

Al-Anon Faces Alcoholism 2014

*Strength and hope for families and friends
of problem drinkers*



8 Growing up in an alcoholic home

“Allyson’s interaction with her father brought about a sense of shame and not being good enough. That was the first injury. The second was that in an alcoholic family, she had nowhere to go with those feelings, no source of comfort or soothing, and no person with whom to process her sadness and confusion.”



Alcoholism affects the entire family 12

“One day when I was screeching at my children, my two-year-old son stood there shaking. I thought, “My God, what am I doing to my kids?”



Parents learn to cope **16** with their adult child's drinking

"I thought I could be happy only if my son would stop the drinking and drugs and stay out of jail."



20 Al-Anon is spiritual – not religious

"When I first came to an Al-Anon meeting, I was put off by the mention of a Higher Power. I was proud of my non-belief in anything having to do with religion or spirituality."



Al-Anon works well **22** with counseling

"...the concept of non-judgment that Al-Anon espouses, as well as letting members be responsible for their journey, smoothes the way for the deep work of psychotherapy. Support through the Al-Anon program helps my clients take the time they need for working on changes."



What an Al-Anon meeting offers...

Dear Reader,

Being affected by someone else's drinking is difficult for anyone to experience. Loved ones and close friends try many things to get the problem drinker to stop—all with little or no success. Having grown up in an alcoholic family, and later having partners with drinking problems, I understand the loneliness and frustration that living with an alcoholic can bring. I also recognize the impact alcoholism had on my life, even when I wasn't actually living with "the problem."

In this magazine and in Al-Anon Family Groups around the world, members share how they learned to find solutions that improved their lives and those of the people around them. We learn that we didn't cause the problem, we can't control it, and we are not going to cure it.

We hear about the idea that "...we were powerless over alcohol—that our lives had become unmanageable." At first, I didn't want to believe that. After all, if I stopped telling the alcoholic about his drinking and the problems it caused, how would he know? My belief that I had any power in this situation was at best an illusion—a fantasy of my own making. Members told me I could change and control myself, and that could have a *positive impact* on others.

Professionals often refer their clients to Al-Anon Family Groups to help them find personal recovery from the damage that living with alcoholism inflicts. The articles written by professionals in this magazine explain the benefits that they have witnessed when their clients take a chance and attend their first meeting. They have seen those clients respond positively to the safety and support that Al-Anon meetings offer.

I was afraid that if people knew who I was, my job and my life would be at risk. Because of the principle of personal anonymity, what a member says in the meeting or member-to-member is not repeated. Members do not have to give their last names, and no one is concerned about another's profession, economic status, or education level.

I was surprised by what I learned at an Al-Anon meeting. I hope that after reading this magazine, you will try an Al-Anon meeting. As I was often reminded, I only had my unhappiness to lose.

Hope to see you at a meeting soon.



Ric B., Executive Director
Al-Anon Family Group
Headquarters, Inc.



How do I know if **Al-Anon** could **help me?**

Problem drinkers commonly say that their drinking is not as serious a problem as some people think. People who are close to problem drinkers also have a tendency to minimize how seriously the drinker's behavior has affected them. They are trying to keep things as normal as possible under conditions that are sometimes unbearable.

These questions can help you decide for yourself if you could benefit by visiting a few Al-Anon meetings.

- Do you worry about how much someone else drinks?
- Do you have money problems because of someone else's drinking?
- Do you tell lies to cover up for someone else's drinking?
- Do you feel that if the drinker cared about you, he or she would stop drinking to please you?
- Are plans frequently upset or canceled because of the drinker?
- Do you make threats, such as, "If you don't stop drinking, I'll leave you"?
- Are you afraid to upset someone for fear it will set off a drinking bout?
- Have you been hurt or embarrassed by a drinker's behavior?
- Do you search for hidden alcohol?
- Have you refused social invitations out of fear or anxiety?
- Do you feel like a failure because you can't control the drinking?
- Do you think that if the drinker stopped drinking, your other problems would be solved?

If you answered "yes" to one or more of these questions, Al-Anon or Alateen may be able to help.

When someone close to you drinks too much...

