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The Al-Anon Connection

AL-ANON
for families & friends of alcoholics

ONE DAY at a TIME

HOPE • SUPPORT • UNDERSTANDING
FOR FAMILIES & FRIENDS OF ALCOHOLICS

STRENGTH & HOPE FOR TODAY ♥ PEACE & SERENITY FOR TOMORROW ♥ ONE DAY AT A TIME

EXAMPLES OF TOPICS YOU MIGHT FIND IN SOME ISSUES:

- From the Chair
- Member Experiences
- Gratitude in Action
- Steps, Traditions & Concepts
- Service Opportunities
- Group Spotlight
- Event Highlights
- And More!

Together We Grow

"We, of Al-Anon, are strengthened by our unity. We, of Al-Anon, are inspired by the hope of those who recover."

AL-ANON SAYINGS

- Easy Does It
- Keep It Simple
- Let God & Let God
- One Day at a Time
- Progress, Not Perfection
- Gratitude Changes Everything

You are not alone. You are not powerless.
You have choices. You have Al-Anon.

News, updates, events & inspiration delivered right to your inbox!

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Thank you for being part of the Al-Anon Family!

Al-Anon Family Groups
Help and hope for families and friends of alcoholics