



Al-Anon/Alateen Family Groups

Strength and Hope for Families and Friends of Problem Drinkers

Grand Rapids, Michigan and Surrounding Area www.grafg.org • Al-Anon Family Groups World Service Office www.al-anon.org

An Open Letter to the Human Resource Professionals

Dear Human Resource Provider,

As a member of the helping profession, you come into contact with individuals who have complex problems and needs. It is possible many may be suffering from the effects of someone else's drinking. Family members, regardless of their age, usually blame themselves for the turmoil in their lives; often making excuses for problems, while unaware of how they are being affected by someone else's drinking. The fact is alcoholism affects family members from generation to generation unless the pattern is interrupted.

If you know or suspect that a problem drinker is affecting an employee, we urge you to recommend Al-Anon/Alateen. We are a mutual support fellowship where members share their experience, strength and hope, offers a program of recovery for the relatives and friends of alcoholics. Alateen is for teenagers affected by someone else's drinking. Meetings are held at no cost in your locality and no appointments are necessary.

How Else Can You Help?

- Visit the Al-Anon/Alateen World Service Office website at www.al-anon.org. Al-Anon Family Groups offer a variety of resources designed to assist professionals.

Look at the link "for professionals," "teens," and "media." You will find counselors, therapists and others in a range of professions encouraging the friends and families of problem drinkers to attend Al-Anon meetings. At meetings, people can find understanding and support that complements and reinforces your professional recommendations. This site is in English, Spanish as well as French.

- Suggest to your employees that they visit the local Al-Anon/Alateen website www.grafg.org for a schedule of local meetings or call a 24-hour answering service at 616-222-0632.
- If your company has a newsletter place a small informational notice about Al-Anon/Alateen Family Groups. For example:

Are you troubled by someone's drinking? Al-Anon/Alateen is a fellowship of relatives and friends of alcoholics who share their experience, strength, and hope in order to solve their common problems. For meetings in your area visit www.grafg.org or call a 24-hour Al-Anon answering service at 616-222-0632.

- Request an introductory sample packet of information and posters for your office.

If you or your staff would like additional information please visit our website at www.grafg.org or e-mail us at info@grafg.org or call 616-222-0632 to speak with an Al-Anon member directly.

We hope you will find opportunities in your place of business to help your employees by suggesting the Al-Anon/Alateen.

Thank you, Grand Rapids and Surrounding Area Public Outreach Committee

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