Sometimes the problem drinker is a spouse or partner. Sometimes parents are concerned about a child's drinking. Sometimes the drinker is—or was—a parent, another relative, a co-worker, or friend.

Al-Anon and Alateen— where you can find help

Al-Anon is a mutual support program for people who are living with—or have lived with—someone whose drinking created problems for themselves or others.

At Alateen meetings, young people give **help and support** to each other, in a safe environment.

How bad is the drinking?

What really matters is this question: **does the drinking trouble you?** If it does, an Al-Anon Family Group could be helpful to you.

How serious does the drinker's problem have to be for Al-Anon to help?

From the Al-Anon perspective, it doesn't matter whether the drinker is an alcoholic or not. What really matters is: **does the drinking trouble you?**



Lasting effects...

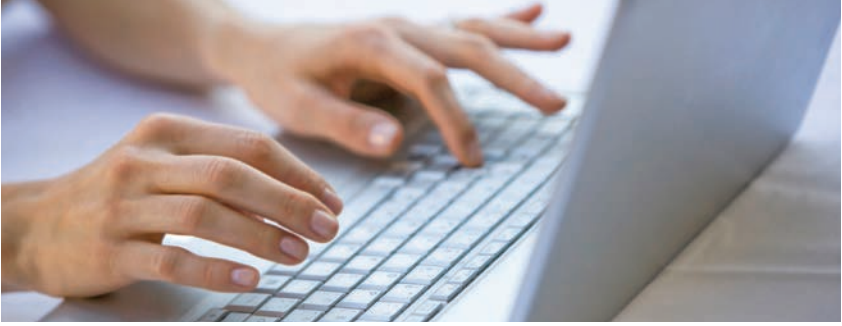
Your parent or grandparent drank too much.

You divorced a spouse who behaved badly while intoxicated.

Your current spouse or partner has stopped drinking.

But even if there is not active alcoholism in your life now, sometimes a relationship with a problem drinker can have long-lasting effects.

Al-Anon and Alateen offer an opportunity for personal growth. Members help each other to understand and unravel the lingering effects that resulted from someone else's drinking—whether the drinking is still active or not.



How to find an Al-Anon or Alateen meeting

Call **1-888-4AL-ANON** (1-888-425-2666) or

visit **www.al-anon.alateen.org** for meeting information.

Al-Anon may also be listed in your local telephone directory.

On-line meetings and telephone meetings sometimes supplement, rather than replace, face-to-face Al-Anon meetings. They are also helpful for the homebound and for those who live in rural areas, as well as for travelers who can participate in a meeting from anywhere in the world. To find a list of electronic meetings, visit www.al-anon.alateen.org, or send an e-mail to wso@al-anon.org.

Al-Anon members report **improved well-being**

According to the *2012 Al-Anon Membership Survey*, 94 percent of Al-Anon members reported that their lives have been very positively affected by membership in Al-Anon. Complete results from the *Membership Survey* are available on the “For Professionals” page of Al-Anon’s Web site at www.al-anon.alateen.org.

No appointments are necessary

Anyone concerned about someone else’s drinking is welcome to walk in and attend any meeting.

There are no dues or fees

Members make voluntary contributions because each group is self-supporting and declines outside contributions. Most groups pass a basket at each meeting to help cover its routine costs, such as renting the meeting room, supporting Al-Anon services, and buying literature. Contributions are optional.

What 'anonymity' is all about

There is a spiritual aspect to anonymity.

Everyone is equally humble in facing the sometimes overwhelming challenges of dealing with problems related to a loved one's struggle with alcohol.

Anonymity helps keep the emphasis on principles that can help solve personal problems, rather than on the personal situations that are part of the problem. No one's social status, professional standing, or level of education matters at an Al-Anon meeting.

Confidentiality ensures that you can speak from the heart at an Al-Anon meeting, because everything said at the meeting stays at the meeting.

You don't have to worry that someone from the Al-Anon meeting will approach you in a public place and start discussing your personal, confidential problems.



If the Al-Anon meeting is held at a church...

Some Al-Anon groups meet in hospitals, community centers, or libraries. They are not affiliated with those institutions, which merely provide a meeting place at a nominal fee for rent.

