

Some communities have an Al-Anon Information Service (AIS) or a Literature Distribution Center (LDC), where Al-Anon literature can be purchased.

Several Al-Anon and Alateen books have been published electronically as e-books or as audio books, including our basic book, *How Al-Anon Works for Families and Friends of Alcoholics*. Al-Anon e-books and audio books can be purchased directly from the major electronic media distributors.



**The Forum.** Many groups have sample copies of *The Forum* to share with newcomers. This monthly magazine opens a window to the shared recovery of the worldwide fellowship of Al-Anon Family Groups. Three articles from the magazine are published monthly on Al-Anon's Public Outreach Web site, al-anon.org, as well as brief excerpts on the Al-Anon WSO Facebook page, which includes links to these articles on the Web site. Personal subscriptions are available from Al-Anon's "Online Store."



A selection of literature is available for purchase at many Al-Anon meetings, as well as from Al-Anon's "Online Store," [al-anon.org/onlinestore](http://al-anon.org/onlinestore).



# Getting Started

*Welcome to your first Al-Anon meeting!*

*As friends and family members of alcoholics, we can provide mutual support to each other that isn't available anywhere else. We hope you'll keep coming back.*

**For meeting information call:**  
1-888-425-2666 (1-888-4AL-ANON)



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**Al-Anon Family Groups**  
Strength and hope for friends and families of problem drinkers

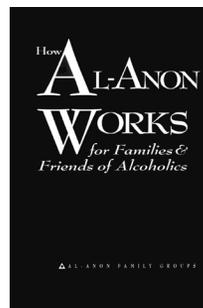
**In addition to meetings, there is also a wide range of Al-Anon and Alateen literature that deepens our understanding of alcoholism and its effects.**

The *Information for the Newcomer* pamphlet (S-4) provides answers to some of the most commonly asked questions. This pamphlet is included in the Newcomer Packet.



*Alcoholism, the Family Disease* (P-4) is a pamphlet with a wealth of information about many aspects of Al-Anon, including the “Maturity Checklist,” “Do’s and Don’ts,” and “Three Obstacles to Success in Al-Anon.”

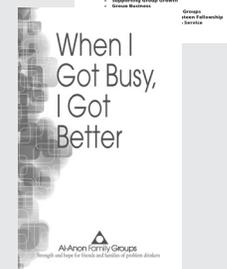
The book *How Al-Anon Works* (B-22, B-32) provides a good overview of the Al-Anon program and is available in hard- and soft-cover editions as well as e-book and audio book versions.



Participation improves understanding. There are many opportunities for participation that make Al-Anon an enjoyable and rewarding experience. The following booklets focus on participation in Al-Anon service activities as an opportunity for personal growth.

Al-Anon and Alateen Groups at Work (P-24) explains all aspects of how an Al-Anon or Alateen group functions. It is a guide that summarizes everything you want to know about Al-Anon groups.

When I Got Busy, I Got Better (P-78) tells how volunteer service is an important tool for growth in the Al-Anon program.



**Daily readers.** Al-Anon’s three daily readers can be a source of encouragement and understanding “One Day at a Time.”

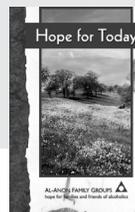
*One Day at a Time in Al-Anon* (B-6) shares spiritual insights on the difficult challenges of coping with the effects of someone else’s alcoholism. It is also available as an audio book.



*Courage to Change* (B-16) focuses on the opportunities for personal growth that the Al-Anon program offers.



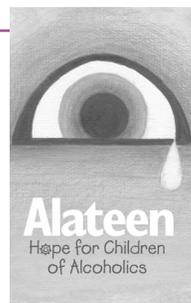
*Hope for Today* (B-27) explores some of the deeper spiritual issues that arise as a result of living with alcoholism.



**For parents of young children and teens.**



Parents tell how they helped their children cope with an alcoholic family situation in the pamphlet, *How Can I Help My Children?* (P-9).



*Alateen—Hope for Children of Alcoholics* (B-3) is an easy-to-understand explanation of alcoholism and the Alateen program.



*Alateen—a day at a time* (B-10) is one of Alateen’s two daily readers. Alateen members share how they practice their program, “One Day at a Time.”

*Youth and the Alcoholic Parent* (P-21) includes questions and suggestions to help young people improve their own lives.



Alateen literature provides simple and clear insight into complex family issues, which makes it helpful reading for adult members of Al-Anon, as well.