

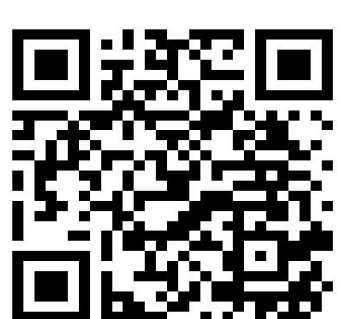
**If you are troubled
by a relative or
friend's
drinking,
you are not alone.**

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