

**AL-ANON/ALATEEN  
Is It For You?**

- ◆ Do you worry about how much someone else drinks?
- ◆ Do you have money problems because of someone else's drinking?
- ◆ Do you tell lies to cover up for someone else's drinking?
- ◆ Do you feel that if the drinker loved you, he or she would stop drinking, to please you?
- ◆ Do you blame the drinker's behavior on his or her companions?
- ◆ Are plans frequently upset, or cancelled, or meals delayed because of the drinker?
- ◆ 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?
- ◆ Are you afraid to upset someone for fear it will set off a drinking bout?
- ◆ Have you been hurt or embarrassed by a drinker's behavior?
- ◆ Are holidays and gatherings spoiled because of drinking?
- ◆ Have you considered calling the police for help in fear of abuse?
- ◆ Do you search for hidden alcohol?
- ◆ Do you often ride in a car with a driver who has been drinking?
- ◆ Have you refused social invitations out of fear or anxiety?
- ◆ Do you sometimes feel like a failure when you think of the lengths to which you have gone to control the drinker?
- ◆ Do you think that, if the drinker stopped drinking, your other problems would be solved?
- ◆ Do you ever threaten to hurt yourself to scare the drinker?
- ◆ Do you feel angry, confused or depressed most of the time?
- ◆ Do you feel there is no one who understands your problems?

**EDMONTON NORTHEAST**

<i>Monday</i>	<b>Clareview New Hope</b> Emmaus Lutheran Church 5014 - 144 Avenue	<b>8:00 pm</b> <b>WAS</b>
<i>Tuesday</i>	<b>Serenity Home Group</b> Contact Grace (780) 454-2770	<b>7:30 pm</b>
<i>Friday</i>	<b>Serenity And Acceptance</b> Pilgrim United Church 9008 - 135 Avenue	<b>8:00 pm</b> <b>WS</b>

**EDMONTON NORTHWEST**

<i>Friday</i>	<b>Castledowns Serenity</b> Good Shepherd Anglican Church 15495 Castledowns Road <i>(Upstairs)</i>	<b>8:00-9:15 pm</b> <b>AS</b>
<i>Saturday</i>	<b>Oasis</b> St. Andrew Meeting House 11107 - 129 Street <i>(Downstairs)</i>	<b>10:00 am</b> <b>AS</b>

**EDMONTON CENTRAL**

<i>Tuesday</i>	<b>Fellowship</b> SAGE NW corner 100 Street at 102A Avenue <i>(Classroom A in Basement)</i>	<b>12:00 pm</b> <b>WOS</b>
<i>Thursday</i>	<b>Luv-A-Non</b> Alano Club 10728 – 124 Street	<b>7:00 pm</b> <b>WS</b>

**EDMONTON SOUTHWEST**

<i>Wednesday</i>	<b>Nu-Life</b> Lendrum Mennonite Brethren Church 11210 - 59 Avenue (Effective June 4/08	<b>8:00 pm</b> <b>WST</b>  <b>7:30 pm)</b>
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**EDMONTON SOUTHEAST**

<i>Monday</i>	<b>Glad to Be</b> Grey Nuns Hospital 3015 - 62 Street <i>(Downstairs Room 0652)</i>	<b>7:30 pm</b> <b>WS</b>
<i>Tuesday</i>	<b>Second Chapter</b> 9918 – 82 Avenue <i>(Use Back Lane, Sign on the Door)</i>	<b>7:30 pm</b> <b>S</b>
<i>Thursday</i>	<b>Avonmore</b> Evangel Covenant Church 8501 - 82 Avenue <i>(In Church Library)</i>	<b>7:30 pm</b> <b>WS</b>
	<b>Gold Bar Adult Children</b> Hope Lutheran Church 5104 - 106 Avenue <i>(Back Door Downstairs)</i>	<b>8:00 pm</b> <b>WAS</b>

**EDMONTON WEST**

<i>Sunday</i>	<b>West End Camel</b> Lynwood Mall 8776 - 149 Street <i>(Upstairs, end of hall, in kitchen area)</i>	<b>11:00 am</b> <b>AS</b>
<i>Monday</i>	<b>Crestwood Welcome</b> St. Andrew's United Church 9915 - 148 Street <i>(North Door, Downstairs, Room 11)</i>	<b>8:00 pm</b> <b>AS</b>
	<b>Friendship</b> Ebenezer United Church 16302 - 106 Avenue	<b>8:00 pm</b> <b>WS</b>
<i>Tuesday</i>	<b>Reaching Out</b> St. Timothy's Anglican Church 8420 - 145 Street <i>(Through Main Door, Downstairs to Steward's Hall)</i>	<b>8:15 pm</b> <b>AS</b>

<i>Wednesday</i>	<b>You Count</b> St. John Catholic Church 9830 - 148 Street <i>(Downstairs)</i>	<b>8:00 pm</b> <b>S</b>
<i>Thursday</i>	<b>New Focus</b> St. Mathias Anglican Church 6210 - 188 Street	<b>8:00 pm</b> <b>WAST</b>
	<b>Thursday Night Spirit Group</b> Holy Spirit Lutheran Church 11223 – 51 Avenue	<b>7:00 pm</b>

**ALATEEN EDMONTON**

<i>Wednesday</i>	<b>Caring NuLife Alateen</b> Lendrum Mennonite Brethren Church 11210 – 59 Avenue (Effective June 4/08	<b>8:00 pm</b> <b>WS</b>  <b>7:30 pm)</b>
<i>Thursday</i>	<b>Learning to S.O.A.R.</b> St. Mathias Anglican Church 6210 - 188 Street <i>(Callingwood Area)</i>	<b>8:00 pm</b> <b>WAS</b>

If you have answered 'yes' to three or more of these questions, Al-Anon or Alateen may help.

