



For families and friends of alcoholics

CAN'T FIND A MEETING?

**Start an Al-Anon Family Group in your community!
District 1 can help**

Here are some optional first steps:

- Come to any of our district meetings and ask for a conversation before or after the meeting. Feel free to bring others with you.
- Invite us to bring a "meeting on wheels" to your community. Suggest a date, time and location and we will bring our members to hold a meeting, followed by a conversation. (A Meeting on Wheels, <https://al-anon.org/pdf/G22.pdf>)
- Listen to [First Steps to Al-Anon Recovery Podcasts - Al-Anon Family Groups](#)
- Read Guideline G-12, Starting an Al-Anon Group at <https://al-anon.org/pdf/G12.pdf>.

When you're ready to start a meeting, District 1 will provide:

- A free start-up literature package for your first meeting(s).
- One or two current members to be your group's Service Sponsor(s) as an ongoing resource. The Service Sponsor(s) will be available for ongoing information and assistance during your group's initial growing phase.

Contact Erik R., District 1, Area 9 District Representative at dr1-64@afgarea9.org to discuss your next steps.