

## Welcome

The Al-Anon/Alateen Family Groups are a fellowship of friends and relatives of alcoholics who share their experience, strength, and hope in order to solve their common problems.

We believe that alcoholism is a family illness and that changed attitudes can aid recovery. The primary purpose of Al-Anon and Alateen Family Groups is to help friends and family members of alcoholics, whether the alcoholic is still drinking or not.

Here you'll meet others who have gone through experiences similar to yours. You can share your story in comfort, knowing that your anonymity is protected. You'll find Al-Anon/Alateen literature and materials as well as other tools to help you get back the sanity and serenity you deserve.

As a newcomer, you may feel that you're here for the alcoholic . . . that you may learn how to stop his or her drinking. The truth is that you're here because of the alcoholic and not for the alcoholic. You'll learn that you did not cause the alcoholic to drink, that you cannot control his or her drinking, and that you can't cure the alcoholic. You're here for yourself. This is your program, your recovery from the effects of the disease of alcoholism.

*Keep coming back.  
It works if you work it.*

## Is Al-Anon / Alateen for me?

Millions of people are affected by the excessive drinking of someone close – a family member, coworker, friend, or neighbor. Take a look at these questions to see if Al-Anon or Alateen may help you.

- Do you worry about how much someone else drinks?
- Do you tell lies to cover up for someone else's drinking?
- Do you feel that there's no one who understands your problems?
- Do you feel that drinking is more important to your loved one than you are?
- Do you make threats such as, "If you don't stop drinking, I'll leave you"?
- Do you secretly try to smell the drinker's breath?
- Have you considered calling the police for help in fear of abuse?
- Do you search for hidden alcohol?
- Are you losing sleep or time from work or school because of problems related to someone else's drinking?

If you answered "yes" to any of these questions, please consider attending an Al-Anon or Alateen meeting. You'll find people who have been through experiences similar to yours who can help you regain the sanity and serenity that you deserve.

## Al-Anon / Alateen Family Groups

Are you troubled by someone else's drinking?

Al-Anon / Alateen  
may help.

[www.area61afg.org](http://www.area61afg.org)

- District 6 -

Serving Calumet, Fond du Lac,  
Manitowoc and Sheboygan counties  
of Wisconsin

[www.al-anon.alateen.org](http://www.al-anon.alateen.org)  
**1-888-4AL-ANON**

## Al-Anon/Alateen Meetings – District 6

### **CHILTON**

Saturday – 9:00 am Saturday Morning AFG  
New Hope Center  
443 Manhattan Street

### **ELKHART LAKE**

Thursday – 7:00 pm The Heart of Thursday Night AFG  
Community United Church of Christ  
174 N. East Street

### **FOND DU LAC**

Sunday – 6:30 pm Safe Haven AFG  
Gratitude Club  
295 Ruggles Street

Monday – 1:00 pm Let It Begin With Me AFG  
Gratitude Club  
295 Ruggles Street

Monday – 6:00 pm Life Begins AFG  
Gratitude Club  
295 Ruggles Street

Tuesday – 10:00 am Paths to Recovery AFG  
Gratitude Club  
295 Ruggles Street

Wed. – 1:00 pm New Life AFG  
Gratitude Club  
295 Ruggles Street

Wed. - 6:00 pm Wednesday Night Rivers Edge AFG  
Gratitude Club  
295 Ruggles Street

Friday – 6:30 pm Keep It Simple AFG  
Gratitude Club  
295 Ruggles Street

Friday – 7:30 pm Serenity Circle AFG  
Pilgrim UCC Church  
535 Stow Street  
\* use door off north driveway

Saturday - 9:30 am Serenity Seekers AFG  
Gratitude Club  
295 Ruggles Street

### **KIEL**

Thursday – 6:30 pm Taking Care of Ourselves AFG  
Pathways Facility  
530 Highway 67

## Al-Anon/Alateen Meetings – District 6

### **MANITOWOC**

Monday – 7:00 pm Serenanon AFG  
St. John United Church of Christ  
1501 Marshall Street

Tuesday – 10:00 am New Beginnings AFG  
St. Paul's Lutheran Church  
2601 S. 10<sup>th</sup> Street  
\* use south entrance, go downstairs

Saturday – 11:00 am Sweet Surrender AFG  
Marco  
1114 S. 11<sup>th</sup> Street

### **PLYMOUTH**

Sunday – 7:00 pm New Hope AFG  
Salem United Church of Christ  
217 Salem Drive

Tuesday – 6:30 pm Free-For-All AFG  
Plymouth Alliance Church  
1203 Fairview Drive  
(corner of 23 and County Rd O)  
\* enter via south door downstairs

### **SHEBOYGAN**

Wed. – 9:30 am Wednesday Winners AFG  
1907 Club  
2908 North 21<sup>st</sup> Street

Wed. – 9:30 am Serenity Seekers AFG  
Rightway Club  
4627 South 12<sup>th</sup> Street

Thursday – 7:00 pm Paths to Recovery AFG  
First United Lutheran Church  
2401 Kohler Memorial Drive  
\* in library

Saturday 9:30 am Discovering Choices AFG  
Wynveen Hope House  
1014 N. 6<sup>th</sup> Street

Saturday 9:30 am Let It Begin with Me AFG  
1907 Club  
2908 North 21<sup>st</sup> Street

Saturday 9:30 am Alateen and Alakids  
1907 Club  
2908 North 21<sup>st</sup> Street

## Al-Anon/Alateen Meetings – District 6

### **TWO RIVERS**

Thursday – 7:00 pm Hopeful Hearts AFG  
Calvary Lutheran Church  
1921 Adams Street  
\* upstairs

### **WAUPUN**

Tuesday – 6:30 pm Freedom AFG  
Union Congregational Church  
125 Beaver Dam Street  
\* use parking lot door

## Thoughts to Consider

- Alcoholism is a disease that affects the behavior of alcoholics.
- Try at least six meetings before deciding whether Al-Anon or Alateen is for you. Don't expect too much too soon.
- Keep an open mind. Take what you like from the meetings and leave the rest.
- Everything said at meetings is confidential.
- We will protect your anonymity and ask that you protect ours.
- During a meeting, please feel free to share if you're comfortable or "pass" and just listen.
- To work the program, we've found these ideas to be helpful:
  - Read as much as possible about alcoholism
  - Go to meetings
  - Call people on the Al-Anon/Alateen phone list
  - Develop a trusting relationship with a sponsor
- Al-Anon is a spiritual program, not a religious one. For many of us, God is our Higher Power but need not be.
- At the end of our meetings, we often share hugs. Please feel free to accept them or not.