



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 Police

Dear Officer,

Do you remember me? I'm the woman who frantically called you three times this year because my husband came home drunk and was violent. You were annoyed because I called for help so often; yet after each incident, and in spite of your warnings, I'd go back into the same situation without taking legal action.

A few months ago, I began attending Al-Anon meetings regularly. I now understand that alcoholism is a disease and my husband is out of control when he is drunk. Because of the support I receive from others who have had similar experiences, it's clear to me I do not have to accept violence as a part of my life. Today, Al-Anon is giving me the courage to take the steps I need to protect my children and myself. I'm learning to make healthy choices for myself. I feel that if you refer others with this problem to Al-Anon, they would be forever grateful. Perhaps my story will help you when you encounter a similar situation.

*Sincerely yours,
Anonymous*

P.S. My children now attend Alateen, a mutual support program for teenaged family members. It is part of the Al-Anon Family Groups.

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. This site is in English, Spanish as well as French.

- Suggest to those you suspect have been affected by someone else's drinking that they visit the local Al-Anon/Alateen website www.grafg.org for a schedule of local meetings 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 department 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 department to help people by suggesting the Al-Anon/Alateen.

Thank you, Grand Rapids and Surrounding Area Public Outreach Committee