



# Al-Anon Family Groups

Strength and hope for friends and families of problem drinkers

Meetings are held

**Every Tuesday**

5 p.m. at Behavioral Health

2800 S. Shepherd Rd., Mt. Pleasant, MI 48858

[www.al-anon.org](http://www.al-anon.org)

For more information, please contact Karen B at 989.775.3742

## How Al-Anon Works for Me

In Al-Anon, members do not give direction or advice to other members. Instead, they share their personal experiences and stories, and invite other members to “take what they like and leave the rest”—that is, to determine for themselves what lesson they could apply to their own lives.

The best place to learn how Al-Anon works is at a meeting in your local community. Personal contact is an important element in the healing process.

## Serenity Prayer

*God grant me the serenity to accept the things I cannot change;  
courage to change the things I can; and wisdom to know the difference.*