

## ARE YOU TROUBLED BY SOMEONE'S DRINKING Al-Anon Is For You!

Millions of people are affected by the excessive drinking of someone close. The following questions are designed to help you decide whether or not you need Al-Anon:

1. Do you worry about how much someone else drinks?
2. Do you have money problems because of someone else's drinking?
3. Do you tell lies to cover up for someone else's drinking?
4. Do you feel that if the drinker cared about you, he or she would stop drinking to please you?
5. Do you blame the drinker's behavior on his or her companions?
6. Are plans frequently upset or canceled or meals delayed because of the drinker?
7. Do you make threats, such as, "If you don't stop drinking, I'll leave you"?
8. Do you secretly try to smell the drinker's breath?
9. Are you afraid to upset someone for fear it will set off a drinking bout?
10. Have you been hurt or embarrassed by a drinker's behavior?
11. Are holidays and gatherings spoiled because of drinking?
12. Have you considered calling the police for help in fear of abuse?
13. Do you search for hidden alcohol?
14. Do you ever ride in a car with a driver who has been drinking?

15. Have you refused social invitations out of fear or anxiety?
16. Do you feel like a failure because you can't control the drinking?
17. Do you think that if the drinker stopped drinking, your other problems would be solved?
18. Do you ever threaten to hurt yourself to scare the drinker?
19. Do you feel angry, confused, or depressed most of the time?
20. Do you feel there is no one who understands your problems?

If you have answered yes to any of these questions, Al-Anon or Alateen may be able to help. You can contact Al-Anon or Alateen by looking in your local telephone directory or by writing to:



 **Al-Anon Family Group Headquarters, Inc.**  
1600 Corporate Landing Parkway  
Virginia Beach, VA 23454-5617  
Telephone: 757-563-1600 Fax: 757-563-1655  
Web site: [www.al-anon.org](http://www.al-anon.org)  
E-mail: [wso@al-anon.org](mailto:wso@al-anon.org)

For meeting information call:  
**1-888-425-2666 (1-888-4AL-ANON)**  
(USA and Canada, Monday-Friday, 8 a.m.-6 p.m. ET)

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# How can Al-Anon help?



 **Al-Anon Blue Ridge District**  
**AL-ANON / ALATEEN**

Help and hope for families and friends of alcoholics

## Blue Ridge District 4 Al-Anon Family Group (AFG) Meetings

### SUNDAY

**6:30 PM**                      **Stephens City (HCP)**  
*Thank Goodness It's Sunday AFG*  
Unitarian-Universalist Church  
6380 Valley Pike  
*Zoom only right now: 936 013 308*  
*Passcode: 312415*

### MONDAY

**8:00 AM**                      **Winchester (HCP)**  
*Breakfast on Piccadilly AFG*  
Baden Community Center  
11 N Washington St.  
*In person only*    *Accessible by ramp.*

### MONDAY

**Noon**                      **Woodstock**  
*Right Start Woodstock*  
Emmanuel Lutheran Church  
127 S. High Street  
*In person only*

### MONDAY

**7:00 PM**                      **Luray**  
*Big Book AFG*  
Christ Episcopal Church  
16 Amiss Ave.                      *In person only*

### TUESDAY

**Noon**                      **Winchester (HCP)**  
*Butterfly AFG*  
Baden Community Ctr, 11 N. Washington  
St. *Hybrid meeting, in person and by*  
*Zoom 897 8115 0748 Passcode 828786*

All meetings are open, newcomers welcome.  
(HCP) - indicates handicap accessible.

**1(888) 4AL-ANON (1-888-425-2666)**

**Last updated 11/28/2023**

### TUESDAY

**Noon**                      **New Market**  
*Believe in Tomorrow*  
Reformation Lutheran Church  
9283 N. Congress St.  
*Hybrid meeting, in person and by Zoom*  
889 2816 4813    *Passcode: weei2m*

### WEDNESDAY

**12:15 PM**                      **Front Royal**  
*Halftime AFG*  
Calvary Episcopal Church, Weber Hall  
11 W. 2nd Street  
*In person only*

### WEDNESDAY

**6:30 PM**                      **Luray**  
*Downtown AFG*  
23 West Main Street  
*In person only*                      *Enter in back*

### WEDNESDAY

**7:00 PM**                      **Winchester (HCP)**  
*Waltz Step AFG*  
Baden Community Ctr, 11 N Washington  
St. *Hybrid meeting, in person and by*  
*Zoom 797 045 569 Passcode: 876032*

### THURSDAY

**6:30 PM**                      **White Post**  
*Just In Time AFG*  
Macedonia Methodist Church  
1941 Macedonia Church Road  
(Main Church, 2nd Floor—Room 201)  
*In person only*

**FOR OTHER VIRGINIA MEETINGS &  
UPDATES TO THIS LIST:**

[www.vaalanon.org](http://www.vaalanon.org) or

[www.alanonva.com](http://www.alanonva.com)

Or [www.al-anon.org](http://www.al-anon.org)

### THURSDAY

**7:30 PM**                      **Winchester (HCP)**  
*Valley Powerless Parents*  
John Baden Community Center  
11 Washington St.  
*In person only*

### FRIDAY

**12:00 Noon**                      **Anywhere**  
*Better Fridays AFG*  
*Zoom only: 816 2324 9183*  
*Passcode 975079*

### FRIDAY

**7:00 PM**                      **Luray**  
*Big Book AFG*  
Christ Episcopal Church  
16 Amiss Ave.  
*In person only*

### FRIDAY

**8:00 PM**                      **Winchester (HCP)**  
*Fig Tree AFG*  
Baden Community Center  
11 N Washington St.  
*Hybrid meeting, in person and by Zoom*  
836 3565 1238    *Passcode: 956099*

### SATURDAY

**10:00 AM**                      **Winchester (HCP)**  
*Love and Service AFG*  
First Presbyterian Church  
136 S. Loudoun St  
(Old Town Walking Mall, Cork Street side)  
*In person only*