



Are you troubled by someone else's drinking? Al-Anon or Alateen may be able to help you.

Millions of people are affected by the excessive drinking of someone close. We are parents, children, spouses, partners, brothers, sisters, other family members, friends, employers, employees, and coworkers of alcoholics. No matter what our specific experience has been we share a common bond: we feel our lives have been affected by someone else's drinking. Many who come to Al-Anon and Alateen are in despair, feeling hopeless, unable to believe that things can ever change. We want our lives to be different, but nothing we have done has brought about change. We all come to Al-Anon because we want and need help. Alateen is for young people whose lives have been affected by someone else's drinking.

In Al-Anon and Alateen, members share their own experience, strength, and hope with each other. You will meet others who share your feelings and frustrations, if not your exact situation. We come together to learn a better way of life, to find happiness whether the alcoholic is still drinking or not.

Alcoholism is a family disease. The disease affects all those who have a relationship with a problem drinker. Those of us closest to the alcoholic suffer the most, and those who care the most can easily get caught up in the behavior of another person. We react to the alcoholic's behavior. We focus on them, what they do, where they are, how much they drink. We try to control their drinking for them. We take on the blame, guilt, and shame that really belong to the drinker. We can become as addicted to the alcoholic, as the alcoholic is to alcohol. We, too, can become ill.

If you feel Al-Anon or Alateen might be able to help you, or your child, please come to a meeting. It is your choice to speak or not during the meetings. Newcomers are welcomed to meetings, usually provided with literature and a local meeting list, and invited to listen and learn. Members are available to answer questions before or after the meetings.

One of the Al-Anon program's basic principles is that of anonymity. Meetings are confidential, and we do not disclose whom we see or what we hear at meetings to anyone.

An Al-Anon meeting is held at Temple Beth Am on Monday nights from 8:00 PM - 9:00 PM in the Chapel.

An Alateen meeting is held at the same time, next door, in the Kindergarten Room

For more information you can call Al-Anon Information Service of Broward County at (954) 491-1915 or go to www.southfloridaal-anon.org/ or www.al-anon.alateen.org