

# Capital District Central Office (CDCO)

## Sample Calls in March 2026

The Central Office received **80** calls in March 2026. Below are nine samples of our volunteers' hands being there to fulfill the AA Responsibility Pledge when a hand reached out for help.

- 1) D \_\_\_\_\_, who has been around for a long time, just got out of hospital. He's had some suicidal ideation, his meds were changed, but he's feeling isolated. He does not want to drive in his mental state and has not been to a brick-and-mortar meeting in a while. He is in a program for mental health. I suggested he speak with his counselor about the length of his treatment time. Also suggested he call some friends to chat and possibly get rides to meetings. He sounded better after talking for a little bit, and I told him to call back any time. He did not want the suicide hotline, as he feels he will not act on it - just needed to talk. Support given.
  
- 2) A male called seeking information about meetings tonight in Utica. He thought there was one at 700 Court St. I couldn't locate that one but found another nearby (Alano Club) which he said he would go to.
  
- 3) **First Time Caller**  
**New to AA**  
B \_\_\_\_\_ called from a rehab in Kansas looking for a sponsor or someone to provide support for him upon his return to Colonie, NY on March 11th. Told him we could provide that sort of service through Bridging the Gap. I emailed his contact and release info to the BTG men's coordinator at District 1. I called B \_\_\_\_\_ back and left a msg telling him I had contacted BTG and he should hear from them.
  
- 4) **First time caller**  
**New to AA**  
A woman called seeking information about Al-Anon meetings. She said she struggles with the computer. I went to the Al-Anon website and gave her several meetings. I also gave her the local Al-Anon phone number.
  
- 5) **First Time Caller**  
**New to AA**  
A female called seeking meetings in her area, but not in her hometown. She is trying to maintain custody of her children, and her attorney suggested attending AA.

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6) **First Time Caller**

Caller needed meeting information. He used to go to AA, and is now coming back. I provided meeting info, and the website so that he a find other meeting information. I told him to call back anytime he needed to.

7) **First Time Caller**

New to AA

Caller wanted to know about AA and how to attend meetings. I looked up several meetings for him. We talked about the fellowship and what to expect at his first meeting. I reminded him we are here 24-7 if he has any other questions.

8) **First Time Caller**

New to AA

K\_\_\_\_\_ called from Hudson Falls looking for meetings in the Hudson Falls/Fort Edward/Whitehall area. I gave one or two meetings for each night of the week. He said he's new to AA, and asked questions about paying to go to meetings. I explained everything about how meetings work. He's going tonight to his first meeting in Fort Edward.

9) **First Time Caller**

T\_\_\_\_\_ calling from Oneida. He went to AA meetings a long time ago and is now coming back. He sounds fairly desperate, which may be good. I gave him a noon meeting in Rome, NY - he said he knew where it was and would be sure to go. I told him he did a really good thing giving us a call, and let him know that we're here 24/7.

Respectfully Submitted  
CDCO Data Coordinator  
Gene R.