Similarly, an Al-Anon meeting held in a church is not affiliated with that church. Al-Anon is a spiritual program, but it is not religious and is not affiliated with any church or religion, just as it is not affiliated

with any other private or public organization.

Al-Anon groups focus *exclusively* on issues related to helping the friends and families of problem drinkers. **The location of the meeting place is irrelevant to the content and discussion at the meeting.**

Al-Anon meetings include people of different religious understandings, as well as individuals without any spiritual beliefs.



Someone close to me has a drug problem

Al-Anon Family Groups have one focus: to help friends and families of alcoholics.

Al-Anon's *2012 Membership Survey* reported, however, that 34 percent of Al-Anon members *first* came to Al-Anon Family Groups because of a friend or relative who had a drug problem. The survey also showed that 88 percent of these members came to realize that alcohol abuse was also part of the overall problem.

What kind of 'answers' will I find at Al-Anon?

Al-Anon members find support and understanding as they share their experiences in applying the Al-Anon principles to their lives.

This peer-to-peer exchange helps them discover new choices and new ways of thinking about how to handle the effects of alcohol abuse. They do not give each other advice or specific direction.



What is the difference between 'open' and 'closed' meetings?

Often, Al-Anon groups will distribute a local meeting schedule along with copies of *Al-Anon Faces Alcoholism* magazine. In those schedules, some meetings are designated as "open" and others as "closed."

Anyone concerned about someone else's drinking is welcome to attend any Al-Anon meeting, whether it is listed as "open" or "closed."

A **"closed" meeting** is for anyone who is troubled by someone else's drinking.

An **"open" meeting** also welcomes guests, students, and interested professionals who want to learn by observing an Al-Anon meeting. Observers attending open Al-Anon meetings are requested to abide by the principles that guide participation in all Al-Anon Family Group meetings, most especially the principles of confidentiality and anonymity that protect its members.

Making peace

with the past and the present

Stephanie L., Illinois



Chaos was the normal state in my childhood home. Conversation consisted of everyone talking at once and nobody listening. None of us took responsibility for our own behavior. Secrecy and denial were not merely encouraged, they were required. We were miserable, frustrated, and felt lonely and alone.

When I got into counseling, at age 30, one of the first suggestions my therapist made was that I attend a minimum of one Al-Anon meeting a week.


I wish I could say that I got there and felt right at home, but I was merely present at those first few meetings, paralyzed by shame and fear. I was

desperate because I could not stop the people I loved from drinking too much. I wanted to learn how to stop them.

An Al-Anon friend told me, “Drinking is what alcoholics do. It’s a disease. Nobody wakes up one day and decides to be an alcoholic.” Everyone assured me, “It gets better. Keep coming back.” To my amazement, my perspective began to change, and it did get better.

When I stopped trying to control others, I began to learn to control myself. I am responsible only for my behavior. As I better understood my alcoholic family members and stopped doing battle with them, we found room for real love.

“I was desperate because I could not stop the people I loved from drinking too much.”



“What helped me the most, in Alateen and then in Al-Anon, was to know that I did not have to call him an alcoholic.”

I didn't want to call my dad an 'alcoholic'

Cindy P., Georgia

As a teenager in the rooms of Alateen, I was told that alcoholism was what caused my dad to get drunk and my mom to act crazy. But my dad always had a job and took care of the family the best he could. I knew he cared deeply for us all. I felt like I was betraying him by calling him an alcoholic.

What helped me the most, in Alateen and then in Al-Anon, was

to know that I did not have to call him an alcoholic. Instead, I could say I had a problem with the amount he drank.

My dad continues to drink, but he also loves me and my brothers unconditionally. I love him unconditionally. It was, and continues to be, the members of Al-Anon and Alateen who help me maintain this important relationship with my father.

A therapist tells how **Al-Anon helped a young adult whose father drank**

*Emily Leadholm, LSW
Cambridge, Massachusetts*



Allyson came to see me for treatment of anxiety and depression. She was a recent college graduate, had a good job as an office manager, and was active in a citizens group that worked for social justice. She was single, had close ties to her family, and had many friends and associates who adored and respected her.

