



If you are troubled
by a relative or
friend's
drinking,
you are not alone.

If you answer yes to any of the following questions, Al-Anon may be able to help:

- Do you worry about how much someone drinks?
- Do you tell lies to cover up for someone else's drinking?
- Are holidays and gatherings spoiled because of drinking?
- Do you search for hidden alcohol?
- Do you feel angry, confused, or depressed most of the time?

**THERE IS HOPE
IN AL-ANON**

**Come to listen.
Come to share.
Find a meeting today.**

For Maine Al-Anon Information/Meetings:
www.MaineAFG.org
1-800-498-1844

For World Service Al-Anon Information:
www.Al-Anon.org
1-888-425-2666



Al-Anon has but one purpose: to help friends and families of alcoholics. Al-Anon is not allied with any sect, denomination, political entity, organization or institution. There are no dues for membership.