


# HELP AND HOPE

FOR FAMILIES AND FRIENDS OF ALCOHOLICS



*We didn't cause it,  
we can't control it,  
and we can't cure it.*

TIBURON AL-ANON FAMILY GROUP

**FRIDAY NIGHT  
BEGINNER'S**

**ONLINE MEETING**

**6:45-7:45 PM PACIFIC**

ZOOM ID: 444 652 580

PASSCODE 978797

**ALL ARE WELCOME!**

Beginner's meetings introduce you to Al-Anon, including the twelve steps, the importance of sponsorship and the principles of the program.

Whatever your problems, there those among us who have had them too. We hope that you will find the help and friendship we have been privileged to enjoy.