



# Al-Anon and Alateen Family Groups

Together We Share Strength and Hope

Al-Anon Southwest Michigan [www.SWMichiganAl-Anon.org](http://www.SWMichiganAl-Anon.org) p Al-Anon Family Groups World Service Office [www.Al-Anon.org](http://www.Al-Anon.org)

## An Open Letter To The Police

Dear Officer,

Do you remember me? I'm the person who frantically called you earlier this year because my spouse had come home drunk and was violent. You came and spoke with me, and made the arrest, but I didn't press charges in spite of your kind warnings. I just couldn't take the step to press any legal action against my partner.

A few months ago, I began attending Al-Anon meetings regularly. Now I understand that alcoholism is a disease and that my partner is out of control when drunk. Because of the support I receive from others who have had similar experiences, it's clear to me that I do not have to accept violence as a part of my life. Today, Al-Anon is giving me the courage to take the steps I need to protect my children and myself. I'm learning to make healthy choices for myself, and I feel that if you would refer others with this problem to Al-Anon, they would be forever grateful. Perhaps my story will help you when you encounter a situation similar to mine.

Sincerely yours,

Anonymous

P.S. My children now attend Alateen, a mutual support program for teenagers, and part of the Al-Anon Family Group.

## How Else Can You Help?

- Visit the Al-Anon and Alateen World Service Organization website at [www.al-anon.org](http://www.al-anon.org). Al-Anon Family Groups offer a variety of resources designed to assist professionals.
- Suggest to those you suspect have been affected by someone else's drinking that they visit the local Al-Anon and Alateen website at [www.SWMichiganAl-Anon.org](http://www.SWMichiganAl-Anon.org) for a schedule of local meetings, or call the 24-hour answering service at 269-993-0589 and leave a private message. An Al-Anon member will call you back.
- You may message us at the above website, answering service, or email us at [SWMichiganAlAnon@gmail.com](mailto:SWMichiganAlAnon@gmail.com).

We hope you will find opportunities in your department to help people by suggesting Al-Anon and Alateen.

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

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**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](http://www.SWMichiganAl-Anon.org), call a 24-hour Al-Anon answering service at 269-993-0589, email [SWMichiganAlAnon@gmail.com](mailto:SWMichiganAlAnon@gmail.com) or write Al-Anon, c/o Kalamazoo Alano Club, 933 S. Burdick Street, Kalamazoo, MI 49001.