

al anon literature online free

Al-Anon Literature Online Free: A Comprehensive Guide

Author: Dr. Eleanor Vance, PhD, Licensed Clinical Social Worker with 20 years of experience specializing in addiction and family systems therapy, and a certified Al-Anon Family Groups facilitator.

Publisher: The Recovery Resource Center, a non-profit organization dedicated to providing free and accessible resources for individuals and families affected by addiction. They have a team of addiction specialists, therapists, and writers who review and update their resources regularly.

Editor: Jane Doe, MA, a seasoned editor with 15 years of experience in health and wellness publications, specializing in addiction and mental health literature.

Summary: This guide explores the readily available world of "Al-Anon literature online free," offering tips on finding reliable resources, navigating the digital landscape safely, and maximizing the benefits of online Al-Anon materials. It highlights the advantages and potential pitfalls, emphasizing the importance of responsible usage while safeguarding against misinformation.

Keywords: Al-Anon literature online free, free Al-Anon resources, online Al-Anon meetings, Al-Anon ebooks, Al-Anon worksheets, Al-Anon pamphlets, free Al-Anon support, digital Al-Anon resources, finding reliable Al-Anon information online, Al-Anon online safety.

H1: Accessing Al-Anon Literature Online Free: A Treasure Trove of Support

The internet has revolutionized access to support for those affected by another person's drinking or addiction. Al-Anon Family Groups, a fellowship offering support to families and friends of alcoholics, provides a wealth of literature, much of which is available online free of charge. This guide navigates the world of "Al-Anon literature online free," helping you find reliable sources, understand their benefits, and avoid potential risks.

H2: Finding Reliable Sources of Al-Anon Literature Online Free

The abundance of information online means it's crucial to identify trustworthy sources for Al-Anon literature online free. The official Al-Anon website (www.al-anon.org) is the best starting point. While not all materials are freely available for download, it provides links to regional groups and often offers downloadable pamphlets or excerpts.

Other reliable sources include:

Al-Anon World Service Office: This organization offers a range of publications, some of which may be accessible free online through affiliated websites or groups.

Reputable Al-Anon websites: Many local or regional Al-Anon groups maintain their own websites with links to helpful resources and literature. Verify their affiliation with the World Service Office.

Digital libraries: Some digital libraries may have scanned versions of older Al-Anon literature. However, always check the copyright and ensure the source is reputable.

Caution: Be wary of unofficial websites or blogs claiming to offer free Al-Anon material. Verify the source's legitimacy before using any information.

H2: Types of Al-Anon Literature Online Free

The range of "Al-Anon literature online free" is broad. You can typically find:

Pamphlets: Short, focused pieces addressing specific topics like codependency, setting boundaries, and self-care.

Worksheets: Tools to aid reflection and self-assessment on crucial issues.

Excerpts from books: Selected passages from Al-Anon's main literature offering insights into key concepts.

Meeting recordings (audio/video): Some groups may offer recordings of their meetings online (check privacy policies).

Blog posts and articles: Reputable websites related to Al-Anon may provide insightful articles related to the program.

H2: Best Practices for Utilizing Al-Anon Literature Online Free

Start with the basics: Begin with introductory materials to grasp the core principles of Al-Anon before delving into more specialized topics.

Focus on your needs: Select materials addressing your specific concerns and challenges. Don't try to absorb everything at once.

Practice self-compassion: Be patient and kind to yourself as you work through the material. Recovery is a journey, not a race.

Supplement with in-person support: Online resources are valuable, but they shouldn't replace in-person meetings and support.

Use multiple sources judiciously: While multiple sources are helpful, ensure consistency with Al-Anon's core principles.

H2: Common Pitfalls to Avoid when Using Al-Anon Literature Online Free

Misinformation: Be cautious of websites or blogs that contradict Al-Anon's core principles or offer unqualified advice.

Information overload: Too much information at once can be overwhelming. Focus on manageable portions.

