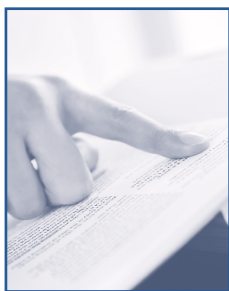


GRs and DRs Receive:

- Self-confidence and self-esteem.
- A greater understanding of how to apply Al-Anon's spiritual principles.
- Fellowship and fun times.
- Opportunities for other service experiences.
- More information about worldwide Al-Anon.

"My predecessor handed the Al-Anon/Alateen Service Manual to me and said, 'Here. Read this. It will help you!' Did it ever!"



Service activity connects you with people who have experienced recovery at another level:

- Your Service Sponsor
- Area Delegate
- Area Chairperson

Meeting Dates to Remember:

- Group business meeting
- District meeting
- Area Assembly
- Area World Service Committee meeting

Resources:

World Service Handbook

"Terms Used in Al-Anon"

- Group Representative
- District Representative

Group Representative guideline (G-11)

District Meetings guideline (G-15)

District Representatives guideline (G-37)



Experiencing growth
and recovery
through service

Compiled and distributed by
Al-Anon Family Group Headquarters, Inc.
1600 Corporate Landing Parkway
Virginia Beach, VA 23454-5617
Members' Web site: al-anon.org/members
e-mail: wso@al-anon.org

Group Representative (GR)
District Representative (DR)

Group Representative (GR)

A Group Representative (GR) is a member, who is not also a member of Alcoholics Anonymous (A.A.), preferably with a basic understanding of the Al-Anon program, who is elected for a three-year term by his/her group (Al-Anon or Alateen). He/she attends Assembly and district meetings and acts as a contact between the group and the District Representative, and between the group and the Assembly.

"You don't have to have all the answers, but you can help the group look at the Traditions, the Concepts of Service, and the Al-Anon/Alateen Service Manual for guidance."

Group Representative guideline (G-11)

District Representative (DR)

A District Representative (DR) is an incoming, outgoing, or active past GR who attends meetings or has a home group in the district and is elected by the other GRs in his/her district. He/she assists the Delegate in passing on information about World Service Office activities and Conference decisions to the GRs in his/her district. He/she is a member of the Area World Service Committee.

"Serving as a District Representative can be a rewarding and challenging experience, as your circle of recovery expands outside of your own district! Remember, you are not alone — your Area World Service Committee and your groups are there to support you."

District Representatives guideline (G-37), page 3

Your fears will diminish, you will reap the benefits of giving to others, and you will learn that by placing our common welfare first, you will *receive* much more than you *give*.

GRs Give by:

- Attending district meetings and Area Assemblies with others in their district. Their expenses are paid by their group.
- Communicating their groups' viewpoint on any situation or problem concerning Al-Anon to the DR.
- Taking notes at district and Assembly meetings and reporting back to their group.
- Cooperating with the group member who serves as the Current Mailing Address (CMA) to be sure the group is getting its mail in all formats.
- Encouraging members to visit the Members' Web site, al-anon.org/members, which includes many resources for members and groups, including the *Al-Anon/Alateen Service Manual (P-24/27)*, Al-Anon guidelines, and Group Services podcasts.
- Sharing their enthusiasm for Al-Anon service.

DRs Give by:

- Holding regular meetings with GRs in their district.
- Keeping in touch with the GRs in their district in between meetings.
- Visiting groups in their district.
- Encouraging members in their district to participate in service.
- Becoming familiar with the WSO Online Group Records (available to DRs as "read only" and regularly providing groups with group detail reports to verify accuracy.

Al-Anon Guidelines

The Shared Experience of Al-Anon and Alateen Members.

Group Representatives

G-11

The Group Representative (GR) is a vital link in the continuing function, growth, and unity of worldwide Al-Anon. GRs are members with experience, stability, and a general understanding of the Traditions and how they are applied. The GR becomes familiar with the *Al-Anon/Alateen Service Manual* (P-24/27) and encourages its use in Al-Anon meetings. The GR is the first link in the chain that leads to the World Service Conference and is the voice of the group at the Area level. The GR votes on matters affecting the Al-Anon group and potentially Al-Anon as a whole.

