

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

EDMONTON NORTHWEST

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

EDMONTON CENTRAL

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

EDMONTON SOUTHWEST

<i>Wednesday</i>	Nu-Life Lendrum Mennonite Brethren Church 11210 - 59 Avenue	8:00 pm WST
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EDMONTON SOUTHEAST

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

EDMONTON WEST

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

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

ALATEEN EDMONTON

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

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