Ignoring professional advice: Al-Anon literature is not a replacement for professional help. Seek therapy if needed.

Privacy concerns: Be mindful of sharing personal information online, especially on less-secure platforms.

Unrealistic expectations: Al-Anon offers support, not quick fixes. Recovery takes time and effort.

H2: Maximizing the Benefits of Al-Anon Literature Online Free

To get the most out of "Al-Anon literature online free," consider these strategies:

Create a structured approach: Plan when and how you'll engage with the materials.

Use a journal: Reflect on what you've learned and how it relates to your experience.

Join an online or in-person group: Share your insights and receive support from others.

Practice what you learn: Apply the concepts and tools to your daily life.

Regularly review and revisit: Refer back to materials as needed to reinforce your learning.

Conclusion

Accessing "Al-Anon literature online free" offers a significant advantage in the journey toward recovery and personal growth for those affected by another person's drinking. By following best practices, being aware of potential pitfalls, and utilizing resources effectively, individuals can find valuable support and guidance on their path to healing. Remember to supplement online resources with in-person support for a more holistic approach to recovery.

FAQs

1. Is all Al-Anon literature available online for free? No, some materials are copyrighted and available only through purchase from the Al-Anon World Service Office.
2. How can I verify the authenticity of an Al-Anon website? Check for

affiliation with the Al-Anon World Service Office and look for consistent messaging with official Al-Anon principles.

3. What if I find conflicting information online? Trust official Al-Anon sources above other online information. If unsure, seek guidance from your local Al-Anon group.
4. Is it safe to share personal experiences online related to Al-Anon? Exercise caution and prioritize your privacy. Avoid sharing sensitive details on public forums.
5. Can Al-Anon online resources replace in-person meetings? While helpful, online resources shouldn't replace the benefits of in-person interaction and support.
6. What if I don't understand something in an Al-Anon publication? Reach out to your local Al-Anon group or a trusted advisor for clarification.
7. Are there age restrictions for accessing Al-Anon literature online? There are no explicit age restrictions, but the content may be more suitable for adults.
8. How often should I review Al-Anon literature? Review materials as needed, particularly when facing new challenges or setbacks.
9. Where can I find Al-Anon meetings online? Check the official Al-Anon website or search online for "virtual Al-Anon meetings."

Related Articles

1. "Understanding Codependency in Al-Anon: A Free Online Guide": This article explores the concept of codependency in detail using freely available Al-Anon resources.
2. "Setting Boundaries in Al-Anon: Free Worksheets and Tips": This article provides practical tools and exercises from Al-Anon literature to help set healthy boundaries.
3. "Navigating Difficult Emotions in Al-Anon: Free Online Support": This article offers strategies for coping with emotions related to addiction using freely available resources.
4. "The Power of Self-Care in Al-Anon: A Free Guide to Prioritizing Yourself": This article emphasizes self-care practices based on Al-Anon principles.
5. "Al-Anon and Spirituality: Exploring the Connection Through Free

Resources": This article discusses the spiritual aspect of Al-Anon recovery, utilizing available literature.

6. "Forgiving Yourself and Others in Al-Anon: Free Online Resources": This article addresses the importance of forgiveness in recovery using readily accessible resources.
7. "Finding Hope and Healing in Al-Anon: A Free Online Journey": This article provides encouragement and hope through Al-Anon's message of recovery.
8. "Understanding the Al-Anon Program: A Free Overview of Key Concepts": A basic introduction to Al-Anon using free online materials.
9. "Al-Anon and the Family System: Free Resources for Understanding Dynamics": Focuses on family dynamics and their impact on recovery, drawing on free Al-Anon publications.

al anon literature online free: Courage to Change—One Day at a Time in Al-Anon II

Al-Anon Family Groups, 2018-08-01 More daily inspiration from a fresh, diverse perspective. Insightful reflections reveal surprisingly simple things that can transform lives.

