



Are You Troubled By Someone Else's Drinking?

If you answer “yes” to these questions

1. Do you worry about how much someone else drinks?
2. Do you tell lies to cover up for someone else's drinking?
3. Do you make threats, such as “If you don't stop drinking, I'll leave you”?
4. Do you search for hidden alcohol?
5. Do you feel like a failure because you can't control the drinking?
6. Do you feel there is no one who understands your problems?

..... **Al-Anon or Alateen may be able to help.**

In Al-Anon or Alateen.....

- ✓ You will meet others who have gone through similar experiences.
- ✓ Share your story with the comfort of knowing your anonymity is protected.
- ✓ Have access to Al-Anon approved literature and materials.
- ✓ Receive the tools necessary to get back the sanity and serenity you deserve in your life.

**To contact someone in Al-Anon or Alateen or to find a meeting call (920) 430-1420
or go to our web site at www.afq-qrb.org**



**Al-Anon, Hope for Families and Friends of
Alcoholics**

The Al-Anon/Alateen 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's primary purpose is to help family and friends of alcoholics, whether the alcoholic is still drinking or not.