



Al-Anon Family Groups

Help and hope for families and friends of alcoholics

Welcome to all Newcomers!

Al-Anon Family Groups can help anyone affected by someone else's drinking and are made up of family members and friends of alcoholics who share their experience, strength, and hope with each other.

Members have found healthy, positive ways of dealing with the difficulties that result from another's alcoholism by regularly attending and participating in Al-Anon meetings.

Even if the alcoholic continues to drink, their relatives and friends can find serenity as a result of Al-Anon.

In South Africa we currently have 3 Newcomers Zoom Meetings where family members and friends of alcoholics can learn how the Al-Anon programme is able to help those whose lives have been affected by the disease of alcoholism. In order to join these meetings contact numbers are given for each one in the 'List of Zoom meetings' below.

The meetings discuss topics such as: Alcoholism as a disease, Steps 1, 2 and 3 of the Al-Anon 12 Step programme, and the concepts of Detachment, the 3 Cs and Letting Go.

Here is a link to Al-Anon's World Service Office (WSO) website welcoming Newcomers and providing very helpful information, including FAQs : al-anon.org/welcome This link will prompt you to enter your email address for you to receive the information.

On the WSO website there is also a list of free and downloadable literature at this link: <https://al-anon.org/members/membersresources/literature/downloadable-items/>.

This list of pamphlets includes titles such as 'Are you troubled by someone else's drinking?', 'Has your life been affected by someone else's drinking?', and 'Did you grow up with a problem drinker?' which are sure to be helpful.

We welcome you and hope you will find in this fellowship the help and friendship we have been privileged to enjoy.