



# Al-Anon Family Groups

INDIANAPOLIS INFORMATION SERVICES AND LITERATURE DEPOT

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## Ask about the \$4 Parent Pack!

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***Hope and Understanding for Parents & Grandparents*** (P-94). Introduced in 2018, our newest pamphlet includes a description of the challenges facing parents and grandparents of young problem drinkers. Plus a section with personal stories, followed by a section applying each of the twelve steps to the parent/grandparent relationship.

***Parents of Alcoholics*** (R-18). An Introduction followed by eleven stories written by parents of alcoholics, reprinted from *The Forum* (the Al-Anon Family Group monthly magazine). These stories describe struggles with detachment, responsibility, guilt and letting go – and how Al-Anon can help.

***Parents' Newcomer Packet*** (K-24). Includes:

- ***A Guide for the Family of the Alcoholic*** (P-7). Realistic look at alcoholism, the problems encountered by those close to the alcoholic, and choices available to the family.
- ***Purpose and Suggestions*** (P-13). Al-Anon's first pamphlet describes our fellowship's purpose and suggestions for applying it to improve our lives
- ***So You Love an Alcoholic*** (P-14). Suggests first steps to take for a changed attitude toward the alcoholic. Unexpected answers to the question, "What shall I do?"
- ***To Parents of Alcoholics*** (P-16). Sharings from parents of alcoholics and answers to frequently asked questions help relieve the fear, anger, blame, guilt and confusion of realizing your child is an alcoholic.
- ***Understanding Ourselves and Alcoholism*** (P-48). Learn about the disease of alcoholism and how compulsion, addiction, obsession and denial affect alcoholics and those close to them.
- ***Alateens Share with the Adults in Their Lives*** (P-67). For any adult in contact with a teenager affected by someone else's drinking. Previously published as, *Dear Mom & Dad*
- ***And More!***

***Detachment*** (S-19). A handy leaflet to remind us about Detaching with Love

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