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## What is Al Anon?

Posted by BobT - 2007/10/17 15:45

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Some who visit this site probably will not know what Al Anon is all about. The link below will take you to the Al Anon World Service web site where you can find information in a question and answer format. The first question is copied below.

How will Al-Anon help me?

Many who come to Al-Anon/Alateen are in despair, feeling hopeless, unable to believe that things can ever change. We want our lives to be different, but nothing we have done has brought about change. We all come to Al-Anon because we want and need help.

In Al-Anon and Alateen, members share their own experience, strength, and hope with each other. You will meet others who share your feelings and frustrations, if not your exact situation. We come together to learn a better way of life, to find happiness whether the alcoholic is still drinking or not.

[www.al-anon.alateen.org](http://www.al-anon.alateen.org)

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