

Lucretia Shafer

December 2, 2005

Al-Anon Family Group

Valley Medical Center

Saturdays 7:30-9:00

(425)255-1992

Contact: Shirley

Al-Anon is a part of Alcoholics Anonymous. As its motto states, it is an organization dedicated to offering “hope and help for families and friends of alcoholics”. The groups are composed of people who are recovering from the effects of being in close relationship with an alcoholic. It is a non-profit organization funded by donations from participants and from sales of approved literature.

I was impressed by the way that Al-Anon fills the gap between the people that struggle with the actual addiction and the people who have been directly affected by the behaviors and choices made by the addicts. Here again is another world of hurt that I had not considered. The focus in the group is encouragement of the members to take care of themselves first. Hope, strength and encouragement are offered to those who are new to AL-Anon. They also have a wide range of educational materials available to aid in a person’s recovery. There are different kinds of Al-Anon groups. They are all based on the same philosophy but reach out to different people and serve to meet them at different points in their recovery. Al-Anon groups are easy to start and there is a lot of support from the Al-Anon organization. As nurse it is good to be aware of this organization as a resource for those I will meet who will be in need of their offered support.