

FAMILIES ANONYMOUS[®]

Telephone

847.294.5877

Address

701 Lee Street, Suite 670
Des Plaines, IL 60016

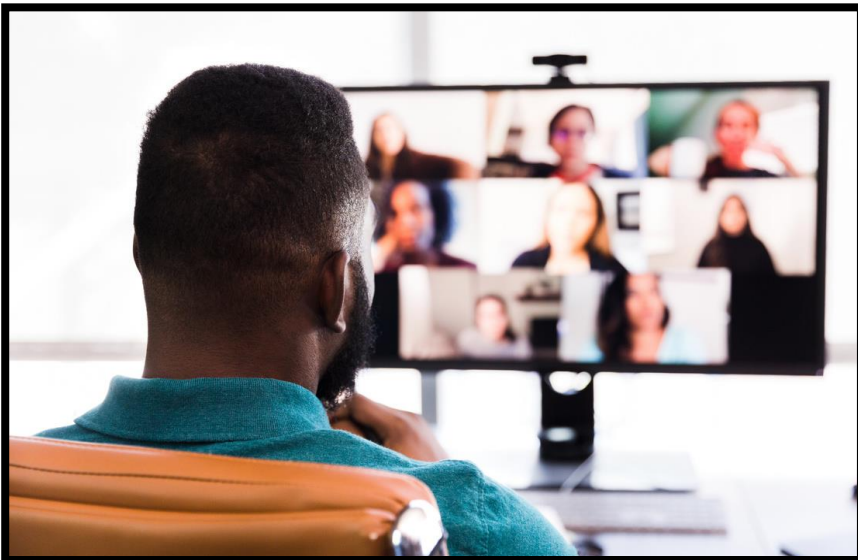
Website

FamiliesAnonymous.org



About Our Organization

- We were formed in 1971 by a group of concerned parents in California who were seeking ways of dealing with the problem of substance abuse and addiction in their children.
- We are a self-help fellowship based on an adaptation of the Twelve Steps and Twelve Traditions of Alcoholics Anonymous.





Families Anonymous

Substance Use Disorder -- a family disease

Substance Use Disorder has dire physical, mental, emotional and spiritual impacts on the people who suffer from it, and its effects don't stop with just those people.

Although only one person in the family may be using drugs, the problem rapidly expands to include the entire family - parents, siblings, grandparents, spouses, partners and others.

Family members are often in denial or do not seek help for themselves.





Solutions

Truly successful and **long-lasting** addiction recovery results are more likely if two things happen:

1. The individual suffering from Substance Use Disorder is able to halt the progression of their illness (which is best done with professional help), and
2. Their family members and friends find help for themselves.



Family Support



The focus of the Families Anonymous program is on the friend or family member, not on their addicted loved one (for whom many other recovery programs are available).

Family members need support and tools to ensure that they:

- do not enable the person suffering from Substance Use Disorder
- do not stand in the way of their loved one's recovery
- do get their lives back; develop a sense of wellness / serenity.

FA can provide family members with ongoing support, serving as a supplement to the services provided by family counselors and therapists.



FA Meetings

By following FA's Twelve Step program of recovery and attending meetings, members find a way to put their lives back together and achieve some sense of serenity.

No dues or fees are required for membership.

Basic Readings



Discussion of Recovery Topics



Sharing of Experiences



FA Meetings

- Groups typically meet weekly; some are in person, some are “virtual,” some are hybrid.
- Face-to-face meetings are usually held at a local hospital, church, synagogue, community center, or behavioral health center.
- Average duration of meeting is 1 to 1.5 hours.
- Anonymity of attendees is strictly respected.



