

**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

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| <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

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| <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

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| <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

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

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| <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

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|----------------|---|------------------------------|
| <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 |

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| <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

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| <i>Wednesday</i> | Caring NuLife Alateen Lendrum Mennonite Brethren Church 11210 – 59 Avenue (Effective June 4/08 | 8:00 pm WS 7:30 pm) |
| <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.

