

Support Meetings for loved ones who have Substance Use Disorders or if you are in a dysfunctional family setting:

Al-Anon is a mutual support program for people whose lives have been affected by someone else's drinking. By sharing common experiences and applying the Al-Anon principles, families and friends of alcoholics can bring positive changes to their individual situations, whether or not the alcoholic admits the existence of a drinking problem or seeks help.



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Nar-Anon Family Groups is primarily for those who know or have known a feeling of desperation concerning the addiction problem of someone very near to you. We have traveled that unhappy road too, and found the answer with serenity and peace of mind. When you come into the family group, you are no longer alone, but among true friends who understand your problem as few others could. We respect your confidence and anonymity as we know you will respect ours. We hope to give you the assurance that no situation is too difficult and no unhappiness is too great to be overcome.



Our program, which is not a religious one but a spiritual way of life, is based on the Twelve Steps of Nar-Anon. We've found that the working of these steps will bring the solution to practically any problem. We urge you to take this program and its twelve steps seriously. It has been as helpful to us as the Narcotics Anonymous program is to the addict. We only ask for the wisdom and courage to see ourselves as we really are, to do something about ourselves with the help of a Higher Power as we understand this, and for the grace to release our addicts with love and cease trying to change them.

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Adult Children of Alcoholics (ACA)/Dysfunctional Families —Did you grow up in an alcoholic or dysfunctional family? How has this affected your life today? How can you recover from your childhood experiences? The ACA or ACOA program was created in the 1970s by a group of Alateen members who needed a program that focused on recovery from their experiences growing up in alcoholic or dysfunctional families. It is a separate 12-step program similar to, but separate from Al-Anon. The focus of Al-Anon is on adult issues or spousal drinking, vs childhood issues in ACA.



What is the "laundry list"? [The Laundry List – 14 Traits of an Adult Child of an Alcoholic](#). We became isolated and afraid of people and authority figures. We became approval seekers and lost our identity in the process. We are frightened by angry people and any personal criticism. View Laundry List "We admitted we were powerless over the effects of alcoholism or other family dysfunction, that our lives had become unmanageable. "At meetings, ACA members share their own experiences of growing up in an environment where abuse, neglect and trauma infected us. This affects everyone today and influences how we deal with all aspects of our lives. ACA provides a safe, nonjudgmental environment that allows us to grieve our childhoods and conduct an honest inventory of ourselves and our family—so we may 1. Identify and heal core trauma, 2. Experience freedom from shame and abandonment, and 3. Become our own loving parents.

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