Despite her many successes, she often felt like a failure. She spoke of a sense of emptiness. In asking about her family, I found that her father was

an alcoholic in recovery. He drank until she was eight years old. She had memories of holding her breath upon his return home from work, bracing herself for his rage and criticism. Perhaps most painful, were her memories of being in her room at night, alone with her fear and sadness.

Allyson's interaction with her father brought about a sense of shame and not being good enough. That was the first injury. The second was that in an alcoholic family, she had nowhere to

“She had memories of holding her breath upon his return home from work, bracing herself for his rage and criticism.”



go with those feelings, no source of comfort or soothing, and no person with whom to process her sadness and confusion. She was left alone with intolerable feelings.

I recommended Al-Anon to Allyson, knowing that she would hear people talk about a journey that involved awareness of feelings, acceptance, and compassion for the hurt and shame one feels, and new ways to manage those feelings.

Allyson continues to attend weekly Al-Anon meetings, which have helped

her understand the myriad ways her father's drinking affected her and the entire family. It helped her to develop and maintain a better relationship with her father in the present.

When she remembers the bad times from her father's drinking, she still talks about it with sadness, often tears, but less shame. She sees the incredible hope and brilliance in the lives of Al-Anon members. And, increasingly, she sees hope and brilliance in her own life.

I stayed with my husband— and let go of my worries about him

DeAnna, Illinois

It was 3 a.m. I picked up my phone and opened the GPS app, constantly refreshing the screen as if I could keep my husband safe by following the blinking dot. He was out drinking again.

Before I realized it, it was time to get the kids ready for school. Four hours had passed. I hadn't slept, and my husband still wasn't home. As I walked out the door with my children, I passed my husband coming in. I was relieved and angry at the same time. This continued night after night.

At work I would throw myself into every project I could, just to prove I could handle it. I knew exactly how to fix everybody else's problems by telling them what they should be doing—whether asked or not. I held resentments longer than anyone else I knew. I became an angry and bitter woman.

My mother-in-law brought me to my first Al-Anon meeting. I thought, "This isn't what I need, what I need is for him to stop drinking." That relationship didn't last.

I met my current husband three years later. I vividly recall asking him on our first date if he drank, and his reply was, "No." But, he *did* drink. I was reluctant to go to Al-Anon

because I was afraid that I would be told that to be happy, I'd have to leave my husband. I loved him, and didn't want anyone telling me that. Thankfully, no one ever did.

I was greeted at my first meeting by genuinely happy people. I could see the tranquility in their faces and their smiles. I heard people sharing parts of my story, and I knew I was in the right place. I left that first meeting with a sense of peace I hadn't felt before, and I wanted more.

Those first few meetings helped me get through horrible weekends. I was given a phone list, and I was encouraged to call anyone on that list. It was comforting to know that whatever my problem was, someone on the other end knew what I was going through.

I heard that I wasn't responsible for my husband's drinking, and that I couldn't stop it. That was a huge weight off my shoulders! I was able to start looking at myself and my husband differently.

Today, I am content in my marriage. I am able to enjoy the moment, not dwell on past hurts, or obsess about the future. My husband still drinks, but I am sleeping all night—and I uninstalled the GPS app on my phone.

"I heard that I wasn't responsible for my husband's drinking, and that I couldn't stop it. "





Learning to ‘respond,’ rather than ‘react’

Laurel S., Saskatchewan

My husband usually drank outside the home, but always came home at night. The one night he didn’t come home I was terrified. I didn’t know what had happened to him.

When we were first married, I spent countless nights holding supper, waiting for him to come home. But now that we have children, I have to get my sleep so I can look after them.

I tried everything I could think of to get my husband to quit drinking. I would yell and throw things at him, and when that didn’t work I’d give him the silent treatment.

Many times I took my anger and frustration out on my children. One day when I was screeching at my

children, my two-year-old son stood there shaking. I thought, “My God, what am I doing to my kids?” What kind of person am I becoming? I went to the local drug and alcohol counselor for some help. After a few sessions, he told me that he thought I would benefit by attending Al-Anon.

