

What Al-Anon Offers

Happy New Year! It is once again that time of year when resolutions for healthier living are made, abundantly, and hope for success in meeting those changes lives in every dreamer's heart. In Al-Anon Family Groups, each day offers an opportunity for members to choose a new attitude, thought, response and/or behavior to enhance their personal recovery. The support of the group is invaluable for individual growth. Al-Anon offers listeners who understand, practical examples for living with less stress, a sense of belonging. Al-Anon offers a safe place where one can speak harsh truths, learn the difference between love vs. enmeshment, feel a true sense of belonging and fellowship. Healing hearts, uniting families, and empowering self and others; this is the dream made real through Al-Anon.

Happy New Day!

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