US Meetings



In-Person

~ 130

Virtual or Hybrid

~ 85

Special Meetings

- **Spanish-speaking**
- **Bereavement Support**

Global Presence



National Service Boards

**Italy, Mexico,
Portugal, UK, Spain**

In Person / Virtual Meetings

~175

**Australia, Canada, DR Congo,
Greece, India, Japan, Kenya,
Panama, Papua New Guinea,
Russia**

Recovery Resources



Find a Local Group
[In-Person Meetings](#)



Visit our Bookstore
[Online Bookstore](#)



Join a Virtual Meeting
[Online Meeting Directory](#)



Look Around our Website
[E-Resources & Other Info](#)



Stay Current
[Free Newsletter](#)
[Email Updates](#)

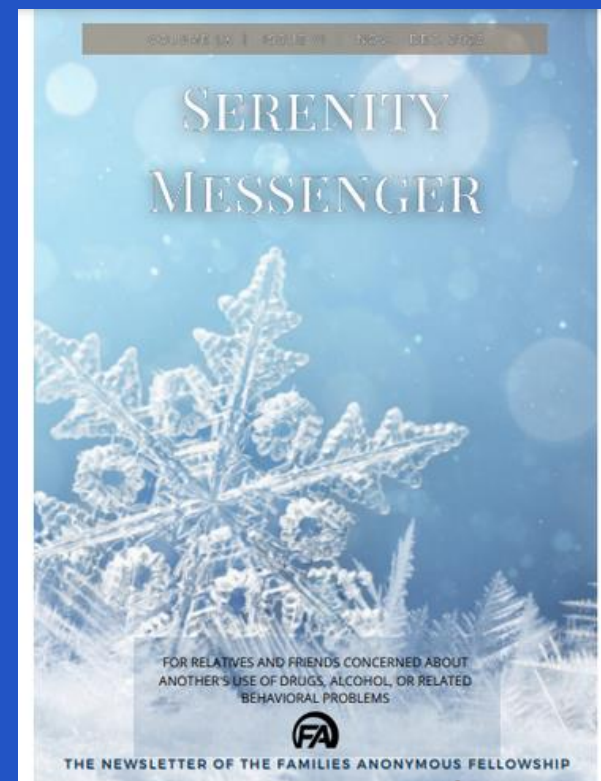


Attend a Workshop
[Workshops & Education](#)
[Past Session Recordings](#)

Families Anonymous Literature



QUARTERLY NEWSLETTER - *THE SERENITY MESSENGER*



ELECTRONIC BROCHURES

FAMILIES ANONYMOUS

TO THE CONCERNED

Family Member or Friend

Do you suspect that someone close to you may have a problem with drugs or alcohol? Is that person displaying behaviors that could be related to substance abuse?

We know what it's like to feel alone with our suspicions or discoveries of substance abuse. We remember our own feelings of panic and frustration as we agonized over not being for our loved ones. For a while, some of us tried to ignore what we saw, because we were afraid to examine the situation more closely. After all, what would we do if our loved ones were self-harmed?

When these suspicions became reality, our frantic attempts to "help" only made the problem worse. Our loved ones grew more hostile and withdrawn, which left us even more afraid and desperate. At times we felt rejected and depressed by how much our loved ones were being affected by another person's problems.

But then we found the Families Anonymous (FA) program, where we learned that one person's substance use disorder (SUD) affects the lives of everyone close to that person, and that we ourselves were in need of help. We learned that most of our efforts to control or change the situation were, in effect, emotionally enabling that in, they allowed or encouraged our addicted loved ones to continue their self-destructive patterns. **What is great relief is we discovered more effective ways of coping with our situations,** while getting some peace of mind, hope and help in learning a better way to live.

We learned that, regardless of whether or not our loved ones are ready to stop using drugs and alcohol, there are things we can do to avoid enabling in the way of their recovery from SUD. Recovery programs are available for us, the family, grandparents, spouses, siblings or other emotionally related relatives or friends.

FA groups meet weekly throughout the US and in more than 60 other countries. An appointment is required. When you come to a meeting, you're welcome to participate in group discussions, or you may just sit and listen. Free meals only are used to promote the enjoyment of all, and no dues or fees are required for membership.

