

WELCOME TO THE WORLDWIDE FELLOWSHIP OF AL-ANON

As friends and family of problem drinkers, Al-Anon can provide mutual support that is not available anywhere else. We know that reaching out for help takes courage and hope that these resources will help you.

In Al-Anon, there are no experts. We are all equals. We don't give advice or direction to anyone else. Everyone at an Al-Anon meeting has experienced or is experiencing the problems associated with someone else's drinking.

We keep our focus on Al-Anon. While members of other 12 step programs are welcome, we keep the focus on Al-Anon and don't discuss other 12 Step Programs, outside publications, other philosophies, religions or outside therapy or recovery programs.

We recommend that you try at least 6 different meetings before you decide if Al-Anon will be helpful for you as each meeting has its' own personality.

Anonymity is an important principle in Al-Anon. The degree of anonymity a member chooses within a meeting (first name, pseudonym or full name) is completely at their discretion. Regardless of our personal choice, we guard the anonymity of everyone else in the fellowships of Al-Anon, Alateen and A.A. This means we do not repeat to anyone—even to relatives, friends, and other members—whom we see or what we hear at a meeting. Anonymity goes well beyond mere names. All of us need to feel secure in the knowledge that nothing seen or heard at a meeting will be revealed.

"Whom you see here- What you hear here- When you leave here- Let it stay here."

We are here to listen and support members in our fellowship. We do not interrupt, comment on, or give advice. No one is obligated to share in a meeting, but if you do wish to share, know that you are free to share what is in your heart and on your mind.

Most meetings provide a time before or after the meeting for fellowship and to ask questions. If no one is available at a meeting you attend, you can always call/text or email any questions to our Teleservice Coordinator. 425-348-7828 or teleservice@dist23.org

As our meeting opening suggests -

"We 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."