How Alanon Works

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al anon family groups are for the families friends of alcoholics who share their experience strength hope in order to solve their common problems

al anon members are people just like you who are worried about someone with a drinking problem

meeting types al anon offers both in person and online meetings some meetings are open to anyone interested in al anon while others are closed meetings intended for members only there are also

al anon meetings al anon is a mutual support group of peers who share their experience in applying the al anon principles to problems related to the effects of a problem drinker in their lives find an al

al anon defines itself as an independent fellowship with the stated purpose of helping relatives and friends of alcoholics 3 according to the organization alcoholism is a family illness 3 its preamble

13 feb 2026 friends of alcoholics can take an adult quiz or find an al anon or alateen meeting to cope with those experiencing alcoholism or with alcoholic tendencies

al anon if your life has been affected by someone else s drinking you are not alone al anon are there for you by offering meetings throughout the uk to support you listening to others experiences and

if you are unsure whether al anon is for you it is best to start with the question is somebody s drinking affecting you al anon could be for you if you regularly feel hurt embarrassed or distressed by the

dear families and friends of alcoholics the groups listed on this page may be meeting in person in person with electronic access hybrid or electronically we encourage newcomers and members

25 mar 2026 al anon for friends and families of alcoholics al anon family groups are one of the longest established and largest mutual aid family groups available offering free support to anyone

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