



*Ben's Friends is the food and beverage industry support group offering hope, fellowship, and a path forward to professionals who struggle with substance abuse and addiction.*

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## **Ben's Friends Seattle Chapter**

*\*Meetings beginning Monday, November 4th & every Monday afterwards\**

***Mondays @ 10am | Eight Row | 7102 Woodlawn Ave NE, Seattle 98115***

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Ben's Friends models acceptance and gratitude, and though unaffiliated with either AA or NA, shares an important commonality: the only thing you need to bring through the door is a desire to stop drinking or using.

Ben's Friends offers a safe and constructive haven for those grappling with and maintaining sobriety. By coming together, by starting a dialogue, and by acknowledging that substance abuse cannot be overcome in isolation or by willpower alone, Ben's Friends hopes to write a new chapter in the lives of our country's talented and dedicated food and beverage professionals.

All are welcome and any questions can be directed to  
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& **David Nichols** [davidliam@gmail.com](mailto:davidliam@gmail.com) (917)445-8707  
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