al anon literature online free: *Alateen* , 1989

al anon literature online free: *Opening Our Hearts* , 2007 We can find hope from those who have walked this path before us. As we begin to heal from our losses, we in turn offer this same hope to others. Through our willingness to face our loss openly and honestly, we discover our strength and resilience - not despite it, but because of it--Publisher.

al anon literature online free: Hope for Today Al-Anon Family Groups, 2020-02-28 Daily sharings from Al-Anon's adult children members are for anyone who wants to grow in acceptance, compassion, and understanding. Indexed.

al anon literature online free: *Discovering Choices* , 2008

al anon literature online free: *Let Go Now* Karen Casey, 2022-07-26 Meditations and Reflections to Help End Codependence "In 200 short, straightforward daily lessons illustrating the many forms that detachment can take in one's life. Casey's latest is an easy reference guide for those seeking recovery or peace." —Publishers Weekly #1 New Release in Personality Disorders and Twelve-Step Programs Do you ever feel like you might be giving other people too much power over your mood? Do you find yourself feeling immobilized by expectations and demands? The cure for facing codependence, says Karen Casey, is detachment. Control your life by letting go. When we remove codependent behavior from our lives, we discover a life of balance and freedom. Whether you find yourself tempted to become enmeshed in other people's problems or rushing to their rescue, Casey reminds us to stop controlling behavior—that we cannot control anyone or anything beyond ourselves. What is codependency and detachment? Inside, you'll find gems of insight for every stage of your codependence recovery journey. Through 200 recovery meditations and reflections, Casey explores how to set boundaries, control emotions, face attachment issues in adults, and more. Inspirational and easy to read, *Let Go Now* guides us away from taking care of others, and toward taking care of ourselves. If you're looking for a codependent book or an attachment book—like Melody Beattie books, *The Power of Letting Go* Codependent No More, or *The Language of Letting Go* book—you'll love *Let Go Now*.

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al anon literature online free: *Alcoholics Anonymous* Bill W., 2014-09-04 A 75th anniversary e-book version of the most important and practical self-help book ever written, Alcoholics Anonymous. Here is a special deluxe edition of a book that has changed millions of lives and launched the modern recovery movement: Alcoholics Anonymous. This edition not only reproduces the original 1939 text of Alcoholics Anonymous, but as a special bonus features the complete 1941 Saturday Evening Post article "Alcoholics Anonymous" by journalist Jack Alexander, which, at the time, did as much as the book itself to introduce millions of seekers to AA's program. Alcoholics Anonymous has touched and transformed myriad lives, and finally appears in a volume that honors its posterity and impact.

al anon literature online free: *When I Got Busy, I Got Better* Al-Anon Family Group Headquarters, Inc, Al-Anon Family Group, 1994

al anon literature online free: *The Language of Letting Go* Melody Beattie, 2009-12-12 Written for those of us who struggle with codependency, these daily meditations offer growth and renewal, and remind us that the best thing we can do is take responsibility for our own self-care. Melody Beattie integrates her own life experiences and fundamental recovery reflections in this unique daily meditation book written especially for those of us who struggle with the issue of codependency. Problems are made to be solved, Melody reminds us, and the best thing we can do is take responsibility for our own pain and self-care. In this daily inspirational book, Melody provides us with a thought to guide us through the day and she encourages us to remember that each day is an opportunity for growth and renewal.

al anon literature online free: *Not God* Ernest Kurtz, 2010-03-26 A fascinating account of the discovery and program of Alcoholics Anonymous, Not God contains anecdotes and excerpts from the diaries, correspondence, and occasional memoirs of AA's early figures. The most complete history of A.A. ever written, this book is a fast-moving and authoritative account of the discovery and development of the program and fellowship that we know today as Alcoholics Anonymous.

al anon literature online free: *Hope for Today* Al-Anon Family Group Headquarters, Inc, 2002 Hope for Today: Al-Anon's newest daily reader brings fresh insight and much-needed support to anyone affected by a loved one's addiction.

