



Al-Anon and Alateen Family Groups

Together We Share Strength and Hope

Al-Anon Southwest Michigan www.SWMichiganAl-Anon.org p Al-Anon Family Groups World Service Office www.Al-Anon.org

An Open Letter to the Human Services Professional

Dear Human Resource Provider,

As a member of the helping profession, you come into contact with individuals who have complex problems and needs. It is possible many may be suffering from the effects of someone else's drinking. Family members, regardless of their age, usually blame themselves for the turmoil in their lives; often making excuses for problems, while unaware of how the disease of alcoholism affects them. The fact is that alcoholism affects family members from generation to generation unless the pattern is interrupted.

If you know or suspect that a person's drinking may be affecting an employee, we urge you to recommend Al-Anon and Alateen. We are a mutual support fellowship where members share their experience, strength and hope. Alateen, a part of Al-Anon, is for young people who are equally affected by an alcoholic. We offer a program of recovery for the relatives and friends of alcoholics. Alateen is for teenagers affected by someone else's drinking. Meetings are held at no cost in your locality and no appointments are necessary.

How Else Can You Help?

- Visit the Al-Anon and Alateen World Service Office website at www.al-anon.org. Al-Anon Family Groups offer a variety of resources designed to help professionals.
- Suggest to your employee that they visit the local Al-Anon and Alateen website at www.SWMichiganAl-Anon.org for a schedule of local meetings, or call the 24-hour Al-Anon answering service at 269-993-0589 to leave a message. At such meetings people can find understanding and support that complement and reinforce your professional recommendations.
- If your company has a newsletter you could place a small informational notice about Al-Anon and Alateen Family Groups: For example:

Are you troubled by someone else's drinking? Al-Anon and Alateen is a fellowship of relatives and friends of alcoholics who share their experience, strength and hope in order to find solutions to their common problems. For meetings in your area visit: www.SWMichiganAl-Anon.org, or call the 24-hour Al-Anon answering service at 269-993-0589.

If you or your staff would like additional information please visit our local website found above, or email us at SWMichiganAlAnon@gmail.com, or call our answering service at 269-993-0589 and leave a private message. An Al-Anon member will return your call. We hope you will find opportunities in your place of business to help your employees by suggesting Al-Anon and Alateen.

Thank you, Southwest Michigan Area Al-Anon and Alateen Public Outreach Committee

Al-Anon and Alateen Family Groups: Are you troubled by someone's drinking? Al-Anon and Alateen are fellowships of relatives and friends of alcoholics who share their experience, strength and hope in order to solve their common problems.
For information or meetings in Southwest Michigan, visit www.SWMichiganAl-Anon.org, call a 24-hour Al-Anon answering service at 269-993-0589, email SWMichiganAlAnon@gmail.com or write Al-Anon, c/o Kalamazoo Alano Club, 933 S. Burdick Street, Kalamazoo, MI 49001.