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

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Al-Anon Family Groups help families face chaos and fear

Two new podcasts from Al-Anon Family Groups describe how relatives and friends deal with the confusion and fear that a loved one's drinking can cause. "All six parts of the series, 'First Steps to Al-Anon Recovery,' will be available by free subscription at www.Al-AnonFamilyGroups.org," according to Nicolette Stephens, Information Analyst for Al-Anon's World Service Office.

The podcast, "What does it mean, our lives became unmanageable?" sheds light on the chaos surrounding someone else's drinking. "Al-Anon Family Group members tell how they realized their lives were unmanageable, and what they decided to do about it," Stephens said.

The podcast, "Why did I feel afraid to go to my first Al-Anon meeting?" focuses on facing the fear that a loved one might have a drinking problem. "Men and women who faced their fear and reached out for help describe some of the stages they went through and the kind of help they received," Stephens said.

Those who are beginning to face their fear of a loved one's drinking are welcome to attend Al-Anon Family Group meetings in [name of community that this newspaper serves]. To find a convenient time and location, call [local meeting information telephone number]. Al-Anon Family Group meetings offer opportunities to share thoughts, feelings, ask questions, or just listen.

Al-Anon, a not-for-profit organization, has been helping friends and families of problem drinkers since 1951. Information about Al-Anon Family Group meetings throughout the U.S. and Canada is available at 1-888-4AL-ANON during business hours ET, or on the Internet at www.Al-AnonFamilyGroups.org.