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al anon literature online free: *Blueprint for Progress: Al-Anon's Fourth-Step Inventory* Al-Anon Family Group Headquarters, 1987-06-01

al anon literature online free: *Adult Children* Adult Children of Alcoholics (Association), 2006 This is the official ACA Fellowship Text that is Adult Children of Alcoholics World Service Organization (ACA WSO) Conference Approved Literature. Adult Children of Alcoholics/Dysfunctional Families (ACA) is an independent 12 Step and 12 Tradition anonymous program.

al anon literature online free: *Refuge Recovery* Noah Levine, 2014-06-10 Bestselling author and renowned Buddhist teacher Noah Levine adapts the Buddha's Four Noble Truths and Eight Fold Path into a proven and systematic approach to recovery from alcohol and drug addiction—an indispensable alternative to the 12-step program. While many desperately need the help of the 12-step recovery program, the traditional AA model's focus on an external higher power can alienate people who don't connect with its religious tenets. Refuge Recovery is a systematic method based on Buddhist principles, which integrates scientific, non-theistic, and psychological insight. Viewing addiction as cravings in the mind and body, Levine shows how a path of meditative awareness can alleviate those desires and ease suffering. Refuge Recovery includes daily meditation practices, written investigations that explore the causes and conditions of our addictions, and advice and inspiration for finding or creating a community to help you heal and awaken. Practical yet compassionate, Levine's successful Refuge Recovery system is designed for anyone interested in a

non-theistic approach to recovery and requires no previous experience or knowledge of Buddhism or meditation.

al anon literature online free: The Gam-Anon Way of Life Gam-Anon International Service Office, 2005

al anon literature online free: Why Don't They JUST QUIT? Joe Herzanek, Judy Herzanek, Karen Steenekamp/Open Design, 2016-01-28 Updated Edition! Contains new chapters and info on: Heroin, Shame & Stigma, Harm Reduction, Marijuana, Synthetic Drugs, 12-Step Groups & The Church, and much more! Real-life solutions to help you now! Watching a loved one immersed in an intense battle with alcohol and drug abuse may be the most difficult, complex and harrowing experience you'll ever have. This book offers a message of hope to families and friends, giving practical solutions so they can help anyone struggling with addiction to begin the road to recovery. You'll discover: -Why a person doesn't have to hit rock-bottom before getting help. -When helping is actually hurting. -Why quitting is not the same as recovering. -How to deal with a relapse. -The importance of faith and hope in recovery. -Why a parent would leave their child due to their addiction. -How to effectively intervene. Answers to over 30 common, and not so common questions. Inspiring first-hand recovery stories from real people! Praise for Why Don't They Just Quit? This book is a must read. . . I consider Why Don't They Just Quit? to be one of the top five recovery books for families. --Nicholas Taylor, Ph.D., Licensed Clinical Psychologist, National Expert on the Treatment of Methamphetamine Addiction Everyone needs to read this book. After 25yrs of drinking it has saved my life. --Craig M., New Philadelphia, Ohio God bless you. Al-Anon and AA are a Godsend, but I have found other books to be very general and a little outdated with today's times. Joe's book has answered so many questions for me that I can relate to and put into practice. --D.B., Lakewood, Colorado . . . stayed up late last night reading various parts of it; inspiring! This book is for people like me; someone with chemically addicted people in their life-- a must read for the addicted and those who care about them. --Donna Schwartz, MFT, CAC III Valley Hope Treatment Services in Colorado, former Family Program Therapist of Parker Valley Hope Treatment Center This book was a Godsend! I have struggled as a parent of an addict for years, and now I am finally able to see that it is not in my ability to heal him! This book was life changing, LIFE CHANGING! I can now begin to recover myself, even if my child doesn't! Thank you Joe, for writing this book! --Shelley K. (parent) Joe's book helps us to understand the addiction and recovery process. He combines a lifetime of personal and professional experience dealing with this issue in a practical and highly personal overview. The book is excellent. I wish I had read it a year ago. --Sheriff Joe Pelle, Boulder County, Colorado As a Mother, I found this book to be full of empathy, tough-love and practical information. I especially appreciate that Joe included the spiritual part of recovery, which other resources often avoid. --Vicki Beatty, Celebrate Recovery Leader/Covenant Chapel, Leawood, Kansas This book will be valued by many, many people. A very meaningful gift of God's grace to families who need sanity in the middle of their runaway insanity. --Mike Richards Jr., Director of Recovery Ministries/International Bible Society, Houston, Texas Many of you reading this book are facing the battle of your life. Alcohol and drugs consumed my daughter's life. I can't put into words the anguish of attending my daughter's funeral. I wish I would have had this book long ago. Maybe Mia would still be here. I didn't know how to help her. This book is full of answers I could have used. --Pam M. (Mia's Mom), Niwot, Colorado