Requirements

Any Al-Anon or Alateen member with a willingness to represent the group at District meetings and Area Assemblies in order to carry the message of the group conscience, and who is not also a member of Alcoholics Anonymous (A.A.), is eligible to serve as GR. A GR will have a basic knowledge of Al-Anon and Alateen Traditions and Concepts of Service and how they are applied in our groups.

Term of Office

GRs are elected by the group for a three-year term. (See the *Al-Anon/Alateen Service Manual* [P-24/27] for information about electing GRs.)

Duties

- Attends District meetings and Area Assemblies and reports back to the group; votes on behalf of the group.
- Brings the group's viewpoint on situations or problems to the attention of the District Representative (DR).
- Keeps members informed about information from the District, Assembly, Area Delegate, World Service Conference (WSC), and the World Service Office (WSO).
- Works with the group's Current Mailing Address (CMA) to share the electronic newsletter, *In The Loop*, with group members.
- Encourages members to subscribe to and submit articles for *The Forum*, Al-Anon's monthly magazine.
- Suggests ways to participate in public outreach and Alateen service projects.
- Informs members of the need for certified Al-Anon Members Involved in Alateen Service (AMIAS) to support Alateen groups; becomes familiar with the Area process for certification of AMIAS.
- Requests that the Alternate GR represent the group if unable to attend District meetings and Area Assemblies; the Alternate GR becomes the voting member of the group when participating in the absence of the GR.

- Assists the Alternate GR in serving as the Al-Anon Information Service Representative (ISR).
- Considers serving as the Service Sponsor to the Alternate GR to encourage he/she to stand for GR when the position becomes available.
- Explains the need for self-support in the group, District, Area, Al-Anon Information Service (AIS), and WSO.
- Encourages group contributions to our service arms in keeping with Tradition Seven.
- Consults with a Service Sponsor or other trusted servants.

As a Group Representative

- You are the first link in the chain that leads to our World Service Conference (WSC).
- You elect a DR from among all the GRs in your District.
- You elect a new Area Delegate to participate in our WSC at the Area Assembly from among the DRs and eligible officers once every three years.
- You vote on Area matters at the Area Assemblies and at the District meetings that affect Al-Anon within your Area and potentially Al-Anon as a whole.

Links of Service

÷
divide responsibility
x
multiply involvement
+
add awareness
=
equals a healthy group

Member + Member = **Group**
Group + **Group** = **District**
District + **District** = **Assembly**
Assembly + **Assembly** =
World Service Conference

Need-to-Know Information

You will need to know the names, addresses, e-mail addresses, and phone numbers of the:

- District Representative
- District officers (Secretary, Treasurer, etc.)
- District contacts/chairs (Public Outreach, Alateen, etc.)
- Area Delegate and officers
- Area Coordinators (Alateen, Public Outreach, Archives, Literature, Group Records, *Forum*, etc.)

Meeting Dates to Remember

- Group business meeting
- District meeting
- Area Assembly

Tips on Reporting Back to Your Group

- Take notes at District and Assembly meetings.
- Contact the DR or Delegate if you need clarity about a topic.
- Request time from your group to offer a report.
- Be brief.
- Be enthusiastic.
- Focus on group needs.

Reminders

- You are not “in charge” of your group and you are not alone. Tradition Two tells us, “...Our leaders are but trusted servants—they do not govern.”
- You don’t have to have all the answers, but you can help the group look at the Traditions, the Concepts of Service, and the current *Al-Anon/Alateen Service Manual* for guidance.
- Holding a business meeting is an opportunity to arrive at a group conscience, and to experience fun and fellowship as well. (See the “Groups at Work” section of the *Service Manual* for additional information about group business meetings.)
- Your group may ask you to chair the business meeting (see sample agenda).
- Your DR is a local resource.

