



NOT EVERYONE TRAPPED BY ALCOHOL IS AN ALCOHOLIC

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Families and friends are suffering too.

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Do you worry about how much
someone drinks?

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Al-Anon and Alateen can help.


Al-Anon Family Groups
Help and hope for families and friends of alcoholics

For information about Al-Anon & Alateen visit:

<https://al-anon.org/newcomers/>

For Sonoma County meetings visit:

<http://sonapal-anon.org>

Sonoma County Al-Anon/Alateen Local Support Line - 707-575-6760