



"BUT I'M NOT THE ONE WHO NEEDS HELP!!"

All of us who are now members of Families Anonymous said that once ourselves. It seemed obvious to us that someone else was the one with the problems. Moreover, some of us were annoyed that our loved ones refused to accept help - or at least to stay with any programme. It came as a shock to many of us to realise that we were following the same pattern ourselves.

What is Families Anonymous?

Families Anonymous is a Twelve-Step fellowship of concerned relatives and friends who have faced up to the reality of their situation and have decided to do something constructive about it. We learn best from our own experience and from the shared experience of others.

You do not have to suffer alone, there are others like you out there. In Families Anonymous we begin to understand that to be of real help to others, we must first be willing to be helped ourselves.

No dues or fees are required for membership. No last names. No forms to fill out. There are many groups in the UK and over twenty other countries around the world. For the location of a meeting in your area, please contact:

Helpline

0207 498 4680

Email

office@famanon.org.uk

Website

www.famanon.org.uk