

***When you don't know
where to turn...***

***Because someone
drinks too much...***



HELP AND HOPE

FOR FAMILIES AND FRIENDS OF ALCOHOLICS

***Learn more in the newest edition of
Al-Anon Faces Alcoholism***



***Hundreds of meetings each
week in WA state.
Find a meeting at wa-al-anon.org.***

al-anon.org

**Do you worry
about how much
someone drinks?**



Al-Anon Can Help

Al-Anon and Alateen members are people, just like you, who are worried about someone with a drinking problem. We can find understanding and support when we share our common experience with each other.

al-anon.org



**Before Al-Anon,
I felt so lonely
and frustrated.
Now I have hope.**

**Find Hope and
Help at Al-Anon**

If someone close to you, such as a family member, friend, coworker, or neighbor, has or has had a drinking problem, **Al-Anon can help.**

← FOLD & APPLY GLUE OR DOUBLE-FACED TAPE →