

**I thought I needed to change my
alcoholic wife.**

**What I really needed was to
change myself.**

**Al-Anon restored my faith
and gave me serenity.**

**AL-ANON
CAN HELP**

YOU HAVE CHOICES.

THERE IS HOPE.



Al-Anon Family Groups

Strength and hope for friends and families of problem drinkers.

**TO FIND
A MEETING**

WWW.NHAL-ANON.ORG

1-603-645-9518