

Did you grow up with a problem drinker?

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

- Do you have trouble with intimate relationships?
- Do you often mistrust your own feelings and the feelings expressed by others?
- Do you care for others easily, yet find it difficult to care for yourself?
- Do you still feel responsible for others, as you did for the problem drinker in your life?
- Do you isolate yourself from other people?

There is hope in Al-Anon.



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

For Vermont Al-Anon
Information/Meetings:
VermontAlanonAlateen.org
1-866-972-5266



Al-anon.org
1-888-4AL-ANON
1-888-425-2666


Al-Anon Family Groups
Help and hope for families and friends of alcoholics