



NOT EVERYONE TRAPPED BY ALCOHOL IS AN ALCOHOLIC

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Families and friends
are suffering too.

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Do you worry about how
much someone drinks?

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Al-Anon and Alateen
can help.

**Local meetings and
information**

online: alanonma.org

Call: 508-366-0556 M-F, 9:00 a.m.–4:00 p.m.




Al-Anon Family Groups
Help and hope for families and friends of alcoholics

1-888-4AL-ANON • AL-ANON.ORG