

## Welcome

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

We believe that alcoholism is a family illness and that changed attitudes can aid recovery. The primary purpose of Al-Anon and Alateen Family Groups is to help friends and family members of alcoholics, whether the alcoholic is still drinking or not.

Here you'll meet others who have gone through experiences similar to yours. You can share your story in comfort, knowing that your anonymity is protected. You'll find Al-Anon/Alateen literature and materials as well as other tools to help you get back the sanity and serenity you deserve.

As a newcomer, you may feel that you're here for the alcoholic . . . that you may learn how to stop his or her drinking. The truth is that you're here because of the alcoholic and not for the alcoholic. You'll learn that you did not cause the alcoholic to drink, that you cannot control his or her drinking, and that you can't cure the alcoholic. You're here for yourself. This is your program, your recovery from the effects of the disease of alcoholism.

*Keep coming back.  
It works if you work it.*

## Is Al-Anon / Alateen for me?

Millions of people are affected by the excessive drinking of someone close – a family member, coworker, friend, or neighbor. Take a look at these questions to see if Al-Anon or Alateen may help you.

- Do you worry about how much someone else drinks?
- Do you tell lies to cover up for someone else's drinking?
- Do you feel that there's no one who understands your problems?
- Do you feel that drinking is more important to your loved one than you are?
- Do you make threats such as, "If you don't stop drinking, I'll leave you"?
- Do you secretly try to smell the drinker's breath?
- Have you considered calling the police for help in fear of abuse?
- Do you search for hidden alcohol?
- Are you losing sleep or time from work or school because of problems related to someone else's drinking?

If you answered "yes" to any of these questions, please consider attending an Al-Anon or Alateen meeting. You'll find people who have been through experiences similar to yours who can help you regain the sanity and serenity that you deserve.

## Al-Anon / Alateen Family Groups

Are you troubled by someone else's drinking?

**Al-Anon / Alateen  
may help.**

[www.area61afg.org](http://www.area61afg.org)

– District 6 –

Serving Calumet, Fond du Lac,  
Manitowoc and Sheboygan counties  
of Wisconsin

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

**1-888-4AL-ANON**

## CHILTON

Saturday – 9:00 am Saturday Morning AFG  
New Hope Center  
443 Manhattan Street

## FOND DU LAC

Sunday – 6:00 pm Safe Haven AFG  
Gratitude Club  
295 Ruggles Street

Monday – 1:00 pm Let It Begin With Me AFG  
Gratitude Club  
295 Ruggles Street

Monday – 6:00 pm Life Begins AFG  
Gratitude Club  
295 Ruggles Street

Tuesday – 10:00 am Paths to Recovery AFG  
Gratitude Club  
295 Ruggles Street

Wed. – 6:00 pm Wednesday Night Rivers Edge AFG  
Gratitude Club  
295 Ruggles Street

Friday – 10 am Let's Keep It Simple  
Gratitude Club  
295 Ruggles Street

Friday – 7:00 pm Serenity Circle AFG  
Pilgrim UCC Church  
535 Stow Street  
\* use door off north driveway

Saturday – 9:30 am Serenity Seekers AFG  
Online via Zoom  
Call 920-

## Manitowoc

Monday -7:00pm SerenanonAFG  
Manitowoc Alano Club  
404 South 29<sup>th</sup> Street

## PLYMOUTH

Tuesday – 6:30 pm Free-For-All AFG  
Plymouth Alliance Church  
1203 Fairview Drive  
(corner of 23 and County Rd O)  
\* Enter via south door downstairs

## SHEBOYGAN

Sunday -6 pm Free for All  
Riteway Club  
4627 South 12<sup>th</sup> Street

Monday – 4 pm Al-Anon Meeting  
Rightway Club  
4627 South 12<sup>th</sup> Street

Wed. – 9:30 am Wednesday Winners AFG  
1907 Club  
2908 North 21<sup>st</sup> Street

Wed. – 9:30 am Serenity Seekers AFG  
Rightway Club  
4627 South 12<sup>th</sup> Street

Saturday – 9:30 am Let It Begin with Me AFG  
1907 Club  
2908 North 21<sup>st</sup> Street

## TWO RIVERS

Thursday – 6:30 pm Hopeful Hearts AFG  
Calvary Lutheran Church  
1921 Adams Street

## WAUPUN

Tuesday – 6:30 pm Freedom AFG  
Union Congregational Church  
125 Beaver Dam Street

## Thoughts to Consider

Alcoholism is a disease that affects the behavior of alcoholics.

Try at least six meetings before deciding whether Al-Anon or Alateen is for you. Don't expect too much too soon.

Keep an open mind. Take what you like from the meetings and leave the rest.

Everything said at meetings is confidential.

We will protect your anonymity and ask that you protect ours.

During a meeting, please feel free to share if you're comfortable or "pass" and just listen.

To work the program, we've found these ideas to be helpful:

- Read as much as possible about alcoholism
- Go to meetings
- Call people on group phone list
- Develop a trusting relationship with a sponsor

Al-Anon is a spiritual program, not a religious one. For many of us, God is our Higher Power but need not be.

May 6, 2024