

**NOT EVERYONE  
TRAPPED  
BY ALCOHOL IS AN  
ALCOHOLIC.**

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Families and friends  
are suffering too.


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Do you worry  
about how much  
someone drinks?


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Al-Anon and Alateen  
can help.

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**1-888-4AL-ANON**  
**AL-ANON.ORG**

  
**Al-Anon Family Groups**  
Help and hope for families and friends of alcoholics

OntarioNorthAl-Anon-For Families  
and Friends...

[ontarionorthal-anon.com](http://ontarionorthal-anon.com)