



# AL-ANON FAMILY GROUPS

## Victorian Southern Area Inc. No A15431J

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Hello and welcome to Al-Anon Family Groups Victorian Southern Area Inc.

Our groups are here to support you and help you, as all of us recover together from the family disease of alcoholism.

This support and help comes in the way of group members sharing their experience, strength and hope with you. Through these sharings, you will learn about the disease of alcoholism and about Al-Anon's principles and strategies that help us all.

**Here are a few things to keep in mind at your first meetings:**

Al-Anon is a mutual support group. Everyone at the meeting has experienced a problem with someone else's drinking. As such, everyone is equal no matter how many meetings have been attended. This means that no one person is in a position to give advice or direction. Keep coming until you find the answers that are right for you.

Al-Anon is a spiritual program. Whilst there is reference to God, this is a God of your own understanding, and does not denote a religious God. It is a Higher Power that is a source of support and guidance and is one of your choosing; it can be the group or the members, whatever feels comfortable for you.

Every meeting is different. Whilst Al-Anon has guidelines for meetings, each meeting is autonomous and can choose how its meeting is run, so you may find each meeting is a little different from the next. Feel free to attend different meetings to hear different members' experiences. It is suggested that you attend a minimum of six meetings before you decide whether Al-Anon is right for you.

During the meeting you may be asked if you would like to share (speak about your experience). If you would rather just listen you can say "No thanks" or "Pass" or "I'll just listen thanks". We suggest that while you are at a meeting, try to listen to the similarities rather than differences.

Our groups will focus on Al-Anon literature, and personal sharings during the meeting. There is no discussion on religion, politics, or any outside issues in the meetings. This is so members can focus solely on recovering from the effects of someone else's drinking.

Al-Anon's Traditions guard everybody's anonymity, including your own and the alcoholic's. Confidentiality is respected whether members are face-to-face or on-line. For our groups,

this means that members will respect the confidentiality of what you say, never revealing to anyone what is said in an Al-Anon meeting.

The meeting will likely begin with a reading of the Twelve Steps and/or Traditions of Al-Anon. It will take some time to fully understand how these can be a helpful tool in recovering from the effects of someone's drinking. Al-Anon gives you the opportunity to grow at your own pace and to find your own answers.

If you would like phone numbers of any members you hear on-line, please send an email or alternatively stay on-line and ask the Chairperson. They can ask the member for permission to pass the number to you. It helps us all to stay in regular contact.

**Below are some useful links for meetings and literature:**

- [Online meetings in Australia](#)
- [In-person meetings in Southern Victoria and Tasmania](#)
- [Free flyers and booklets](#)