

We have created a bookmark to place in each newcomer's packet sold through our LDC. The primary purpose of the bookmark is to inform the newcomer how to obtain current meeting information.



Al-Anon / Alateen provides support for families and friends of alcoholics.

Current Meeting information:

For Onondaga and Oswego counties and parts of Cayuga, Madison, and Seneca is available on at **syracuseais.org**

Suggested Newcomer Tips:

- What you say or hear at a meeting stays at the meeting
- Attend at least 6 meetings
- Use your phone list
- Read Al-Anon literature daily

Remember:

Alcoholism is a disease.

- You did not **cause** it.
- You can not **control** it.
- You can not **cure** it.

For more information:

Call: (315) 471-0191

Email: contact@syracuseais.org

Respectfully Submitted,
Kathi D