Helpful Tools for a Group Representative

Each group can download a copy of the *Al-Anon/Alateen Service Manual* from al-anon.org, or purchase a hardcopy from the Online Store on al-anon.org. You will find it to be a valuable tool in answering your questions and those of your group. Many other service tools are available and can also be found on al-anon.org. You can also ask for help and support from your DR and any current or past trusted servants including the Area Delegate.

Some resources available on al-anon.org are:

- The current *Al-Anon/Alateen Service Manual* (P-24/27)
- Al-Anon/Alateen guidelines for many areas of service
- Group Services podcasts
- *World Service Conference Summaries*
- *Seventh Tradition* leaflet (S-21)

Benefits of Becoming a Group Representative

Members who wish to increase self-confidence, spiritual growth, and improved self-esteem are encouraged to be willing to serve. Service activity connects you with members who have experienced recovery through service. Your fears may diminish, you may reap the benefits of giving to others, and you may learn that by placing our common welfare first, you may receive much more than you give.

In addition to meeting Al-Anon members from other cities and towns in your District, the GR is eligible to stand for DR and other District offices when the District holds its elections.

Sample Agenda for Group Business Meeting*

Treasurer's Report

- Income and expenses since last report
- Balance

Literature Report

- Present inventory
- Discuss group's literature needs

Public Outreach Report

- Explain public outreach activities of group members since last report

Group Representative Report

- Report highlights of previous District and Assembly meetings
- Have multiple copies of full Assembly reports available.

Al-Anon Information Service (AIS) Report

- Discuss highlights of previous AIS meeting

Old Business

- Status of previous group issues

New Business

- Discussion of group concerns
- Group conscience decisions/vote on issues

General Updates

Questions/Comments/Announcements/Suggestions

Date for Next Meeting

Each individual group's autonomy can and will decide business meeting format and content.

**Adapted from Alberta/NWT GR Survival Kit*

Group Representative Expenses

As part of our principle of self-support, group budgets include payment of GR expenses to attend business meetings, such as District meetings and the Area Assembly. GRs are encouraged to carpool with others, share hotel rooms, etc., to help keep expenses reasonable. The group conscience determines the methods of calculating expenses, such as transportation.

Group Representative Expense Sheet*

Purpose _____
(District meeting, AIS meeting, or Area Assembly)

Expenses

(Attach receipts and explanations as needed)

Item	Amount
Hotel _____	\$ _____
Transportation _____	\$ _____
Meals _____	\$ _____
Miscellaneous _____	\$ _____
Total expenses	\$ _____
Less cash advance	\$ (_____)
Balance due	\$ _____

Submitted By: _____

Signature _____

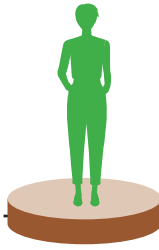
**Adapted from Alberta/NWT GR Survival Kit*

Revised 2022. G-11

World Service Conference Structure Graphic



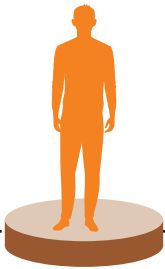
Members in a group elect a **Group Representative (GR)**.



The **GR** is the liaison between the group and the District and the group and the Area Assembly.



The **GRs** in a District elect a **District Representative (DR)**.



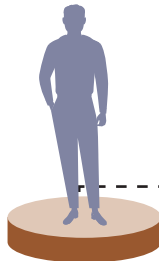
The **DR** represents the District's groups at Area World Service Committee (AWSC) meetings.



The AWSC consists of Assembly Officers, which includes the Chairperson, Delegate, Alternate Delegate, Treasurer, and Secretary; **DRs**; Coordinators (such as Alateen Coordinator and Literature Coordinator); and liaison members (such as Al-Anon Information Service Liaison).



The **GR** attends the Area Assembly to elect the **Area Delegate**, hear reports, and participate in Area service projects.



The **Area Delegate** attends the annual World Service Conference (WSC) and is the link between the groups and the WSC and the groups and the World Service Office (WSO).



