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

Al-Anon is not allied with any sect, denomination, political entity, organization, or institution; does not engage in any controversy; neither endorses nor opposes any cause. There are no dues for membership. Al-Anon is self-supporting through its own voluntary contributions.

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

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

THE ALCOHOLIC SPEAKS TO HIS FAMILY

I am an alcoholic. I need your help.
Don't lecture, blame, or scold me. You wouldn't be angry at me for having cancer or diabetes.
Alcoholism is a disease too.
Don't pour out my liquor: it's just a waste because I can always find ways of getting more.
Don't let me provoke your anger. If you attack me verbally or physically, you will only confirm my bad opinion about myself. I hate myself enough already.
Don't let your love and anxiety for me lead you into doing what I ought to do for myself. If you assume my responsibilities, you make my failure to assume them permanent. My sense of guilt will be increased, and you will feel resentful.
Don't accept my promises. I'll promise anything to get off the hook. But the nature of my illness prevents me from keeping my promises, even though I mean them at the time.
Don't make empty threats. Once you have made a decision, stick to it.
Don't believe everything I tell you: It may be a lie. Denial of reality is a symptom of my illness. Moreover, I'm likely to lose respect for those I can fool too easily.
Don't let me take advantage of you or exploit you in any way. Love cannot exist for long without the dimension of justice.
Don't cover up for me or try in any way to spare me the consequences of my drinking. Don't lie for me, pay my bills, or meet my obligations. It may avert or reduce the very crisis that would prompt me to seek help. I can continue to deny that I have a drinking problem as long as you provide an automatic escape for the consequences of my drinking.
Above all, do learn all you can about alcoholism and your role in relation to me. Go to open AA meetings when you can. Attend Al-Anon meetings regularly, read the literature and keep in touch with Al-Anon members. They're the people who can help you see the whole situation clearly.

I love you.

Your alcoholic.

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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

Names and Telephone Numbers

(members you may wish to contact between meetings)

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