

# 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