Office at 518-463-0906, or send an email to [chair@aaalbanyny.org](mailto:chair@aaalbanyny.org).