## Names and Telephone Numbers

*(members you may wish to contact between meetings)*

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

# Al-Anon and Alateen Family Groups Can Help

## Weekly Meeting Schedule

### Updated May 2026

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

**Northern California District 14 AFG**
Southern, Central, and Eastern Contra Costa County

**Website:** al-anoncontracosta.org
scan QR code to find local meetings

**Information Line:** (925) 932-6770

**To order Al-Anon/Alateen literature or additional meeting schedules go to:**
al-anoncontracosta.org/literature

## 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

*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.*

Suggested Al-Anon Preamble to the Twelve Steps, from 2004-2006 Al-Anon / Alateen Service Manual
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*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.*

## 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.*

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.

**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 área
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