World Service Conference

The composition of the WSC includes the **Area Delegates**, Volunteer members of the Board of Trustees and the Executive Committee, and voting members of the WSO administrative Staff.

Ultimate Authority

Delegated Responsibility

Let's Talk about Safety in Al-Anon Meetings!

Safety is an important issue within Al-Anon—one that all can address. Open discussion on the topic can aid groups in developing workable solutions to safety issues—solutions that are based on the fundamental principles of our fellowship and that will help keep our meetings safe. [This document applies only to Al-Anon meetings, groups and members: For Alateen safety, please refer to your Area Alateen Safety and Behavioral Requirements.]

When members feel safe and are safe at meetings, the unity of our groups (Tradition One) is maintained.

Al-Anon groups are spiritual entities; they are made up of families and friends of alcoholics who gather and share their experience, strength and hope to solve their common problems. Yet, we are not immune to the difficulties that affect the rest of humanity.

Al-Anon is a microcosm of the larger society within which we exist. Problems found in the outside world can also make their way into the rooms of Al-Anon. As we strive to share in a spirit of trust, both at meetings and individually with our Personal and Service Sponsors and other Al-Anon members, it is reasonable for each member to expect a meaningful level of safety. Those attending Al-Anon meetings benefit other members and themselves when they provide a safe environment in which families and friends of alcoholics can focus on gaining and maintaining serenity. The group can then fulfill its primary purpose—to help families and friends of alcoholics. For this reason, groups and members discuss the topic of safety.

Autonomy and Group Action

There is no government within Al-Anon and no central authority, legal or otherwise, to control or direct the behavior of Al-Anon members. In accordance with the Fourth Tradition, the formation and operation of an Al-Anon group is guided by the group conscience of its members. Al-Anon groups and service entities such as Areas, Districts, Al-Anon Information Service Offices and Literature Distribution Centers are autonomous, except in matters affecting another group or Al-Anon as a whole.

Recognizing that safety is an important issue to their members, many groups have taken action to keep distractions and disruptions to a minimum within the context of the group.

Al-Anon Membership

Al-Anon membership has never been contingent on any set of behavioral or moral standards beyond those founded on common sense, courtesy and the timeless values of kindness, tolerance and love.

Al-Anon's Third Tradition states in part, "The only requirement for membership is that there be a problem of alcoholism in a relative or friend." This brings an openness that helps define our character as a diverse fellowship; however, some people come into Al-Anon without an understanding of the type of behavior that is appropriate in meetings or in the company of other members. A person can find serenity in Al-Anon and yet still not understand what is acceptable behavior.

Dealing with Disruptions

While most groups operate with a healthy balance of spontaneity and structure, there are a number of situations that can threaten group unity and challenge the safety of the group and its members. Often these can center on disruptive individuals—those who are confrontational and aggressive or those who are simply unwilling to put the needs of the group first. Such behavior can hijack the focus of a meeting and frighten members, new and old.

Some groups have developed plans for addressing disruptive behavior and have established procedures through their group consciences to ensure that the group's welfare is protected. In many cases, disruptive behavior is preempted by having the Chairperson state the expectations for behavior in the meeting.

Some groups mention in their opening announcements that illegal and disruptive behavior are not tolerated. Still other groups have asked disruptive members to leave the meeting. Additionally, groups and members always have the option to call the appropriate authorities if disruptive behavior continues or anyone's safety is at risk.

Group Safety and Unity

Situations that groups have addressed through their group consciences include: sexual harassment or stalking; threats of violence; bullying; high-pressure controlling behavior; financial coercion; racial intolerance; sexual orientation or gender identification intolerance; and dominance that pressures Al-Anon members to accept a particular point of view or belief regarding medical treatments and/or medications, politics, religion, or other outside issues. In addition, there may be other behaviors that go on outside of typical meeting times that affect whether someone feels safe enough to return to the group.

