



# NOT EVERYONE TRAPPED BY ALCOHOL IS AN ALCOHOLIC

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Families and friends  
are suffering too.

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Do you worry about how  
much someone drinks?

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Al-Anon and Alateen  
can help.

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**In New York City**  
**(212) 941-0094**



**nycalanon.org**

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Al-Anon Family Groups  
Help and hope for families and friends of alcoholics

**1-888-4AL-ANON • AL-ANON.ORG**