

# Families Anonymous

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

## FACT SHEET

**ORIGIN & BASIC PURPOSE:** Families Anonymous® (FA®) was incorporated as a nonprofit corporation in the State of California in 1972 to serve people concerned about the use of mind-altering substances or related behavioral problems of a relative or friend.

**RANGE OF ACTIVITY:** More than 400 meetings are held weekly throughout the United States and in more than a dozen other countries throughout the world. Meetings take place in various venues: in person; virtually (online); by telephone; and via email (see FA website for details).

**HOW TO CONTACT:** Referrals to local FA groups may be obtained by calling the World Service Office (WSO) or visiting the FA website. Several FA intergroups also sponsor local information lines and/or have websites linked to the FA website.

**ADMINISTRATIVE & LEADERSHIP STRUCTURE:** Leadership responsibilities are carried out by a membership-elected World Service Board, which meets monthly, proposes and carries out policy, and oversees the WSO and various standing and ad hoc committees. The fellowship's business meeting and elections are held yearly, often in conjunction with an annual convention. In several states, intergroups coordinate local and regional activities and provide support to individual groups. The WSO is staffed by two part-time employees and numerous trained volunteers who implement board motions and policies, administer the organization's charter, direct individuals to local FA groups' meetings, process and ship literature, assist in the formation of new groups, and provide the public and professionals with information and referrals.

### **WEEKLY MEETINGS:**

- Meetings are organized and led by group members on a rotating basis.
- Professionals do not serve in a professional capacity, but they may be members or guest speakers or choose to start a group.
- No dues or fees are required; groups are financially self-supporting through voluntary donations from within the fellowship and through the sale of FA literature and recovery resources.
- Meetings are guided by the Twelve Steps, the Twelve Traditions, and other FA readings; discussions focus on relevant topics or FA-approved literature; members' support is offered, as needed, between meetings; some meetings occasionally present qualified guest speakers.
- Members share their experiences, hopes, and strength as a way of reinforcing their own recovery and inspiring newcomers; however, they *do not* give advice to others.
- FA has no affiliation with any religion, sect, political entity, institution, or other organization.

**PUBLICATIONS:** FA has an extensive catalog of self-published family recovery materials as well as a daily inspirational book, *Today A Better Way*™ (TABW). First published in 1991 (100,000+ copies in print), TABW has been translated into British English, Bengali, Greek, Italian, Portuguese, and Spanish; e-book versions of the English- and Spanish-language editions are also available. Much of FA's other English-language literature is also published in Spanish and various other languages. Literature topics focus on personal recovery, encouragement, and hope. Materials are written within the fellowship for personal, group and general use. Public information resources are available for various professionals and support organizations.

**SIMILAR ORGANIZATIONS:** FA makes referrals, when appropriate, to other Twelve Step support-group fellowships, such as Al-Anon, Co-Anon, and Nar-Anon which are specific to family members of persons addicted to, respectively, alcohol, cocaine, or nonspecific drugs and narcotics.

**UNIQUENESS OF FAMILIES ANONYMOUS:** FA is *not* drug, alcohol, or behavior specific. FA members focus on themselves—on their recovery from codependency, and on changing any of their attitudes and behaviors (including denial, enabling, rescuing, controlling, manipulating, and a whole range of other crippling actions and emotions) that stand in the way of their own recovery and that of their addicted loved ones.

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