Some groups develop their own guidelines or procedures to help keep the meeting safe. Al-Anon members can speak to those who are acting inappropriately, being careful to consider everyone's personal safety when doing so. Situations can be discussed at business meetings, where members can come to a group conscience about how to handle concerns: a meeting on the Traditions may be all that is necessary to make the member aware of behavior that is unacceptable to the group as a whole and help the member become willing to change. As a last resort, the disruptive member may be asked to stop attending the meeting for a specific period of time. Groups that take this drastic action do so to preserve the common welfare and to maintain the unity of the Al-Anon group.

In any situation, if a person's safety is in jeopardy, or the situation breaches the law, the members involved can take appropriate action to ensure their safety. Calling the proper authorities does not go against any Al-Anon Traditions. *Anonymity is not a cloak protecting criminal or inappropriate behavior.*

Inappropriate or predatory behavior, such as unwanted sexual attention or targeting vulnerable members, can be especially troublesome. These behaviors may go on outside of the meeting room. While Al-Anon members can be caring and supportive to those affected, we are not professionals trained to handle such situations. Law enforcement or other professional help may be necessary.

Victims of inappropriate behavior, harassment or predators can let the group know about such situations, often through a Sponsor or trusted friend. This way the group is informed, and members can help address the situation and curtail further problems. Group discussion should focus on how to create an environment where all family members and friends of alcoholics can find and maintain serenity.

Al-Anon and the Law

Al-Anon membership does not grant anyone immunity under the law; being at an Al-Anon meeting does not put anyone beyond the jurisdiction of law enforcement officers. As individuals, Al-Anon members are also "citizens of the world," and as citizens, we are not above the law.

Through the group conscience process, many groups have established guidelines identifying when it may be appropriate to call authorities and handle a given situation within the legal system. No Al-Anon group has to tolerate illegal behavior, and any activity within an Al-Anon meeting is subject to the same laws that apply outside the meeting. In the past, groups have had to confront illegal acts such as violence, embezzlement, theft of property and more.

Emergencies

Injuries, accidents, fires, etc., sometimes do occur during meetings. To accommodate these situations, groups can also develop plans and procedures, often in consultation with their meeting location or local authorities. Addressing an emergency situation is more important than continuing the meeting, and members should not hesitate to call emergency personnel in critical situations.

Keeping the Focus on Our Primary Purpose

Tradition Five states: "Each Al-Anon Family Group has but one purpose: to help families of alcoholics. We do this by practicing the Twelve Steps of AA ourselves, by encouraging and understanding our alcoholic relatives, and by welcoming and giving comfort to families of alcoholics." It is hoped that our primary purpose will transcend most issues and curtail negative behaviors. However, sometimes issues of safety jeopardize group harmony.

Safety is important to the functioning of the group. When members maintain order and safety in meetings, the group as a whole benefits, and all those involved are able to focus on recovering from the family disease of alcoholism and learning how to live a serene life.

Ultimately, the experience of how these situations are handled can be as varied as our fellowship. Using good judgment and common sense, while adhering to the Twelve Traditions, seems to provide the best guide.

What Can Groups and Members Do?

Groups and members can discuss the topic of safety to raise awareness in the fellowship and seek through sponsorship, workshops and meetings, to create as safe an environment as possible for the newcomer and other members or potential members. This can be the subject of sharing in groups, Districts and Areas.

Here are some helpful suggestions and reminders:

- It is always a good idea to talk about issues of safety before they arise.
- Each member attending an Al-Anon meeting is responsible for being mindful of safety.
- The Chairperson of each meeting can communicate clearly what Al-Anon is and what it is not.
- Sponsorship plays an important role, and Sponsors can be helpful in pointing out warning signs or unhealthy situations to Sponsees and newcomers.
- Al-Anon members who are concerned about the words or actions of a Sponsor or another member may find it helpful to speak to someone they trust, such as their Al-Anon group or a professional, as needed.
- It may be helpful to include "Safety in Al-Anon" as a topic in a group inventory.
- Groups may benefit from developing guidelines and procedures on safety.

In all discussions about safety, keep the focus on our primary purpose and our common welfare, and place principles above personalities.

