



# Families Anonymous

For Relatives and Friends Concerned About the Use of Drugs or Related Behavioral Problems

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## HOPE FOR TROUBLED FAMILIES

Substance abuse, substance dependence and addiction are pervasive problems in today's society. Many people turn to drugs (including alcohol) as a way of coping with the daily stresses of life, family pressures and other personal issues. Young people are especially vulnerable, as they attempt to deal with trying to find their place in today's culture.

The excessive use of drugs or alcohol, and the behavioral problems related to it, can wreak havoc on a person's life. It can also, over time, strain and destroy his or her relationships with others. As family members and friends are seeking ways out of the negative situations in which they find themselves, they typically focus on "fixing" their addicted loved ones—without considering how their own patterns of thoughts and actions may be contributing to the problem. This is where Families Anonymous can help.

Families Anonymous™ (FA™) is a self-help support group for families and friends of people with a current, suspected, or former drug problem. The fellowship, founded in 1971, is based on the Twelve Step recovery model of Alcoholics Anonymous. FA's philosophy begins with the premise that when one family member is in trouble and abusing drugs, his or her whole family is in trouble and needs help.

Guided by the principles of the FA program, family members and friends learn how to find relief from their seemingly insurmountable burdens. They become able to enjoy some peace of mind and a degree of serenity, despite unsolved problems. They discover, too, that as they themselves change, so do the dynamics of their family; this often sets the stage for their addicted loved one's recovery.

FA meetings take place throughout the United States and in many other countries. Each meeting begins with the basic FA readings and continues with the discussion of a topic chosen by the leader for that meeting. Members' first names only are used so that everyone's anonymity is respected and preserved.

Newcomers typically come to their first FA meetings feeling desperate and hopeless, fearing they have nowhere to turn. In the meetings they realize they are no longer alone. As they listen to other members share their experiences and hear how other families have dealt with circumstances and problems similar to their own, they learn new ways to cope with their own situations.

The number of meetings being held online has grown since the onset of the pandemic. For a directory of face-to-face meetings that have transitioned to online, as well as information about Meetings Without Walls, Email Meetings (the "E-Meeting"), and Phone Meetings, go to [FamiliesAnonymous.org/meetings/virtual-meetings](http://FamiliesAnonymous.org/meetings/virtual-meetings).

Families Anonymous is a nonprofessional, nonprofit organization. No dues or fees are required for membership. The program is spiritual in nature and is open to all who feel they might benefit from its meetings. Anyone is welcome to attend; no prior arrangement or appointment is necessary. All calls and contacts are confidential.

### **A Families Anonymous group currently meets in your area**

**Meeting Location / Online Platform:**

**Day and Time:**

**Contact Telephone and/or Email:**

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