

## Letters to the Editor, Friday, Feb. 9, 2018

### Al-Anon provides help

Thank you for publishing the Jan. 31 Dear Abby letter from a woman in a relationship with a man who has a drinking problem. Abby's advice was to seek help with the Al-Anon program.

As a member of Al-Anon, I can attest to the wealth of help I have received in this very beneficial program. Al-Anon offers help to those of us who have been affected by someone else's drinking problem. Getting this word out to the public is essential to let those people who are suffering know that there is an effective way to deal with this issue. We welcome anyone who wants help and provide a nonjudgmental, loving, supportive environment.

There is a website for the local Naples area that provides information and a meeting list at [naplesal-anon.org](http://naplesal-anon.org).

We are a program that honors anonymity and confidentiality. Therefore, I ask that you only print my first name.

Thanks again. Printing this letter may save someone's life.

*Deborah, Estero*

**Editor's note:** *It is the Daily News' policy to publish letters only with first and last names of writers. In this case, we are honoring the writer's request due to the informational nature of the letter and Al-Anon's longstanding practice of using first names only.*