

AL-ANON FAMILY GROUPS:

The Al-Anon Family Groups are a fellowship of relatives and friends of alcoholics who share their experience, strength & hope in order to solve their common problems. We believe alcoholism is a family illness and that changed attitudes can aid recovery. Al-Anon is not allied with any sect, denomination, political entity, organization or institution; does not engage in any controversy, neither endorses nor opposes any cause. There are no dues for membership. Al-Anon is self-supporting through its own voluntary contributions. Al-Anon has but one purpose: to help families of alcoholics. We do this by practicing the Twelve Steps, by welcoming and giving comfort to families of alcoholics, and by giving understanding and encouragement to the alcoholic.

Membership in an Al-Anon Family Group and regular attendance at meetings has shown us new ways to deal with our problems. We have found friends who understand. We have become part of a constructive program to achieve personal fulfillment and a new way of life.

In Al-Anon we seek to improve ourselves. We learn that our growth and serenity depend on neither criticizing nor condemning the alcoholic's or anyone else's shortcomings. Strict avoidance of gossip preserves group unity and protects the anonymity of our members, their loved ones and those of Alcoholics Anonymous. Our program is spiritual but not religious. Al-Anon meetings are non-smoking.

▶AL-ANON LITERATURE FOR SALE

At the AA CENTRAL OFFICE

3291B Racquet Club Drive

Traverse City, 49684

CALL 946-8823 For Office hours.

Al-Anon Family Group Website:

www.miaafg.org

Local Website: www.alanon-d39.org

AFG District 39 local mailing address:

PO Box 5132 Traverse City, MI 49696

World Service Outreach:

www.al-anon.alateen.org

AL-ANON - IS IT FOR YOU?

Millions of people are affected by the excessive drinking of someone close to them. The

following 20 questions are designed to help you decide whether or not you need Al-Anon:

1. Do you worry about how much someone else drinks?
2. Do you have money problems because of someone else are drinking?
3. Do you tell lies to cover up for someone else's drinking?
4. Do you feel that if the drinker loved you he or she would stop drinking?
5. Do you think the drinker's behavior is caused by his or her companions?
6. Are routines frequently upset or meals delayed because of the drinker?
7. Do you make threats such as, "If you don't stop drinking I'll leave you?"
8. When you kiss the drinker hello, do you secretly try to smell his or her breath?
9. Are you afraid to upset someone for fear it might set off a drinking bout?
10. Have you been hurt or embarrassed by a drinker's behavior?
11. Does it seem as if every holiday is spoiled because of drinking?
12. Have you considered calling the police for help because you feared physical abuse?
13. Do you find yourself searching for hidden liquor?
14. Do you often ride in a car with a driver who has been drinking?
15. Have you refused social invitations out of fear or anxiety?
16. Do you sometimes feel like a failure when you think of the lengths you have gone to control you have gone to control the drinker?
17. Do you think, "If the drinker stops drinking, all of my other problems will be solved?"
18. Do you ever threaten to hurt your self to scare the drinker?
19. Do you feel angry, depressed most of the time?
20. Do you feel that there is no one who understands your problems?

*** If you answered "yes" to three or more of these questions, then Al-Anon or Alateen may help you.**

AL-ANON/ALATEEN OPEN MEETINGS:

Al-Anon/Alateen Open Meetings are open to anyone affected by alcoholism & interested in the recovery process.

The 1st Monday of every month at 7:00 pm
Located: TC Presbyterian Church
701 Westminster at Airport Access Rd.
(East of Munson Community Health Center)
Meeting room is in the Youth Room on 1st floor.

ALATEEN MEETINGS: The Alateen meetings in our district are for young people from the ages of 12 through 18 whose lives have been affected by someone else's drinking. There are adult sponsors, but the meeting itself is for the teens by the teens. Teens who are interested in the recovery process are welcome to attend.

Meetings are listed on the schedule.
Questions regarding Alateen
please call: KARL 231-342-0893

AA OPEN MEETINGS (231-946-8823)

We are pleased to cooperate with Alcoholics Anonymous (AA) in keeping with our traditions. AA Open Meetings are open to anyone interested in the recovery process from the disease of alcoholism.

WHEN: Every Saturday at 8:00 pm
WHERE: Munson Hospital Traverse City
(in the main building of the hospital in the basement.
Sponsored by the TC Group)

If there is no Al-Anon group near you, you can start one. Any two or three family members or friends of alcoholics gathered together are sufficient. Call our Local District 39 phone # 231-938-7399) or the Al-Anon World Service Office (800-425-2666). Ask that the local meeting schedule coordinator call you back. You can be provided with free materials to help you plan your meetings. The local coordinator can help you with other information, such as registering your group, etc. Your new group will receive many other services from the services from the Local District and the Al-Anon World Service Center.