



Portland Al-Anon Information Service & Literature Depot

For those who grew up with Alcoholism

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

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

Did You Grow Up with a Problem Drinker? (S-25) A leaflet containing twenty questions for adult children to decide if they can benefit from Al-Anon.

Al-Anon Welcomes Adult Children of Alcoholics (S-69) A one page (tri-fold) pamphlet which briefly describes the Al-Anon program and how it can be helpful to those who grew up with alcoholism.

Al-Anon Sharings from Adult Children (P-47) Lingering effects of parental alcoholism are illustrated through personal stories. Includes a section on how adult children apply the twelve steps.

Newcomer Packet for Adult Children of Alcoholics (K-21) Includes the three items listed above in addition to *Information for the Newcomer* (S-4), *Understanding Ourselves and Alcoholism* (P-48), *Al-Anon Spoken Here* (P-53) and the *Just for Today* bookmark (M-12).

From Survival to Recovery (B-21) Al-Anon adult children tell their stories. Explores the long term effects of being raised with alcoholism, and why Al-Anon can help. This book is organized in four sections: Our Many Faces, Beginning to Recover, Climbing the Steps to Recovery and Healing Broken Childhoods.

Hope For Today (B-27) Daily sharings from Al-Anon adult children members are for anyone who wants to grow in acceptance, compassion and understanding.

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. Chapters include Lost Childhood, Lost Dreams and Lost Relationships, as well as the loss associated with divorce or death. Each chapter includes stories submitted by members as well as questions for reflection or discussion.

When you buy from the Portland AIS, you support our local services.

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

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