

ENGLISH SPEAKING AL-ANON & ALATEEN MEETINGS IN THE NETHERLANDS AND BELGIUM

AMSTERDAM

AL-ANON Thursday 19:00-20:00 Jacob Obrechtstraat 92
AL-ANON Saturday 14:30-16:00 Jacob Obrechtstraat 92
AL-ANON Sunday 15:30-17:00 Jacob Obrechtstraat 92

COURTESY LISTING: POLISH-SPEAKING MEETING IN AMSTERDAM
AL-ANON Thursday 19:00-20:00 de Wittenstraat 114

BREDA

AL-ANON Friday 20:00-21:00 Nijverheidssingel 391

BRUSSELS

AL-ANON Tuesday 20:00-21:30 Rue A. Lynen 8 (Metro Madou)
AL-ANON Sunday 20:00-21:00 Av. Jean Volders 29 (Metro Pte de Halle)

EINDHOVEN

AL-ANON Tuesday 20:00-21:00 Kronehoefstraat 21-29

THE HAGUE

AL-ANON Wednesday 19:30-20:30 Wassenaarseweg 33
AL-ANON Thursday 20:00-21:00 Dr. H.E. van Gelderlaan 260
AL-ANON Saturday 20:00-21:00 E. de Boer van Rijklaan 20

ROTTERDAM

AL-ANON Monday 19:30-20:30 P.C. Hoofplein 45

BE: Information in English +32 (0) 472 317 570

NL: Information in English +31 (0) 6 292 85 276

www.alanon-netherlands.org

NL: Information in Dutch +31 (0) 6 102 71 339

www.al-anon.nl

AL-ANON grew out of the ALCOHOLICS ANONYMOUS fellowship and cooperates closely with them. There are AL-ANON and ALATEEN (children & adolescents) groups throughout the world. For more information visit www.al-anon.org

For an up-to-date meeting list in English in NL and BE please visit www.alanon-netherlands.org

The AL-ANON Family Groups are a fellowship of relatives and friends of alcoholics, who share their experience, strength and hope in order to solve their common problems. We believe alcoholism is a family illness and that changed attitudes can aid recovery.

We who have turned to AL-ANON, have often done so in despair, unable to believe in the possibility of change, unable to go on as we have before. We feel cheated out of a loving companion, overburdened with responsibilities, unwanted, unloved and alone.

In AL-ANON, we discover that no situation is really hopeless and that it is possible for us to find contentment and even happiness, whether the alcoholic is still drinking or not. It has helped us find solutions that lead to serenity.

Specialists in the field of alcoholism regard it not as a moral weakness or sin, but as a complex disease, perhaps part physical and part emotional. The only method of arresting alcoholism is total abstinence. It is difficult for a non-alcoholic to realize that a person does not deliberately and willfully become alcoholic, rather the drinking has become an uncontrollable, compulsive urge.

Even for those whose loved ones have not yet found sobriety in AA (Alcoholics Anonymous) or elsewhere, there is hope. Once we come to realize, and *admit*, that we too are powerless over alcohol, we are freed from a staggering burden.

It is a fact that only an alcoholic can fully understand another alcoholic. It is equally true that only a person who has lived with an alcoholic and has experienced the mental anguish that goes with it, can understand the problem of the alcoholic's family and friends.

If you are – or have been – affected by someone else's drinking, you will be welcome at our meetings. AL-ANON is not allied with any sect, denomination or institution; does not engage in any controversy, neither endorses nor opposes any cause. There are no dues for membership. Everything that is said in the group meetings and member-to-member, must be held in confidence. Your anonymity is respected at all times.