Going to my first Al-Anon meeting was the best thing I have ever done—for myself and my family. I learned that alcoholism is a disease. The alcoholic’s obsession is alcohol, my obsession was the alcoholic. I also learned how to keep the focus on myself, how to relate to others, and how to respond rather than react.

**“The alcoholic’s obsession is alcohol,
my obsession was the alcoholic.”**

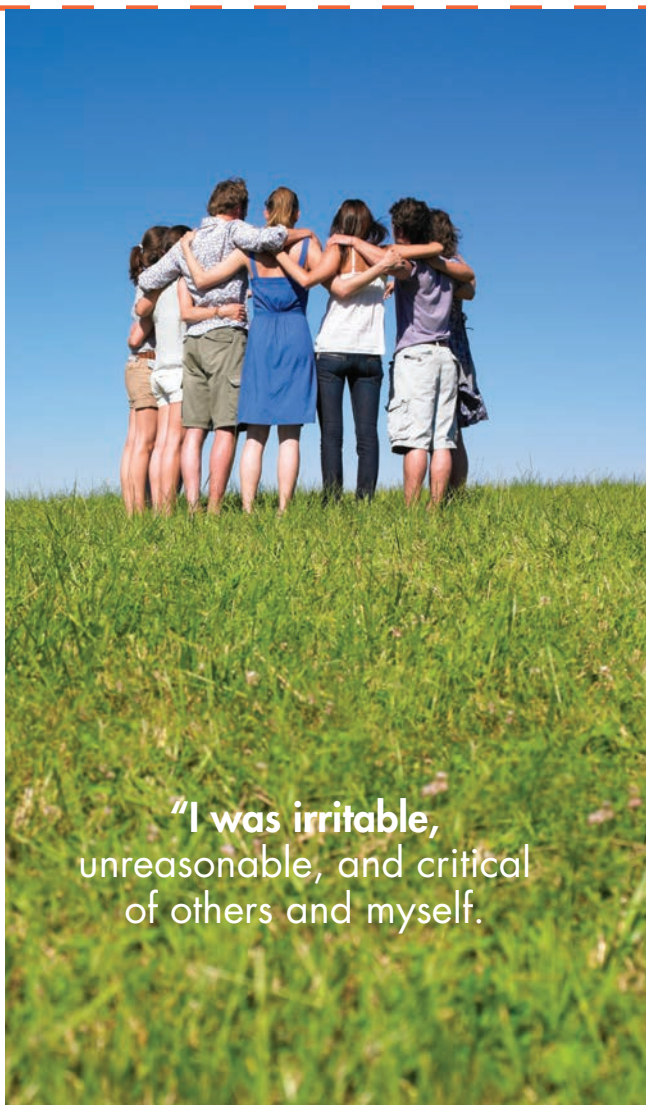
Finding **support** made me stronger

Jennifer S., Idaho

I was so desperate to be heard and understood that I talked about my problems to anyone who would listen. My family and close friends began to dread my constant diatribe. They either gave advice that didn't work for me or they minimized my problems because they didn't understand.

I felt lonely and isolated all the time. I was miserable. I didn't like the person I had become. I was irritable, unreasonable, and critical of others and myself. I had no idea these feelings were related to my husband's drinking.

At my first Al-Anon meeting, I felt comfortable with this group of people who understood me. They had been through the effects of someone's drinking, too. They said, "Just keep coming back," so I did. I began to feel better, and I was no longer alone in my struggles.



**"I was irritable,
unreasonable, and critical
of others and myself.**

I had a hard time accepting that my son had a drinking problem

Emmy C., Hawaii

**“I thought I
could be happy
only if my son
would stop the
drinking...”**



My 20-year-old son was on a path of self-destruction. Looking back, I can see that I missed all the signs of alcohol and drug use. Everything in our life went steadily downhill.

Of course, it took someone else to tell me what was happening, because I didn't want to see it. I refused to see the truth. I fell into deep despair.

I believed all the lies my son told me. That was my way of avoiding the truth and the pain it would bring. When he was arrested and put in prison for a year and a half, I couldn't ignore what was happening any more.

