



**THOSE TRAPPED BY
ALCOHOL OR DRUGS ARE
NOT THE ONLY ONES
SUFFERING.**

**Family and friends
are suffering too.**

Do you worry about how much
someone drinks or drugs?

A NEW AL-ANON MEETING

will be held in Ridgefield each
Wednesday from 7:30-8:30 PM at
St. Mary Parish beginning

OCTOBER 1

LOCATION: Barn

*(looking at the front of the church, the Barn is
to the back right).*



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

**“...when anyone, anywhere reaches out for help, let the hand of Al-Anon and Al-Ateen
always be there, and-Let It Begin with Me.”**

The Al-Anon Family Groups are a worldwide fellowship of relatives and friends of those who suffer from Substance Use Disorder (SUD). They share their experience, strength and hope in order to solve their common problems. We believe that SUD is a family disease and that changed attitudes can aid recovery.