

# Naples Daily News

April 17, 2019

## Alcohol Awareness Month

April is Alcohol Awareness Month. The Al-Anon Family Groups are a family resource for people who are troubled by someone else's drinking.

We were co-founded in 1951 by Lois W., the wife of Bill W., the co-founder of Alcoholics Anonymous. We have over 25 active meetings in Collier County.

One of our members shared what our program has done for her:

"The normal in my life has changed dramatically since I had the courage to walk into the rooms of Al-Anon," said Julie B. (Al-Anon has a tradition of anonymity).

"There was a time I wondered if the knife-in-my-back feeling would ever go away. Would the time come that I was not walking on eggshells for fear of saying or doing the wrong thing?

"I wasn't comfortable enough with myself to ask for help. I thought I had to take care of my family on my own and by myself. There seemed to be no other way, so I continued to do the same thing over and over, expecting different results.

"Today I live a life free, free of chaos, free of judgement and free to be me. Al-Anon's Twelve Step Recovery has given me a life I never dreamed was possible. I live one day at a time, finding hope and happiness in every minute of my day."

To find out whether Al-Anon could help you, call 239-263-5907 or see [www.naplesal-anon.org](http://www.naplesal-anon.org) for a meeting schedule and location.

*Carole, outreach chair for public information and media, Collier County Al-Anon (Carole's full name withheld in keeping with Al-Anon's respect for anonymity)*