

## [Al-Anon Newcomer's Meeting](#)

***Starting Saturday, February 4<sup>th</sup> from 11:30 – 12:30***

***Southside Serenity Clubhouse, 2212 SW 74<sup>th</sup> St, OKC***

**Are you suffering from the effects of alcoholism in a relative or friend?** Al-Anon focuses on helping friends and families of alcoholics. Our meetings are a safe, comforting place where you'll hear members share their experience, strength, and HOPE. Some of us have a spouse or partner who struggles with alcoholism. For others, it could be a child, parent, sibling, or friend. Our relationships may be different, but the effect it has on us is similar. In fact, you may hear "your story" from an Al-Anon member!

A Newcomer's Meeting will help you decide if this program can work for you. We'll talk about what to expect at a meeting, sponsorship, detachment, helpful literature, and much more. This is a judgment-free environment....you can just listen or you may want to share. Anonymity is one of our most important principles; that's one of the many ways Al-Anon helps friends and families of alcoholics.

Whether it's your first meeting or you've been in the program for years, we hope you'll join us on *the first Saturday of each month at the Southside Serenity Clubhouse from 11:30 – 12:30.*