A Special Word to Anyone Confronted with Violence

Al-Anon's gentle process unfolds gradually, over time. But those of us facing violent, potentially life-threatening situations may have to make immediate choices to ensure the safety of ourselves and our children. This may mean arranging for a safe house with a neighbor or friend, calling for police protection, or leaving money and an extra set of car keys where they can be collected at any time in case of emergency.

It is not necessary to decide how to resolve the situation once and for all—only how to get out of harm's way until this process of Awareness, Acceptance and Action can free us to make choices for ourselves that we can live with.

Anyone who has been physically or sexually abused or threatened may be terrified of taking any action at all. It can require every ounce of courage and faith to act decisively. But no one has to accept violence. No matter what seems to trigger the attack, we all deserve to be safe.

Helpful Resources for Al-Anon Members and Groups

- *The Dilemma of the Alcoholic Marriage** (B-4)
- *...In All Our Affairs: Making Crises Work for You** (B-15)
- *From Survival to Recovery: Growing Up in an Alcoholic Home** (B-21)
- *Sponsorship, What It's All About** (P-31)
- *Using Al-Anon Principles to Resolve Conflicts Kit** (K-70)
- *Sponsorship—Working Together to Recover** (M-78)
- *Al-Anon/Alateen Is & Is Not Bookmark** (M-44)
- *Al-Anon/Alateen Service Manual** (P-24/27)
- *Taking a Group Inventory* (G-8a)
- Contact your District Representative or Area Delegate for local shared experience.

**May be available at your group or local Literature Distribution Center;
is available in the Al-Anon Store at al-anon.org*

Feel free to photocopy this tool to share with your meetings.
Service arms wishing to provide access to the document from
a website are asked to hyperlink to al-anon.org to ensure
members are provided the most current document.

World Service Office
1600 Corporate Landing Parkway, Virginia Beach, VA 23454
Phone: 757-563-1600; Fax: 757-563-1656;
Website: al-anon.org





Having a plan in place to welcome newcomers and visitors to your group throughout the year helps newcomers and members alike.

Here are a few things to keep in mind for your group's "Welcoming Checklist":



Ensure that your meeting information is accurate in all locations, including:

- ☐ The facility in which the meeting takes place
- ☐ Anywhere the meeting is listed within the community or online
- ☐ Al-Anon Information Service/Intergroup
- ☐ Area website
- ☐ World Service Office



Provide specific meeting location instructions on meeting schedules and flyers:

- ☐ Are parking instructions needed?
- ☐ Are there special requirements to gain access to the building or does it require special sign-in for visitors?
- ☐ Does the facility's contact know the day, time, and location of the meeting?
- ☐ Does the facility have a way to publish your meeting information?
- ☐ Are special instructions needed for late arrivals, e.g., "After 7:00 pm, ring buzzer by door."
- ☐ Are instructions clear enough for out-of-town visitors not familiar with your community?



Help people find the meeting room and feel welcome.

- ☐ Are there signs pointing to the right room for the meeting? Have you gained permission from your facility to display the signs?
- ☐ Does your group have a "greeter" to welcome those attending your meeting?

- ☐ Does your group have enough Newcomer Packets and literature on hand?
- ☐ Does your group have current meeting lists on hand?



Consider discussing in a group business meeting if the meeting format should be revised when a newcomer or visitor is present.

- ☐ Discuss the role of the chairperson when new people are present.
- ☐ Is there an optional reading in *Groups at Work* (P-24) that the group would like to read to offer support and hope?

We want everyone to feel welcome in our Al-Anon and Alateen meetings!

#Forum

Sharing Recovery, Unity, and Service

Information and tips for GRs as *Forum* Representatives (F-2)

Announce at meetings that *The Forum*, as a concept, is Conference approved, and encourage its use in meetings. Please refer to the *Al-Anon/Alateen Service Manual* (P-24/27) for more information.

Inform members that *The Forum*:

- is the “voice of the fellowship”
- contains fresh, contemporary sharings each month
- contains Al-Anon and Alateen meeting topics
- shares World Service Office (WSO) news

Encourage individual members to subscribe (gift subscriptions are also available). Have *Forum* order blanks (S-41) available. (*Order blanks are available at your local LDC or by ordering on-line through the WSO.*)

Encourage your group to subscribe, so that the magazine will always be visible at your group and handy for meeting topics.

