

If you are troubled

by a relative or

friend's

drinking,

you are not alone.

If you answer yes to any of 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 drinking?
- Do you search for hidden alcohol?
- Do you feel angry, confused, or depressed most of the time?

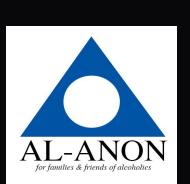
THERE IS HOPE IN AL-ANON

For Maine Al-Anon Information/Meetings: www.MaineAFG.org 1-800-498-1844

For World Service Al-Anon Information: www.Al-Anon.org 1-888-425-2666

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





Al-Anon has but one purpose: to help friends and families of alcoholics. Al-Anon is not allied with any sect, denomination, political entity, organization or institution. There are no dues for membership.