

Who Can Attend Al-Anon/Alateen Family Group Meetings?

Anyone troubled by someone else's drinking may attend an Al-Anon meeting. The drinker may or may not still be drinking; they may be deceased or removed from one's life. No appointment is necessary.

How Will Al-Anon/Alateen Family Groups Help?

Al-Anon/Alateen members share their own stories—the personal stories in this magazine are examples of what people might hear at a meeting in their local community. They meet others who share their feelings and frustrations, if not their exact situation. They come together to learn a better way of life, to find happiness, whether the alcoholic is still drinking or not.

What Does Al-Anon/Alateen Cost?

There are no financial requirements. Meetings pass a basket for voluntary contributions to pay the group's expenses, which include rent for the meeting room and purchase of literature.

AL-ANON FAMILY GROUPS:

- Is a mutual support group with the single purpose of helping families and friends of alcoholics.
- Includes Alateen for young people who have been affected by someone else's drinking.
- Is a nonprofessional group of peers, where members share their experiences and learn from each other in a supportive environment.
- Is a recovery program that complements professional counseling, therapy, or treatment. Fifty-nine percent of adult Al-Anon members and 69 percent of Alateens (younger family members) receive professional care after attending Al-Anon or Alateen.*
- Is supported by the sale of its literature and voluntary member contributions, and does not accept grants or other outside funding.
- Welcomes newcomers with literature, a meeting schedule, and an introduction to the program.
- Is a spiritual program compatible with all religious beliefs or none.
- Is entirely confidential.
- Has millions of recovery success stories. Members share their own stories at Al-Anon meetings and in publications. Founded in 1951, Al-Anon Family Groups now number about 24,000 meetings in 131 countries.

**2006 Al-Anon/Alateen Membership Survey*

Terms used in Al-Anon Family Groups

Like many organizations, Al-Anon Family Groups has some unique terms and sayings. The following is a listing of some of terms used in this magazine that you may find unfamiliar.

- **Twelve Steps:** more information on Al-Anon Family Group's Twelve Steps can be found at www.al-anon.alateen.org/legacies.
- **A Sponsor** is someone Al-Anon members can turn to for help in understanding the program, someone who makes a commitment to be there to listen and to share, someone who respects their privacy, and keeps what they say absolutely confidential.
- **"Higher Power" or "God":** Al-Anon Family Groups has no affiliation with and does not endorse any particular religious beliefs. The organization is spiritual rather than religious, and welcomes people of any faith, or of none. The universal "Serenity Prayer" is used in Al Anon meetings:

**God grant me the serenity
to accept the things I cannot change,
Courage to change the things I can,
And wisdom to know the difference.**

- Al-Anon has a number of **Slogans**, such as "Easy Does It," "Keep It Simple," "Live and Let Live," and "Let Go and Let God." A slogan serves as a simple reminder to Al-Anon/Alateen members that their situation might not be as impossible or hopeless as it appears. These concise expressions of wisdom offer quick reassurance that we really are able to cope with whatever life brings, prompting us to take constructive action and treat ourselves and others with compassion and respect.