

Date: February 3, 2017  
Contact: Eloise Maki, Public Information Coordinator  
Al-Anon District 13, Northern California Area  
eloiseghill@gmail.com, 650-322-4413

For immediate release:

## **Recovery from the family disease of alcoholism**

The public is invited to the A.A. Conference with Al-Anon Participation, to be held on March 10 – 12 at the Crowne Plaza Hotel in Foster City. Attendees will hear first-hand accounts of how Alcoholics Anonymous can help alcoholics get and stay sober and how Al-Anon Family Groups can help families recover from the adverse effects of a family member's alcoholism, as well as improve the alcoholic's chances for recovery.

The public may attend A.A.'s five open speaker meetings, where A.A. members describe their experiences with alcohol, how they came to A.A., and how their lives have changed as a result of Alcoholics Anonymous. These include a teenage speaker and a Spanish speaker.

In addition, the public may attend all Al-Anon Family Groups activities. These include a speaker meeting, a panel on how Al-Anon works for people with different familial relationships to an alcoholic, a rare open Alateen meeting of the Half Moon Bay Alateen members, and a meeting on why "dual members" attend both A.A. and Al-Anon meetings. The schedule of A.A. and Al-Anon activities is available at [www.alanonmidpeninsula.org](http://www.alanonmidpeninsula.org).

"Family recovery is one of the most important things today in the successful treatment of individuals who have a drinking problem," said Cynthia Moreno Tuohy, Executive Director of NAADAC, the Association for Addiction Professionals. "The family is the support system that either is going to get healthier and help build a safety net, or the family is going to continue in patterns that are not so helpful to themselves, as well as to the person who is addicted."

- More -

The three-day conference will be at the Crown Plaza Hotel, 1221 Chess Drive, Foster City, from Friday, March 10, 3:30 PM, until Sunday, March 12, noon. The registration fee is \$20 at the door and \$15 until March 1. Pre-register at <http://norcalaa.org>.

The conference is arranged by the Northern California Council of Alcoholics Anonymous (<http://norcalaa.org>), with cooperation of the Northern California Al-Anon Family Groups (<https://www.ncwsa.org/>).

For more information about the conference, contact the Al-Anon District 13 Public Information Coordinator, [publicinfo@alanonmidpeninsula.org](mailto:publicinfo@alanonmidpeninsula.org).

For information about Alcoholics Anonymous and Al-Anon Family Groups, go to <http://www.aa.org/> and <http://www.al-anon.alateen.org/>.

###