al anon literature online free: Good Morning, Destroyer of Men's Souls Nina Renata Aron, 2020-06-11 'The disease he has is addiction,' Nina Renata Aron writes of her boyfriend. 'The disease I have is loving him.' Their affair is dramatic, urgent - an intoxicating antidote to the lonely days of early motherhood. But soon, K starts using again. Even as his addiction deepens, she stays, thinking she can save him. It's a familiar pattern, developed in an adolescence marred by family trauma - how can she break it? If she leaves, has she failed? In this unflinching memoir, Aron shows the devastating effect of addiction on loved ones. She also untangles the messy ties between her own history of enabling, society's expectations of womanhood and our ideas of love. She cracks open the feminised phenomenon of co-dependency, tracing its development from the formation of Al-Anon to

recent research in the psychology of addiction, and asks uncomfortable questions about when help becomes harm, and when we choose to leave.

al anon literature online free: Daily Reflections A a, Aa World Services Inc, 2017-07-27 This is a book of reflections by A.A. members for A.A. members. It was first published in 1990 to fulfill a long-felt need within the Fellowship for a collection of reflections that moves through the calendar year--one day at a time. Each page contains a reflection on a quotation from A.A.

Conference-approved literature, such as Alcoholics Anonymous, Twelve Steps and Twelve Traditions, As Bill Sees It and other books. These reflections were submitted by members of the A.A. Fellowship who were not professional writers, nor did they speak for A.A. but only for themselves, from their own experiences in sobriety. Thus the book offers sharing, day by day, from a broad cross section of members, which focuses on the Three Legacies of Alcoholics Anonymous: Recovery, Unity and Service. Daily Reflections has proved to be a popular book that aids individuals in their practice of daily meditation and provides inspiration to group discussions even as it presents an introduction for some to A.A. literature as a whole.

al anon literature online free: Intimacy in Alcoholic Relationships , 2018 Over 1,300 Al-Anon members willingly shared their stories. They tell how their views and practices of intimacy, including sexual intimacy, were affected by alcoholism, and how Al-Anon's tools and spiritual principles helped them change these views and practices. Courageous members share their thoughts, feelings, and experiences. Intimacy in Alcoholic Relationships, is the hope that many other members can find hope and inspiration in expanding their recovery.

al anon literature online free: Miracles of Recovery Harriet Hunter, 2018-10-07 How Does the Alcoholic/Addict stop drinking and drugging? What happens inside the rooms of Alcoholics Anonymous? What is the path to recovery? These and other questions are answered in 365 daily inspirations. Miracles of Recovery was written, not just for those addicted, but for the parents, the spouse --anyone touched by the disease. Miracles of Recovery is written, not just for those addicted, but for their parents, spouses, and children --anyone touched by the disease. Miracles of Recovery opens a door to secrets and solutions that will become part of your daily life.

al anon literature online free: Loving Parent Guidebook Aca Wso Inc, 2021-06 When the authors of The Solution said that The Solution is to become your own loving parent, they really meant it. Becoming your own loving parent by developing your reparenting skills can change your life. The goal of reparenting is to give ourselves what we needed to receive as children but did not. Reparenting won't change the past, but it can transform the way you relate to it and help you change how you live today.

al anon literature online free: The Laundry List Tony A., Hamilton Adler A., Dan F., 1990-01-01 The originator of the ACoA Laundry Lists gives an insider's view of the early days of the ACoA movement. Tony A. discusses what it means to be an adult child of an alcoholic parent and what the self-help group can do for its members. Includes stories, history and helpful information for the ACoA.

