

**If someone you care about  
has a drinking problem...**

*You can see what it is doing to  
them*

**Can you see what it is doing  
to**

**YOU?**

**01 8732699**

**for details of local Al-Anon  
and Alateen Groups**

AL-ANON FAMILY GROUPS UK & EIRE

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HOPE FOR FAMILIES AND  
FRIENDS OF ALCOHOLICS