

WELCOME TO AL-ANON/ALATEEN

How to learn more about Al-Anon in Sonoma and Napa Counties

Welcome to exploring how Al-Anon could help you. For many of us who attend regularly, Al-Anon has given us specific tools and support to help us in discovering we can have serenity in our lives no matter what life challenges we may face. We hope that it will help you also.

Exploring Al-Anon on the Internet

Information about the Al-Anon program can be found on our National/Worldwide website at <https://al-anon.org>.

Normally when you first attend an in-person meeting, a friendly Al-Anon member would hand you a “Welcome to Al-Anon” packet that has basic information about specific tools and support that Al-Anon might offer. Because most of our meetings are now temporarily virtual you can receive similar information by clicking on <https://al-anon.org/welcome> providing your email address. This will be a one time use of your email address and you need not be concerned that people will contact you unless you request it. Information about Al-Anon in Spanish can be found at <https://al-anon.org/es/>

The 28 page booklet titled “Al-Anon Faces Alcoholism” provides information on Al-Anon and is available for free: <https://al-anon.org/for-members/members-resources/literature/magazines/afa-magazine/>

Finding a Meeting

Because of the current pandemic most of our Sonoma County in person Al-Anon Meetings are now virtual, either by Zoom or by phone. Our meetings for the most part, will be this way until it is safe to meet in-person. You can find information on temporary electronic meetings, in-person meetings and hybrid meetings (combination) by going to our Sonoma County website <https://sonapal-anon.org>. Go to “Meetings In”, click on Sonoma County and the current schedule will come up for you to print or download. Spanish speaking meetings are posted on the schedule. For Napa County go to “Meetings In”, click on Napa County and the list of meetings will come up.

In addition, <https://al-anon.org/al-anon-meetings/electronic-meetings/> has an extensive listing of meetings that are permanently electronic. These meetings are both nationwide and worldwide and will always be available even after face to face local meetings resume. As you will see there are plenty of opportunities during this pandemic and following it to join a meeting.

Support

A 24 hour telephone **Al-Anon Support Line @ 707-575-6760** is also available. You can call at any time to talk with a person and ask questions about Al-Anon.

We hope that this provides information on how to reach out for the help of Al-Anon/Alateen.