

[insert date of delivery]

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Contact [insert full name and phone number of Al-Anon member willing to take media calls]

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You didn't cause your loved one to drink

A new podcast from Al-Anon Family Groups entitled "Did we cause our loved one to drink?" shares firsthand knowledge from men and women who have been affected by someone else's drinking, according to Nicolette Stephens, Information Analyst for Al-Anon Family Groups' World Service Office

"The podcast focuses on a question so many people worry about, but are afraid to ask," Stephens said. "To listen to the podcast, look on the Al-Anon home page at www.Al-AnonFamilyGroups.org, under First Steps to Recovery in Al-Anon." Al-Anon podcasts are available free of charge.

"One of the reasons people affected by someone else's drinking isolate is they are afraid the drinking is their fault, and they don't want anyone to find out," Stephens explained.

The podcasts demonstrate how local Al-Anon meetings can offer families in [name of local community] support on a confidential basis," Stephens said. "The same fear that causes people to isolate can create a strong bond of recovery between those who have been in the same situation."

The series of six podcasts from Al-Anon Family Groups addresses fears many people have in common when their loved one has a problem with alcohol. A subscription to all six podcasts is available at no charge. Al-Anon Family Groups is a not-for-profit organization that has been helping families and friends of people who have a drinking problem since 1951.

More information about Al-Anon Family Groups in [name of local community], is available at [local meeting information number], by calling 1-888-4Al-Anon during business hours ET throughout the U.S. and Canada. Information is available online at www.Al-AnonFamilyGroups.org.