Distribute the *Forum* Writing Guideline (F-1) and encourage members to submit their sharings to *The Forum*. Members' sharings are what makes the magazine a relevant recovery tool.

Suggest an occasional writing meeting.

Introduce newcomers to *The Forum*.

Consider a group project to provide a gift subscription to new members.

Share with enthusiasm what *The Forum* means to you and your recovery.

Remind members that *The Forum* is written *by members, for members*. Encourage your group to use *Al-Anon Faces Alcoholism* as an alternative for public outreach projects.



Thank everyone for supporting *The Forum*.

Al-Anon Family Group Headquarters, Inc.,
1600 Corporate Landing Parkway, Virginia Beach, VA 23454

Resources

Colorado Website: <http://www.al-anon-co.org>

- Emails to all AWSC officers and Coordinators
- Colorado Al-Anon Events
- Past Assembly reports and resources
- Maps of Districts
- CO Area Newsletter (the Butterfly): Email only: Published 3 times a year prior to each assembly – See Sue W to subscribe, or email

Al-Anon.org

Members Menu:

Member Resources:

Service Manual or Guidelines



- Click on Member Resources
- Choose Manuals and Guidelines
- You can read any of these online or download them if you prefer.
- Group Inventory: G-8a and G*b
- Group finances: G-41
- Service Manual or Guidelines

Subscribe to The Loop e-Newsletter

Public Outreach Kits and Free Downloadable resources

Making changes to your meeting information



When you change your GR, CMA, email address, meeting location, date, time, zoom info or instruction information, you can use the forms on Al-Anon.org to print and mail or submit your change online.

- Select “Group Resources”
- Select “Group Records”
- Select “Al-Anon Group Change” in the Al-Anon Groups us, Canada, and Bermuda section.
- Choose *printed form* or the “update online” button

<https://al-anon.org/for-members/group-resources/group-records/>

Area Information Service (AIS/Intergroup) and Literature Distribution Centers (LDC) in Colorado

Pikes Peak Service Center AIS/LDC District 16,

Office open to anyone

10 Boulder Crescent St, Ste 203C

Colorado Springs CO 80903-3344

Phone: (719) 632-0063

Email: pikespeak-sc@al-anon-co.org

Denver Area Service Center AIS/LDC Dist 7-15, 21 & 25

Office open to anyone

2133 S Bellaire St Ste 3

Denver CO 80222

Phone: (303) 321-8895

Email: Officecoordinator@denverasc.org

Website: www.denverasc.org

Fort Collins LDC District 20

Help Line: (970) 2AL-ANON (225-2666)

Literature: <https://al-anon-noco.org/literature/>
<https://al-anon-noco.org/>

Loveland LDC District 24

Contact Andrew 720-427-2786

The Al-Anon Slogans

"Unlike some of Al-Anon's practices and principles that take a while to learn and apply, the Al-Anon slogans are easy to learn and remember. You may have heard some of these slogans hundreds of times before without ever taking them seriously or trying to put them to work. After all, they are clichés, and easy to disregard. But it is their very simplicity that makes them so powerful."

How Al-Anon Works for Families & Friends of Alcoholics (B-32), pg. 65

+ [How Important Is It?](#)

+ [Easy Does It](#)

+ [Keep an Open Mind](#)

+ [Think](#)

+ [Progress Not Perfection](#)

+ [Keep Coming Back](#)

+ [But for the Grace of God](#)

+ [One Day at a Time](#)

+ [Listen and Learn](#)

+ [Together We Can Make It](#)

+ [Keep It Simple](#)

+ [First Things First](#)

+ [Let It Begin with Me](#)

+ [Just for Today](#)

+ [Let Go and Let God](#)

+ [Live and Let Live](#)



<https://al-anon.org/for-members/members-resources/literature/al-anon-slogans/>

to explore for yourself!