

**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



Al-Anon **Family** Groups

Help and hope for families and friends of alcoholics



If I'm empty,
Call/Text
(207) 284-1844