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?

• 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 AI-Anon

- AI-Anon is a spiritual program based on the 12 Steps of Alcoholics Anonymous
- AI-Anon is anonymous
- AI-Anon offers day and evening meetings for an hour
- Find meeting information and more at www.oaklandafg.org