



## LETTER TO THE NEWCOMER

Dear Newcomer

Welcome to your first Families Anonymous meeting. Each one of us was a newcomer once and we do understand how you are feeling.

This fellowship is about recovery, and recovery has to start somewhere. Most of us were pulled down along with the drug abuser and, having tried everything in our power to get help for the person concerned, we became totally confused, frightened and angry when all our attempts failed.

Here we learn, firstly, to cope with the current situation by learning from other people who have had experience of similar situations. We get support from each other in times of crisis, and it helps to know that we are not alone and that there is hope for recovery in learning to live our lives in spite of the unresolved problems of the drug abuser.

We found that we needed to attend Families Anonymous meetings more than once to get a better understanding of the problem of addiction or related behavioural problems, and we recommend that you come to at least six meetings. Different aspects of the problem are talked about each week, which enables us to see more clearly how to avoid standing in the way of the abuser getting help to resolve their problems of living.

At these meetings we found hope for recovery when all else had failed. We hope that you will have the same experience. You will find a selection of helpful literature. Please feel free to look through it and ask questions. During the meetings you will hear readings and possibly reference to the '12 step programme'. This forms the backbone of the recovery pathway. However, when and if you choose to start the steps is entirely your choice. You are always welcome to attend meetings and benefit from the shared experiences and support of the group members, taking with you whatever aids your recovery. We are all here to help both ourselves and each other.

With love in the fellowship

Families Anonymous