My depression worsened and I refused to let anyone help me. I have a very loving family and wonderful friends, but I locked them out of my life.

My sister suggested that I go to an Al-Anon meeting. I adamantly refused to even consider it. I thought I could be happy only if my son would stop the drinking and drugs and stay out of jail.

I tried calling everywhere to get help for him. Everyone told me the same thing—he would have to make the choice on his own.

The night finally came when I very reluctantly went to my first

“...I have stopped blaming myself for his addictions.”



meeting. I was not going to say a thing. I would go, sit there, and leave. That would appease my family. I walked in and everyone introduced themselves.

The first person shared a story of their daughter who was also an alcoholic and addict. The next person shared a similar story. Then it was my turn. I found the words spilling out of me. I felt relief. I felt acceptance. I felt I had come home. Everyone understood my pain.

The following week, I went to a different meeting. I told my story and cried. In fact, for the next few months,

I told more and more of my story and cried more and more. I felt compassion, love, and acceptance. Gradually, I stopped crying.

I continue going to meetings because I share a special bond with the people there, and we support each other. I have had the opportunity to help others who were in similar situations as my own and this, in turn, strengthens me.

My son is still in prison. For the most part, I have stopped blaming myself for his addictions. I love him with all my heart, and I tell him every chance I get.

A father traded turmoil for **serenity**

Don B., Ohio

“She smiled and said,
‘I know what you’re going through.’”

Our son started drinking at age 13. His drinking would inevitably lead to crisis, usually ending in the hospital or in jail. The crisis led to intervention, then to rehab and sobriety.

He’d do well, get a job, and expand his social life. We would rejoice. Our loving, funny, clever son was back from the abyss. But a few months later, he would drink again.

We tried counseling, psychiatric care, residential and outpatient recovery programs, yet the cycles continued and our pain deepened.

I’m a physician, a board certified anesthesiologist. I administer powerful, addictive drugs every day. I also have a Doctor of Education degree. I believed I knew everything I needed to know.

Eventually, I trudged to my first Al-Anon meeting. A gentle woman, two decades my senior, welcomed me. Without warning, my story poured from my mouth and tears poured from my eyes. I was embarrassed and humiliated. She smiled and said, “I know what you’re going through.” A

gentleman put his hand on my shoulder, looked into my bloodshot eyes and said, “You can find serenity here.” I didn’t believe him but I continued to go to meetings.

I learned about program tools in a wonderful book titled, *How Al-Anon Works*. I carried Al-Anon’s three daily readers with me as my work took me across several states and over many thousands of miles. No matter where I was, I attended at least two meetings a week. Everywhere, I found the same warm welcome, and the same efforts to learn, support, and grow together.

I had no idea how important Al-Anon would become in my life. I found serenity. I found powerful tools, support, and love; most important—I found me.

Thanks to the knowledge and skills I have gained in Al-Anon, I’ve been absolved of feeling guilt for my son’s behavior. As my understanding grew, I have traded fear for confidence, anxiety for peace, and turmoil for serenity.



"I had no idea how **important** Al-Anon would become in my life."

