



AL-ANON ALATEEN
for families & friends of alcoholics



Al-Anon and Alateen Family Groups of Ventura County, California, USA

A Note to the Newcomer

We welcome you to the Ventura County Al-Anon Family Group and hope you will find in this fellowship the help and friendship we have been privileged to enjoy.

We who live, or have lived, with the problem of alcoholism understand as perhaps few others can. We, too were lonely and frustrated, but in Al-Anon we discover that no situation is really hopeless, and that it is possible for us to find contentment, and even happiness, whether the alcoholic is still drinking or not.

We urge you to try our program. It will show you how to find solutions that lead to serenity. So much depends on our own attitudes, and as we learn to place our problems in its true perspective, we find it loses its power to dominate our thoughts and our lives.

The family situation is bound to improve as we apply the Al-Anon ideas. Without such spiritual help, living with an alcoholic is too much for most of us. Our thinking becomes distorted by trying to force solutions, and we become irritable and unreasonable without knowing it.

The Al-Anon program is based on the Twelve Suggested Steps of Alcoholics Anonymous, which we try, little by little, one day at a time, to apply to our lives along with our slogans and the Serenity Prayer. The loving interchange of help among members and daily reading of Al-Anon literature thus make us ready to receive the priceless gift of serenity.

Al-Anon is an anonymous fellowship. Everything that is said here, in the group meetings and member to member, must be held in confidence.

Only in this way can we feel free to say what is in our minds and hearts,
for this is how we help one another in Al-Anon.

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1-888-4AL-ANON (1-888-425-2666)
or attend a local meeting.