

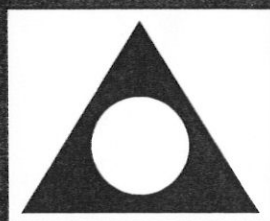
**I didn't realize
my father's drinking was
the source of my anger.**

**In Al-Anon I learned how to
deal with my feelings.**

**AL-ANON
CAN HELP**

YOU HAVE CHOICES.

THERE IS HOPE.



Al-Anon Family Groups

Strength and hope for friends and families of problem drinkers.

**TO FIND
A MEETING**

WWW.NHAL-ANON.ORG

1-603-645-9518