



Portland Al-Anon Information Service & Literature Depot

For Parents & Grandparents

*Consider adding a new title of **Conference Approved Literature** to your personal collection!*

All these titles (and more!) are available from the Portland AIS.

To Parents of Alcoholics (P-16) Parents of alcoholics share, and address the fear, anger, blame, guilt and confusion of realizing your child is an alcoholic.

Hope & Understanding for Parents & Grandparents (P-94) Includes description of the challenges facing parents and grandparents of young problem drinkers, as well as a wide variety of inspiring personal stories, plus a section on how parents and grandparents apply the Twelve Steps.

Parent's Newcomer Packet (K-24) Welcomes those whose child has a drinking problem. Includes *A Guide for the Family of the Alcoholic* (P-7), *Purpose and Suggestions* (P-13), *So You Love an Alcoholic* (P-14), *To Parents of Alcoholics* (P-16), *Understanding Ourselves and Alcoholism* (P-48), *Al-Anon Spoken Here* (P-53), *Dear Mom & Dad* (P-67), *Information for the Newcomer* (S-4) and the *Just for Today* Bookmark (M-12).

Parents of Alcoholics Reprint (R-18) Stories from parents of alcoholics describe their struggle with detachment, responsibility, guilt and letting go. Reprinted from our monthly magazine, *The Forum*.

Opening Our Hearts, Transforming our Losses (B-29) This book explores coping with the types of loss that are faced by those who love an alcoholic: Each chapter includes stories submitted by members as well as questions for reflection or discussion.

How Can I Help My Children? (P-9) Inspiring stories by parents describe how they helped their children understand the family disease of alcoholism. How Alateen can help.

Alateens Share with Adults in Their Lives (P-67) For any adult in contact with a teenager affected by someone else's drinking. Also published as ***Dear Mom & Dad***.

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Contact anytime via e-mail ais@al-anonportlandoregon.org

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