

**Who is Al-Anon for?**

**Al-Anon is for anyone who has been affected by alcoholism.** If you are concerned about someone else's drinking, the Al-Anon program can offer help.

**Who can be an Al-Anon Member?**

The **only** requirement for membership is that there be a problem of alcoholism in a relative or friend.

**Phone Numbers of Al-Anon Friends**

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**Al-Anon Declaration**

**Let it begin with me.**

**When anyone, anywhere reaches out for help, let the hand of Al-Anon and Alateen always be there, and let it begin with me.**

**You  
Are  
Not  
Alone.**

(rev. 3-2-23)

**Welcome to  
Capital District Al-Anon**

*You don't have to drink to suffer from alcoholism.*

*Al-Anon is for friends and relatives of alcoholics.*

**Need to find a local meeting? Go to:**

<https://www.al-anon-8ny.org/online-meeting-schedule>

Or, using your camera on your cell phone or mobile device, hover your camera over the QR code until you see our Meeting Schedule Website link pop up on your device screen, and then click on that link:



- Meeting Information (p. 3)
- Volunteers Available to Talk to You (p. 2)
- Email Address, Phone Number (p. 2)
- Websites (p. 4)
- Literature to Read (p. 4)

## WELCOME TO AL-ANON AND ALATEEN!

The Al-Anon Family Groups are a fellowship of relatives and friends of alcoholics who share their experience, strength, and hope, to solve their common problems.

We believe alcoholism is a family illness, and that changed attitudes can aid recovery. Al-Anon is not allied with any sect, denomination, political entity, organization, or institution; does not engage in any controversy, neither endorses nor opposes any cause. There are no dues for membership. Al-Anon is self-supporting through its own voluntary contributions.

## HOW TO CONTACT US

**Al-Anon volunteers in the Capital District are happy to help answer any question you may have.**

The Capital District Al-Anon website (<https://www.al-anon-8ny.org/>) offers many resources for you. It includes a contact form that you can fill out and submit:

<https://www.al-anon-8ny.org/copy-of-contact-us>

If you would prefer to email us:

**General Information:** [cd-drs@al-anon-8ny.org](mailto:cd-drs@al-anon-8ny.org)

If you would prefer to call us and leave a message, a volunteer will call you back:

**518-292-0577**

## AL-ANON MEETINGS

**You are welcome at all meetings.** Al-Anon and Alateen meetings offer experience, strength, and hope in a variety of meeting types, such as beginner meetings, topic meetings, literature meetings and speaker meetings. The Meeting Schedule on the Capital District website includes the type of meeting:

<https://www.al-anon-8ny.org/online-meeting-schedule>

We recommend that you attend at least six meetings to help you understand if Al-Anon is for you. We also recommend that you attend various meetings to find the one at which you are most comfortable. Each meeting has its own unique character and strengths.

### Capital District Meetings

Find the most up-to-date Capital District Al-Anon Meeting Schedules and Information here:

<https://www.al-anon-8ny.org/online-meeting-schedule>

### Meetings Outside of the Capital District

<https://al-anon.org/al-anon-meetings/>

The volunteer members of Al-Anon try to make sure that someone is at each meeting, but if you attend a meeting and do not see anyone, please leave us a message at **518-292-0577** or email us at: [cd-drs@al-anon-8ny.org](mailto:cd-drs@al-anon-8ny.org), and tell us the meeting date/time/location and the issue. We will get back to you to help you find another meeting.

## AL-ANON WEBSITES

Our Capital District Al-Anon Website is a comprehensive resource for local Al-Anon information, as well as information at our Area ("New York North") and World Service levels:

<https://www.al-anon-8ny.org/>

Capital District Al-Anon Groups are part of an Area group called New York North that includes other Upstate NY groups. New York North's website is:

<http://www.nynafg.com/>

All the Areas make up the World Service Organization of Al-Anon. The worldwide Al-Anon website is:

<https://al-anon.org/>

## AL-ANON LITERATURE

The Al-Anon Organization has many pamphlets, books and other literature that provide more information. They can be ordered here:

<https://www.al-anon-8ny.org/copy-of-literature>

*One Day at a Time*