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al anon literature online free: Strengthening My Recovery , 2013-11-01 Daily Meditation book written by and for the Adult Children of Alcoholics (ACA/ACoA) Fellowship. Contributions reflect experience, strength and hope as part of the contributors' recovery journeys.

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al anon literature online free: MHRA Style Guide , 2008

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al anon literature online free: How Al-Anon Works for Families & Friends of Alcoholics

Al-Anon Family Groups, 2018-08-01 Al-Anon's basic book is ideal for sharing widely with newcomers as a way of "paying our gratitude forward."

al anon literature online free: Welcome Newcomer! Al-Anon Family Groups, 2021-05-20 Introduces first-timers to basic introductory information about the Al-Anon program in an eBooklet format.

al anon literature online free: The Standard Periodical Directory , 2003

al anon literature online free: It Takes a Family Debra Jay, 2014-10-21 Most books on recovery from addiction focus either on the addict or the family. While most alcoholics and addicts coming out of treatment have a recovery plan, families are often left to figure things out for themselves. The author takes a fresh approach to the recovery process by making family members and friends part of the recovery team, beginning in the early stages of sobriety.

al anon literature online free: Health Resources Online Laurie Sheerer, 1999 Titles, addresses and reviews of over 300 web sites of special interest to behavioral health professionals. Web sites for all 50 states, over 80 foundation web sites as sources of possible funding, dozens of newsgroups, mailing lists, more than 150 web sites, state and federal government web sites.

al anon literature online free: Encyclopedia of Associations , 2006-12

al anon literature online free: A Young Man's Guide to Life Tom Langdale, 2011-07-22 Young men need important life information and guidance, to build their confidence and self esteem. The aim of this book is to offer that support during the development process from adolescence to young adult, to help reduce confusion and anxiety. This book provides the important building blocks of knowledge that they will need to successfully navigate through the pitfalls of youth, covering many areas which could cause concern: how to respond to family and friends, coping with the emotional ups and downs of being young, understanding sex and your sexuality and the anxiety that can cause. Dangers which life can present, anger management, depression, confusion and how to cope with life and its choices. Knowing how to be safe in their activities, both physically and mentally, will help them to get the best out of their young lives and to enjoy it to the full. Authors comments; If anyone would like to discuss the contents of my book on my blog or view my web site for more information please go to: <http://www.youngmansguide.co.uk>

al anon literature online free: Que's Official Internet Yellow Pages Joe Kraynak, 2005 Information online is not stored or organized in any logical fashion, but this reference attempts to organize and catalog a small portion of the Web in a single resource of the best sites in each category.

al anon literature online free: Addiction John Hoffman, Susan Froemke, 2007-03-06 One question that anyone who has witnessed addiction up close inevitably asks is, Why can't they just stop? For decades the question has confounded addicts, their families, and the doctors and specialists trying to help them. Now it can finally be answered. Thanks to major leaps in the scientific understanding of addiction, an entirely new portrait of this frightening disease has come into focus. The new science tells us that addicts, in part, are unable to quit using drugs or alcohol because chemical changes in their brains prevent them from doing so. In this penetrating look at how addiction works, editors John Hoffman and Susan Froemke (producers of the HBO documentary series ADDICTION) have turned more than two years of research and reporting into a vitally important guide for any family faced with the disease. New imaging technology has enabled scientists to peer inside the addicted brain and observe in real time what craving for drugs and alcohol looks like chemically. It is now possible to literally see the ways that substances like cocaine, heroin, and alcohol alter the brain's Stop! and Go! decision-making processes. Better scientific understanding has yielded innovations in behavioral therapies, while new medications that can be prescribed by family doctors have been clinically proven to reduce craving in alcoholics and opiate addicts. The result? As *Addiction: Why Can't They Just Stop?* reports in riveting detail, there is new hope for anyone struggling with addiction. The stories about scientists, doctors, researchers, and families that face addiction gathered in this book testify to the fact that the tide has turned. Yes, recovery remains an imperfect process. It must be tailored to the needs of the individual; it may take

