

# What is Al-Anon?

- A Lifeline for those who Love an Alcoholic
- An anonymous fellowship of people who come together to share our: Experience, Strength and Hope
- Al-Anon has one purpose: to help families and friends of alcoholics
- We believe alcoholism is a family illness and that changed attitudes can aid recovery

# Is Al-Anon For Me?

- Have you been affected by a friend or loved one's drinking?
  - Do you lie awake at night with worry about them?
  - Have your best efforts failed to achieve the results you want?
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- If you answered "Yes", to any of these questions,  
Al-Anon can help

# Did you Know?

- Alcoholism is a family disease
- Alcoholism is cunning, baffling and powerful
- You did not cause it
- You cannot control it
- You cannot cure it

# Characteristics of Alcoholic Environments

- **Denial** protects the alcoholic system
- **Enabling** is a common theme
- **Insanity** is doing the same thing over and over and expecting different results

# The Basics of Al-Anon

- Al-Anon is a spiritual program based on the 12 Steps of Alcoholics Anonymous
- Al-Anon is anonymous
- Al-Anon offers day and evening meetings for an hour
- Find meeting information and more at [www.oaklandafg.org](http://www.oaklandafg.org)

