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24-Hour Crime Victim Services
(Citizens Council)
612.340.5400

A

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(Mpls)
www.aaminnea.polis.org
952.922.0880
Northbrook
763.781.5102
AA-Alcoholics Anonymous
www.aastpaul.org
St. Paul
651.227.5502
AA Alternative (listing of non-AA
chemical health support
groups)
952.922.3392
Abuse Hot Line
1.800.799.SAFE;
TDD
1.800.787.3224
ACA Intergroup-Adult
Children
of Alcoholics
763.574.0903
Access to counseling.com
952.322.2111
Access Works: Harm
Reduction Ctr.
612.870.1830
ACSR-Adult Children in
Sexual Recovery
Scott; 612.850.7299
Val; 612.879.9642
Adoptive Families of America
(formerly "OURS")
1.800.372.3300
African American Sexual
Violence Program
651.527.3133; 651.265.6177
AlAnon (information services)
952.920.3961
Intergroup St. Paul
651.771.2208
Anxiety Support Network
763.383.1720
www.anxietysupportnetwork.
org
ARIA-Adults Recovering From
Incest (women only)
763.591.5916

B

Buddhism and 12 Steps
651.208.0749

C

Chemical Dependency
We Care Counseling
651.777.2233
Chemical Injury Resource
Ass'n of MN.CIRA
651.647.0944
Child Sexual Abuse:
StopItNow
www.stopitnow.org
1.888.773.8368
Chrysalis Center for Women
612.871.0118
CIUES- Chicanos Latinos
Unidos en Servicio
612.871.0200
Cocaine Anonymous; Coc.
Anon
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Concerned United Birth
Parents
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CoDependents Anonymous
CoDA
612.872.0336
Contraceptive Hotline
800.584.9911
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Addicts Anonymous
763.537.6904

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Telecom Relay Services
711
Debtors Anonymous
952.953.8438

E

Eating Disorders Anonymous
..... 651.246.5935
Emotions Anonymous
651.647.9712

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Problem Gambling
800.333.4673
Gamblers Anonymous
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www.minnesotaGA.org
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1.888.424.3577
Gambler's Alternatives
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Grief, Loss & Transition
651.641.0177

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Health Realization Group
612.338.3664

J

Jewish Recovery Network
763.544.4446

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Lawyers Concerned for Lawyers
651.646.5590
www.mncl.org
Lesbian Survivors of Abuse
www.geocities.com/rainbow.
hope2000/

M

MA-Marijuana Anonymous ..
www.marijuana.anonymous.org
Men's Center (support & anger
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612.822.5892
Men's Line-The
612.379.6367
Mental Health Consumer
Survivor
Network of MN
651.637.2800
Minnesotans for Safe Driving
952.238.0970
Model Cities Home-Based
Outpatient
Treatment Program
651.221.4442

N

Nar.Anon.
612.379.4253
Narcotics Anonymous
metro
952.939.3939
statewide
1.877.767.7676
Nicotine Anonymous
952.404.1488

O

OCD Support Groups;
612.722.1504
Open Door (agoraphobia and
panic disorder support)
St. Paul, 952.818.7343 or
612.229.1863; St. Louis Park,

612.998.6160
Overeaters Anonymous
612.377.1600/888.540.1212

P

PFLAG-Parents, Families and
Friends of Lesbians and Gays
612.825.1660
Poison Control Centers
1.800.222.1222

Q

QUITPLANSM Helpline free
stop.smoking services
1.888.354.PLAN (7526)

R

REACH (for families of
people with mental illness)
612.331.6840
Recovery, Inc. (facilitated, self-
help mental health groups)
612.824.5773
Recovering Couples
Anonymous
612.869.3866
Resource Ctr. for Fathers/
Families
(parenting, stepparenting, anger
mgmt.) 763.783.4938

S

SAA-Sex Addicts Anonymous
651.646.1970
Senior Link AGE LINE
800.333.2433
Sexaholics Anonymous
952.985.1016
Shoplifters Anonymous
763.544.8288
16 Step Sobriety Support
Group
612.866.4550
SOS-Secular Organization for
Sobriety/Save Our Selves
www.sossobriety.org
612.720.4683
Spiritual Community and
Center
612.922.4272
Healing circle
612.922.4272
Drumming circle
612.922.4272
Stuttering Association
national; 800.364.1677
Survivors of Incest
Anonymous.SIA; www.siaawso.
org
Spenders Anonymous
http://www.spenders.org

T

ToughLove Parent Support
Groups; 763.391.2630
12 Steps for Christian Living
Groups; 763.593.1791
Tubman Family Alliance
651.770.8544

U

United Way 2-1-1
1.800.543.7709

W

Women's Cancer Resource
Center
612.729.0491
Women For Sobriety
651.224.0328
Work Addicts Anonymous
763.786.2723

Step By Step Self Help

Gael Lindenfield



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web goals 1 measure and verify aspects of the work energy theorem 2 make appropriate measurements and calculate the kinetic and gravitational potential energies of an object 3 use the work energy theorem to find the work due to friction and the magnitude of the friction force on the glider procedure

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web the work energy theorem also supports this conclusion and it states that the work done by the net force on a body is equal to the change in kinetic energy this happens because as work is done on an object potential energy is be stored in that object

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web work is a force applied over a distance so for example pushing a box with 10 newtons of force for 15 meters is work but memorizing the equation for work isn't actual work in physics work

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