



**NOT EVERYONE
TRAPPED
BY ALCOHOL IS AN
ALCOHOLIC.**

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Families and friends
are suffering too.

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Do you worry
about how much
someone drinks?

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Al-Anon and Alateen
can help.

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**Local meetings and
information**

online: alanonma.org

Call: 508-366-0556

M-F, 9:00 a.m.–4:00 p.m.

National: 1-888-4ALANON, AL-ANON.ORG



Al-Anon Family Groups

Help and hope for families and friends of alcoholics