

### **Suggested WhatsApp Chat Group Guidelines**

To communicate information about Al-Anon, and to offer hope and comfort to the families and friends of alcoholics with little or no access to meetings, by means of members sharing their experience, strength and hope.

The Al-Anon Family Groups are a fellowship of relatives and friends of alcoholics who share their experience, strength, and hope in order to solve their common problems. We believe alcoholism is a family illness and that changed attitudes can aid recovery. Al-Anon is not allied with any sect, denomination, political entity, organization, or institution; does not engage in any controversy; neither endorses nor opposes any cause. *(From the Al-Anon Preamble)*

- Primary focus is sharing our own, personal experience, strength and hope.
- Participants should be family or friends of alcoholics/addicts.
- Everything that is said on the Chat Group must be held in confidence.
- We ask members of other fellowships to remain focused on the Al-Anon programme.
- Brief, one paragraph quotes from CAL(Conference Approved Literature) are permissible.
- The use or mention of outside literature is discouraged.
- Al-Anon is a spiritual programme, based on no particular form of religion. Let us not defeat our purpose by entering into discussions concerning specific religious beliefs.
- Recovery related postings only, personal messages to be shared via private message
- Consider the size of posting... some participants have limited data.

Each member is responsible for keeping the Chat Group focused on Al-Anon recovery and discussion on Al-Anon related topics.