

W E L C O M E !



AL-ANON HANDSHAKE: AN ORIENTATION FOR NEWCOMERS



HOW CAN AL-ANON HELP ME?

Al-Anon is a mutual support group. Our personal situations may differ, but we share a common experience: our lives have been affected by another person's drinking.

We can find understanding and support when we share our common experience with each other. Some of us are here because a spouse or partner has struggled with alcoholism. For others, the problem drinker is a parent, child, or grandchild. Sometimes a brother, a sister, or some other relative or friend brings us to Al-Anon. Many of us have had more than one alcoholic family member or friend.

Alcoholism has similar effects on us all, even though our relationships to the alcoholic may differ. Many newcomers are most interested to hear about situations and relationships that are similar to their own. Over time, however, we come to understand that we can benefit from hearing how the Al-Anon principles work in many different circumstances.

HOW CAN I CONNECT WITH AL-ANON?

Every week over 200 groups meet virtually in Washington State, and many helpful resources are freely available online and through local Information Services. Please join us to connect with other Newcomers and Al-Anon members to share the experience, strength and hope of the program.

Orientation Meeting: 2nd & 4th Fridays, 7-8:15 pm

Please email for the Zoom invitation:

al.anon.handshake@gmail.com

Hosted by: District 7 (Yakima) & District 16 (E. King County)