SARAH MENTAL Health Association (PSG) for Cina Centre in order to prevent suicide and related centres to set a suicide hotline. Details: 274797.

AALMERAH Youth Care Centre Provides a safe place to study for professional assistance and support issues such as education, rehabilitation, work, family, financial stability. Also provides sarah centre with a centre of reminder, particularly for those who are planning to build a home. For the first time, prospective parents can see their future home in the Sarawak area. Details: Sarawak Mental Health Centre (084) 308119.

KINABALU Hospital Health Care Services for children with Down Syndrome under the age of 5. Details: Rencis 958989, Fax: 958989.

CONSULTANCY Services to & Teaching Centre for Down Syndrome. Details: Sarawak Mental Health Centre (084) 308119.

QUEEN ELIZABETH Hospital Welfare & Cultural Association for people with Down Syndrome. Details: 275133.

KINABALU Hospital News to people with Down Syndrome and people with Down Syndrome. Details: 275133.

HOSPITAL Victoria Brand Dr Gwenez Elsman Hospital provides a safe place to study for professional assistance and support issues such as education, rehabilitation, work, family, financial stability. Also provides sarah centre with a centre of reminder, particularly for those who are planning to build a home. For the first time, prospective parents can see their future home in the Sarawak area. Details: Sarawak Mental Health Centre (084) 308119.

SARAH HEALTH Department (PSG) Health care for people with Down Syndrome. Details: 277707.

THE CARING Society St Joseph Hospital for people with Down Syndrome. Details: 271746.

SARAH SOCIETY For The Best Registration for pre-school children with Down Syndrome or children aged 2 - 6 years. Details: Sarawak Mental Health Centre (084) 308119.

B.B. (Braille Braille) Braille for people with Down Syndrome. Details: Sarawak Mental Health Centre (084) 308119.

KINABALU Hospital Health Care Services for people with Down Syndrome under the age of 5. Details: Rencis 958989, Fax: 958989.

PRIVACY CT class for people with Down Syndrome. Details: Sarawak Mental Health Centre (084) 308119.

THE BROTHERS KINABAIDAL Special education for people with Down Syndrome. Details: Sarawak Mental Health Centre (084) 308119.

ENQUIRIES: Call Archivis Daliah at 089-891006

ALCOHOLIC ANONYMOUS meetings.

The following are some of the issues that have been discussed in the meeting.

1. The importance of understanding addiction.
2. The role of family and friends in recovery.
4. The benefits of support groups.
5. The impact of addiction on daily life.

The meeting was held on Thursday, 18th of April. A 12-step program was discussed, which is a common approach to recovery from addiction. The group discussed the importance of admitting the problem and taking the first step towards recovery by joining a support group. The meeting ended with a group discussion on how to stay accountable and maintain sobriety.