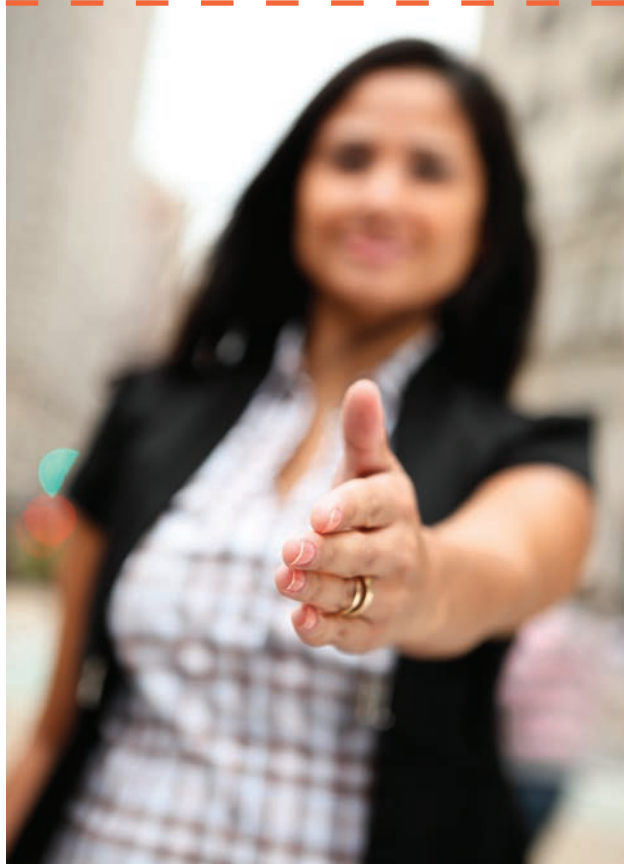
Non-believers are **welcome...**

Anonymous, California

When I first came to an Al-Anon meeting, I was put off by the mention of a Higher Power. I was proud of my non-belief in anything having to do with religion or spirituality. I was sure that if I shared my doubts, those who believed in a Higher Power would surely kick me out.

After a few meetings, I tested this theory. I shared that I was an atheist and didn't know if this program was going to work for me. No one so much as batted an eye. All I heard was, "Keep coming back."

There was no pressure from anyone to believe any other way than was comfortable for me. In time, at my own pace, I found a Higher Power of my *own* understanding, and it's brought me strength.



"I shared that I was an atheist and didn't know if this program was going to work for me."



I can manage my life **better** now

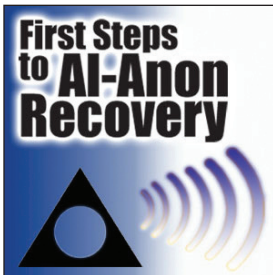
Anonymous, Arizona

I have outlived two husbands, but never realized that the chaos I lived with was the result of their dependence on alcohol.

At my first Al-Anon meeting, I met people whose concerns and fears were similar to mine. The only difference was that they had found the secret to managing their lives. My immediate reaction was to wonder why I had not found this group sooner.

Today, I approach life differently, with confidence that I can handle each day. In Al-Anon, I have grown in my understanding that I did not cause my partners' problems, I cannot control them, I cannot cure them, and I don't want to contribute to their disease. I am grateful for my improved sense of myself, my capabilities, and my strength to manage my life.

"Today I approach life differently, with confidence that I can handle each day."



To learn more about Al-Anon—

and to get a sense of what a meeting could be like—listen to some selections from Al-Anon's podcast series, *First Steps to Al-Anon Recovery*.

These short audio presentations are available at no charge on Al-Anon's Web site, www.al-anon.alateen.org.

Al-Anon expands the **support system** offered by professional counseling

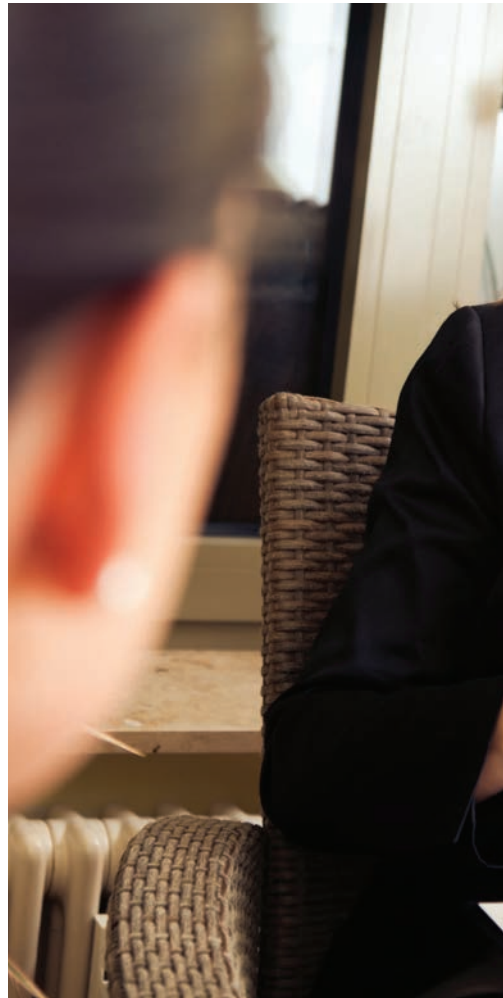
*Valerie Montgomery, BSW, MA, NCC, LPC
Colorado Springs, Colorado*

Sometimes in my work, I suggest Al-Anon as a potential resource for a client or for a family member. I do this because I cannot be a peer with either my client or their family. With the support Al-Anon offers, my client can have daily encouragement on a peer level.