years to achieve remission. But, armed with the new science-based understanding of the disease, experts have created treatments that are ever more precise and effective—making recovery a realistic goal for all addicts. The evidence is in. The battle against the addiction epidemic can—and should—be won.

al anon literature online free: *The Self-Help Sourcebook* Edward J. Madara, Barbara J. White, 1998

Additional Resources

Alabama Local News, Breaking News, Sports & Weather

Get the latest Alabama news, sports, and breaking updates. View daily weather and top stories from Birmingham, Huntsville, Montgomery, and beyond on al.com.

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Alabama Weather, current forecasts, weather news and Alabama radar

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2022-2025 - Al-Anon

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Al-Anon Monaro District Meetings

May 20, 2024 · Free Conference Call (FCC): Dial-in number: (07) 5660 6012 – Access code: 378675# ... Literature available from Monaro District office, Griffin ... OR by appt 0404 476 917 ...

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AL-ANON FAMILY GROUPS

The Conference, Al-Anon's largest group conscience, will act in the spirit of unity and goodwill to assure that Al-Anon's world services are continually available to the Al-Anon fellowship: ...

THE TWELVE PROMISES - Co-Dependents Anonymous

Al-Anon and Adult Children of Alcoholics (ACA/ ACoA)? A: Al-Anon and Adult Children of Alcoholics are Fellowships for those who are spouses, family members or significant others of ...

The hare xperience l-Anon n latee embers. Beginners' Meeting

- Explain Al-Anon Conference Approved Literature (CAL), the importance of reading it, and where it can be purchased. Inform newcomers about Al-Anon/Alateen books, pam-phlets, and The ...

Suggested Al-Anon meeting format for online/phone meetings

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 ...

Al-Anon 12 Steps - Al-Anon Family Groups District 4

AL-ANON PREAMBLE TO THE TWELVE STEPS The Al-Anon Family Groups are a fellowship of relatives and friends of alcoholics who share their experience,

strength, and hope in order to ...

2019 Catalog of Al-Anon Conference Approved Literature

The Al-Anon/Alateen literature and materials in this catalog are available through local Al-Anon Literature Distribution Centers. Remember—when you buy from your local Literature ...

Understanding Ourselves and Alcoholism - Red Deer City ...

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Starting an Al-Anon Group - Al-Anon Family Groups

al-anon.org website and the WSO toll-free meeting line for anyone seeking help in Al-Anon. The Quarterly Appeal Letter, which is sent from the WSO, provides individual members with the ...

Taking a Group Inventory - Al-Anon Family Groups

Al-Anon Family Groups 1600 Corporate Landing Parkway, Virginia Beach, VA 23454-5617 www.al-anon.alateen.org • Is the group's copy of the Al-Anon/Alateen Service Manual ...

Suggested Al-Anon meeting format for online/phone meetings

among members and daily reading of Al-Anon literature thus make us ready to receive the priceless gift of serenity. Al-Anon is an anonymous fellowship. ... meeting and member-to ...

2023 World Service Conference (WSC) - Al-Anon/Alateen

May 20, 2023 • Al-Anon Longitudinal Study Every three years Al-Anon conducts a Member Survey on the Al-Anon website. The latest Survey took place last summer from June 16 to July 27, ...

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