

**Prior to attending Al-Anon,
I felt like a failure. I wanted to
change the alcoholic in my life.**

**Al-Anon gave me hope and
the strength to change myself.**

**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