

FOR IMMEDIATE RELEASE

Contact Name:

Phone:

Email:

Note: Please do not use the contact person's name in print nor in any media.

## **Al-Anon Is Alive and Well in Vermont**

Are you troubled by someone else's drinking? We welcome you to attend an Al-Anon meeting. Al-Anon Family Groups, established in 1951, offers help and hope to anyone who has been affected by a loved one's drinking.

Alcohol is a cause of family trouble for over one-third of Americans, according to the latest Gallup Consumption Habits poll. Thirty-seven percent report alcohol-related incidents have interfered with their family life, and about 1 in 10 children live in households with at least one parent who suffers from alcohol use disorder.

Al-Anon Family Groups, which includes Alateen for younger people, understands the importance of family recovery from the effects of alcoholism. In Vermont, our first Al-Anon group started in Windsor, in September 1949, at a time when families and friends attended Alcoholics Anonymous (AA) meetings with the alcoholic. It was then known as a non-AA group. Today, there are about 60 Al-Anon groups in Vermont. Some are temporarily suspended due to COVID-19 but many are meeting virtually online.

While Al-Anon first started with the wives of AA members, Al-Anon today includes husbands, partners, parents, grandparents, brothers, sisters, friends, and relatives who seek help because of a problem of alcoholism in a relative or friend.

Nearly 14,000 local Al-Anon groups meet throughout the U.S. (including Puerto Rico), Bermuda and Canada every week. Al-Anon meetings are held in over 133 countries, and Al-Anon literature is available in more than 40 languages.

Al-Anon Family Groups is fully self-supported by voluntary contributions from members and the sale of literature. There are no dues or fees to attend a meeting, and no appointments or referrals are necessary—anyone concerned about someone else's drinking is welcome to attend any Al-Anon meeting.

Al-Anon Family Groups is a spiritual fellowship, not a religious one, and anonymity is an important spiritual principle of the Al-Anon program. Personal anonymity, as well as confidentiality of members sharing in our program, creates a safe place to get help. We often say, "Whom you see here, what you hear here, when you leave here, let it stay here."

For more information about Al-Anon/Alateen, go to [alanon.org](http://alanon.org) to view a copy of "[Al-Anon Faces Alcoholism 2020](#)" or to listen to a "[First Steps to Al-Anon Recovery](#)" podcast.

## **Where to Find Help**

- To find meetings in Vermont, visit [www.vermontalanonlateen.org](http://www.vermontalanonlateen.org).
- To talk with an Al-Anon member or to find a meeting, call the VT Answering Service at 866-972-5266 (toll-free).

## **Are You a Teen?**

We encourage you to visit the Teen Corner: A place just for teens affected by someone else drinking at [al-anon.org/newcomers/teen-corner-alateen](http://al-anon.org/newcomers/teen-corner-alateen). You are welcome to attend any Al-Anon meeting.

## **Are You a Professional?**

We encourage you to visit Al-Anon Family Groups Headquarters, Inc, on LinkedIn at [al-anon.org/linkedin](http://al-anon.org/linkedin). Find articles and videos with relevant testimonials from professionals.

## **Al-Anon Is Worldwide**

Visit [al-anon.org](http://al-anon.org) or call 888-4Al-Anon (888-425-2666) for information about meetings anywhere.

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