

How Can I Help My Children?

Indianapolis Literature Depot

Pamphlet of the Month

March 2025

P-9

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- Personal reflections by parents describing how they helped their children understand the family disease of alcoholism.
- Includes a checklist for parents
- How can I help my children?
- Identifying the problem, explaining the disease, making amends, communication, examining our attitudes, working the program at home, examining our motives, making decisions, breaking the cycle

Do you have an idea for a “Pamphlet of the Month”?

Send your idea to indylde@indiana-al-anon.org Include the code number for the pamphlet, and briefly tell us about the pamphlet and/or why you like it.