Troubled by a relative's or friend's drinking?

If you answer yes to 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 the 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 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