

**If someone else's  
drinking bothers you,  
Al-Anon can help.**

**To find a meeting  
near you  
call/text  
207-284-1844  
or scan the  
QR code.**



**[al-anon.org/help](https://al-anon.org/help)**



Al-Anon **Family** Groups

Help and hope for families and friends of alcoholics