



**NOT EVERYONE
TRAPPED
BY ALCOHOL IS AN
ALCOHOLIC.**

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Families and friends
are suffering too.

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Do you worry
about how much
someone drinks?

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Al-Anon and Alateen
can help.

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**1-888-4AL-ANON
AL-ANON.ORG**



Al-Anon Family Groups
Help and hope for families and friends of alcoholics