

From "Three Views of Al-Anon", copyright 2000, by Al-Anon Family Group Headquarters, Inc., Reprinted by permission of Al-Anon Family Group Headquarters, Inc.

I love you.  
Your alcoholic.

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

an automatic escape for the consequences of my  
have a drinking problem as long as you provide  
me to seek help. I can continue to deny that I  
avert or reduce the very crisis that would prompt  
me, pay my bills, or meet my obligations. It may  
me the consequences of my drinking. Don't lie for  
Don't cover up for me or try in any way to spare  
dimension of justice.  
Don't let me take advantage of you or exploit you  
in any way. Love cannot exist for long without the  
fool too easily.

Moreover, I'm likely to lose respect for those I can  
Denial of reality is a symptom of my illness.  
Don't believe everything I tell you: It may be a lie.  
a decision, stick to it.  
Don't make empty threats. Once you have made  
though I mean them at the time.  
prevents me from keeping my promises, even  
get off the hook. But the nature of my illness  
Don't accept my promises. I'll promise anything to  
be increased, and you will feel resentful.  
to assume them permanent. My sense of guilt will  
assume my responsibilities, you make my failure  
into doing what I ought to do for myself. If you  
Don't let your love and anxiety for me lead you  
already.

bad opinion about myself. I hate myself enough  
verbally or physically, you will only confirm my  
Don't let me provoke your anger. If you attack me  
I can always find ways of getting more.  
Don't pour out my liquor: it's just a waste because  
Alcoholism is a disease too.  
angry at me for having cancer or diabetes.  
Don't lecture, blame, or scold me. You wouldn't be  
I am an alcoholic. I need your help.

## THE ALCOHOLIC SPEAKS TO HIS FAMILY

Suggest Al-Anon Preamble to the Twelve Steps, from  
2004-2006 Al-Anon / Alateen Service Manual copyright  
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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.  
Al-Anon is self-supporting through its  
There are no dues for membership.  
endorses nor opposes any cause.  
engage 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  
fellowship of relatives and friends of  
The Al-Anon Family Groups are a

## 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?

From "Did You Grow Up with a Problem Drinker?", copyright 1984, and "Are You Troubled by Someone's Drinking?", copyright 1980, by Al-Anon Family Group Headquarters, Inc. Reprinted by permission of Al-Anon Family Group

## Names and Telephone Numbers

(members you may wish to contact between meetings)

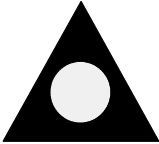
## If You Are Concerned About Someone Else's Drinking

# Al-Anon and Alateen Family Groups Can Help



## Weekly Meeting Schedule

### Updated May 2025



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**

**NORTHERN CALIFORNIA DISTRICT 14 AFG**  
**AL-ANON FAMILY GROUPS**  
Southern, Central and Eastern Contra Costa County  
P. O. Box 416  
Concord, CA 94522-0416  
Website: Al-AnonContraCosta.org  
(925) 932-6770

**★AL-ANON EAST BAY SPANISH INTERGROUP**  
*En español*  
(925) 334-2040

**AL-ANON FAMILY GROUPS DISTRICT 16**  
Livermore, Pleasanton, Dublin, and  
Parts of Danville and San Ramon  
Website: AlanonTriValley.org  
(925) 277-7661

**AL-ANON FAMILY GROUPS DISTRICT 26**  
Berkeley and West Contra Costa County  
Website: Al-AnonByTheBay.org  
(510) 528-4379

**AL-ANON FAMILY GROUPS DISTRICTS 6-10**  
Greater Sacramento Area  
Website: sacramento-al-anon.org/  
(916) 334-2970

**NORTHERN CALIFORNIA WORLD SERVICE  
AREA (NCWSA) of Al-Anon Family Groups**  
Website: NCWSA.org

**Al-Anon Family Group Headquarters, Inc.**  
**WORLD SERVICE OFFICE**  
**FOR AL-ANON & ALATEEN**  
Meeting Information  
U.S. & Canada 1-888-4AL-ANON  
(888) 425-2666  
Website: Al-Anon.org

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

**Alcoholics Anonymous**  
(925) 939-4155  
**Cocaine Anonymous**  
(209) 601-7034  
**Narcotics Anonymous**  
(925) 685-4357

**NAR-ANON Family Groups**  
(310) 534-8188  
**Marijuana Anonymous**  
(510) 957-8390  
**STAND! For Families Free of Violence**  
(888) 215-5555