

**When you don't know  
where to turn...  
because someone  
drinks too much...**



**Al-Anon Family Groups can help.**

Learn more by attending a confidential meeting in your community.

**You have choices.  
There is strength and hope for  
friends and families in Al-Anon and Alateen.**

**Al-Anon Service Center of Northern VA  
Al-Anon Information Service / Literature Distribution Center  
703.534-HELP (4357) / 877-339-8350  
alanonva.com / info@alanonva.com  
alanonva.com/meetings**

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