We invite you to begin learning a new way of living and to find a degree of serenity amid the chaos created by SUD.

FIND A MEETING

- Meeting Directories
- info@familiesanonymous.org
- familiesanonymous.org
- 847.294.5877




FamiliesAnonymous.org

Info@FamiliesAnonymous.org

847.294.5877

WORLD SERVICE OFFICE
701 Lee Street, Suite 870
Des Plaines, IL 60016

FAMILIES ANONYMOUS AND THE PROFESSIONAL COMMUNITY

BEHAVIORAL HEALTH

What is Families Anonymous?

Families Anonymous (FA) is a self-help fellowship based on an adoption of the Twelve Steps and Twelve Traditions of Alcoholics Anonymous. We who belong to FA are family members and friends concerned about our loved ones who are struggling with substance abuse, dependence or addiction.

Why is FA Needed?

Substance use disorder (SUD) has dire physical, mental, emotional and spiritual impacts on the people who suffer from it, and its effects don't stop with just those people.

Although only one person in the family may be using drugs, the problem rapidly expands to include the entire family in "a kind of madness," often called codependency.

In Families Anonymous, we learn a better way to live. We learn how to change ourselves; in doing so, we find serenity in spite of turmoil.

Learn more -

FAMILIES ANONYMOUS 

FAMILIES ANONYMOUS FOR ME?

But I'm not the one who needs help!



FAMILIES ANONYMOUS
FamiliesAnonymous.org

FAMILIES ANONYMOUS

ARE YOU TORN APART

TRYING TO COPE WITH A LOVED ONE WHO HAS SUBSTANCE USE DISORDER?

YOU ARE NOT ALONE. WE ARE HERE FOR YOU.

In the complicated society we live in today, many families don't realize they share similar pain, anger, anxiety, shame, self-pity and fear caused by their concern about the disruptive, destructive behavior of a loved one with substance use disorder or related behavioral problems. **Although just one person in the family may be using drugs, the problem rapidly expands to include the entire family in "a kind of madness," often called codependency.**

We at Families Anonymous (FA) have found a safe haven where we can share our problems with others who understand. The details of our personal stories may differ, but our feelings and heartbreak are the same. In FA we learn to recognize the roles we play in our families—and how these roles aggravate our situations, making them worse. We learn how to change ourselves, in doing so, we achieve serenity in spite of turmoil.

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Educational Workshops and Video Recordings



Setting Boundaries
Enabling
Helping
Healthy Recovery



Back by Popular Demand!

HOLIDAYS CAN WEIGH HEAVY ON OUR HEARTS.

REMEMBER, YOU ARE NOT ALONE.

Feeling overwhelmed? Dreading the next family gathering? You are not alone. Families Anonymous can help.



Feeling a bit out of balance?

Struggling with letting go?

Creating Personal Balance
ACHIEVING Emotional Freedom



Educational Session:
Introduction to Borderline Personality Disorder / Emotion Dysregulation



Social Media



[Facebook.com/familiesanonymousofficial](https://www.facebook.com/familiesanonymousofficial)



[Instagram.com/familiesanonymousofficial](https://www.instagram.com/familiesanonymousofficial)



[YouTube.com/@familiesanonymousofficial](https://www.youtube.com/@familiesanonymousofficial)





Families Anonymous[®]

Thank You

We invite you to learn more about Families Anonymous by visiting our website or contacting our World Service Office.

If you need support ...find a meeting.

If you are a health professional, refer your clients to us.

Because we're here to help!

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Behavioral Health Awareness Series

If you are an Evernorth or Cigna customer and have questions about Substance Use treatment or about your benefits and how to use them, please contact:

Stephanie Gissal - 800.274.7603 x398516

Wanda Russell – 800.274.7603 x342063

Kari Mack – 800.274.7603 x1034994

Jordan Nielsen – 800.274.7603 x382620