The tools and resources Al-Anon offers can expand my clients' awareness of themselves and their needs on a different level than I can. It's really a win-win situation when a client goes to Al-Anon. Expanding support systems is important to most of my clients, and Al-Anon works very well with professional counseling.

Assessing who might benefit from Al-Anon is a fairly easy process. When I find issues surrounding a friend or family member's alcohol use, I look for an opportunity to communicate with my client about resources that are available. Resource expansion is part of my treatment plan for clients. Talking about self-care is also a part of my work. Al-Anon blends easily into this discussion and plan.

I also recommend Al-Anon to colleagues who have consulted with me



“...the concept of non-judgment that Al-Anon espouses, as well as letting each member be responsible for their journey, smoothes the way for the deep work of psychotherapy.”



about a client. I think every professional working in the field of substance abuse, mental health, or behavioral health could benefit from having Al-Anon in their referral network.

Al-Anon is a solid, dynamic, and enlightening program. The slogans are catchy and easy to remember. Part of the language I use with clients comes from Al-Anon literature. “First Things First” works to ground clients in the moment and easily prioritizes their swirling thoughts. “Easy Does It” implies the grace that is necessary to learn and grow in emotional wellness. “One Day at a Time” slows down the compulsivity and catastrophizing that some clients need to eliminate in their thinking patterns. These sayings are powerful tools.

Most of all, the concept of non-judgment that Al-Anon espouses, as well as letting each member be responsible for their journey, smoothes the way for the deep work of psychotherapy. Support through the Al-Anon program helps my clients take the time they need for working on changes. Al-Anon can boost and nurture the individual to maximize their experience in counseling.

Al-Anon helps an employee get **back on track**

*Barbara Leach, Director of Human Resources
Virginia Beach, VA*



As a Human Resources professional, dealing with questions about benefits, payroll deductions, or time off is the easy part. The more difficult situations arise when an employee's attendance or job performance is at issue. In most cases, personal concerns have spilled into the workplace, affecting the employee's focus and productivity.

If the problem at home is alcohol-related, I pull from my file of resources information about Al-Anon. I explain that Al-Anon provides help and hope to the friends and family members who are affected by someone else's drinking.

I keep Al-Anon literature handy along with the toll-free meeting information number. I encourage the employee to go to a least one meeting.

I had the pleasant experience of one employee who followed my recommendation to attend just one Al-Anon meeting. She came to me several months later and thanked me for encouraging her to attend that one meeting. One meeting became many meetings, and many meetings led to the beginning of calmness in her life. In addition, her supervisor has also been pleased that his employee is now back on track.

Statement of Purpose

Al-Anon Faces Alcoholism was the title of Al-Anon's second book, first published in 1965. This magazine (like that book) includes articles by Al-Anon members and treatment professionals who share their personal perspective on how Al-Anon Family Groups can help people troubled by someone else's drinking.

Al-Anon cooperates with the professional community, but does not affiliate with any individual professional or organization. Similarly, all articles written by Al-Anon members reflect only their own personal experience with Al-Anon Family Groups.

Stories in this magazine present the personal experience of actual AlAnon and Alateen members. In keeping with AlAnon's tradition of anonymity, members' full names are not used. Also, no one whose full-face image appears in this publication is a member of AlAnon or Alateen.

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What can you do,
when someone close to you
drinks too much?

You might be surprised
at what you can learn
at an Al-Anon meeting.

For meeting information call

1-888-4AL-ANON

(1-888-425-2666)

or visit

www.al-anon.alateen.org

Al-Anon may also be listed in your local telephone directory.



Al-Anon **Family** Groups

Strength and hope for friends and families of problem drinkers