(888) 215-5555 STAND! For Families Free of Violence

6778-887 (008)

Marijuana Anonymous

7357-389 (329) **Narcotics Anonymous** 

(415) 226-1300 Cocaine Anonymous

8072-864 (013)

**NONA-AAN** 

(972) 636-4122 Alcoholics Anonymous

tollowing information numbers are listed. In the spirit of cooperation, rather than affiliation, the

> LZ8L-Z£+ (GZ6) **★SPANISH INTERGRUPAL**

0762-488 (816) Benicia, Sacramento, etc.

AL-ANON FAMILY GROUPS DISTRICTS 6-10

Pl-Anon.org

9997-974 (888)

U.S. & Canada 1-888-4AL-ANON Meeting Information

FOR AL-ANON & ALATEEN MORLD SERVICE OFFICE Al-Anon Family Group Headquarters, Inc.

(210) 258-4379

Berkeley and West Contra Costa County AL-ANON FAMILY GROUPS DISTRICT 26

1997-772 (629) Parts of Danville and San Ramon

Livermore, Pleasanton, Dublin, and AL-ANON FAMILY GROUPS DISTRICT 16

Website: NorthernCaliforniaAl-Anon.org Morthern California World Service Area (MCWSA)

Website: Al-AnonContraCosta.org

0778-458 (329) Concord, CA 94522-0416

P. 0. Box 416

Contra Costa County

Southern, Central and Eastern

SAUOND YJIMAH NONA-JA NORTHERN CALIFORNIA DISTRICT 14 AFG

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> Your alcoholic. .μογ <sub>ອ</sub>νοί Ι

the whole situation clearly. members. They're the people who can help you see read the literature and keep in touch with Al-Anon when you can. Attend Al-Anon meetings regularly, your role in relation to me. Go to open AA meetings

Above all, do learn all you can about alcoholism and

escape for the consequences of my drinking. broblem as long as you provide an automatic help. I can continue to deny that I have a drinking reduce the very crisis that would prompt me to seek my bills, or meet my obligations. It may avert or consequences of my drinking. Don't lie for me, pay Don't cover up for me or try in any way to spare me the

dimension of justice. way. Love cannot exist for long without the Don't let me take advantage of you or exploit you in any

likely to lose respect for those I can fool too easily. of reality is a symptom of my illness. Moreover, I'm Don't believe everything I tell you: It may be a lie. Denial

> decision, stick to it. Don't make empty threats. Once you have made a

them at the time. me from keeping my promises, even though I mean

off the hook. But the nature of my illness prevents Don't accept my promises. I'll promise anything to get

increased, and you will feel resentful. them permanent. My sense of guilt will be my responsibilities, you make my failure to assume doing what I ought to do for myself. If you assume Don't let your love and anxiety for me lead you into

opinion about myself. I hate myself enough already. verbally or physically, you will only confirm my bad Don't let me provoke your anger. It you attack me

always find ways of getting more. Don't pour out my liquor: it's just a waste because I can nizease 100.

at me for having cancer or diabetes. Alcoholism is a Don't lecture, blame, or scold me. You wouldn't be angry

THE ALCOHOLIC

I am an alcoholic. I need your help. SPEAKS TO HIS FAMILY

Anon Family Group Headquarters, Inc. Headquarters Inc. Reprinted by permission of Al-1992, revised 2005 by Al-Anon Family Group 2004-2006 Al-Anon / Alateen Service Manual copyright Suggest Al-Anon Preamble to the Twelve Steps, from

the alcoholic. understanding and encouragement to families of alcoholics, and by giving welcoming and giving comfort to practicing the Twelve Steps, by families of alcoholics. We do this by Al-Anon has but one purpose: to help

own voluntary contributions. sti dguordt gnitroqque-fles si nonA-IA There are no dues for membership. euqorses nor opposes any cause. eugage in any controversy; neither organization, or institution; does not denomination, political entity, Al-Anon is not allied with any sect,

attitudes can aid recovery. is a family illness and that changed problems. We believe that alcoholism order to solve their common experience, strength, and hope in alcoholics who share their tellowship of relatives and friends of The Al-Anon Family Groups are a

### Names and Telephone Numbers

(members you may wish to contact between meetings)

If You Are Concerned About Someone Else's Drinking

# **Al-Anon and Alateen Family Groups** Can Help



## Weekly Meeting Schedule February 2023



Al-Anon Family Groups (AFG) for families and friends of alcoholics

#### Northern California District 14 AFG

Southern, Central, and Eastern Contra Costa County

For help and more information: (925) 932-6770

Website: al-anoncontracosta.org

For Al-Anon/Alateen literature or additional meeting schedules: (925) 274-3203

### Is Al-Anon for You?

- 1. Do you worry about how much someone else drinks?
- 2. Do you constantly seek approval and affirmation?
- 3. Do you tell lies to cover up for someone else's drinking?
- 4. Do you fail to recognize your accomplishments?
- 5. Are you afraid to upset someone for fear it will set off a drinking bout?
- 6. Do you fear criticism?
- 7. Do you overextend yourself?
- 8. Have you had problems with your own compulsive behavior?
- 9. Do you have a need for perfection?
- 10. Are you uneasy when your life is going smoothly, continually anticipating problems?
- 11. Do you feel more alive in the midst of a crisis?
- 12. Do you ever ride in a car with a driver who has been drinking?
- 13. Do you care for others easily, yet find it difficult to care for yourself?
- 14. Do you isolate yourself from other people?
- 15. Do you respond with fear to authority figures and angry people?
- 16. Do you secretly try to smell the drinker's breath or search for hidden alcohol?
- 17. Do you have trouble with intimate relationships?
- 18. Do you attract and/or seek people who tend to be compulsive and/or abusive?
- 19. Do you cling to relationships because you are afraid of being alone?
- 20. Do you find it difficult to identify and express your emotions?

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