

RESOURCES FOR PARENTS

Al-Anon Family Groups – national website, <https://al-anon.org/>

Al-Anon is a mutual support program for people whose lives have been affected by someone else's drinking**. By sharing common experiences and applying the Al-Anon principles, families and friends of alcoholics can bring positive changes to their individual situations, whether or not the alcoholic admits the existence of a drinking problem or seeks help.

****Note the following frequently asked question and response regarding Al-Anon support for people whose loved ones suffer from drug addiction, <https://al-anon.org/newcomers/faq/>:**

Question: My friend/loved one is a drug addict. Can I go to an Al-Anon meeting?

Answer: The primary purpose of Al-Anon is to provide support to the friends and families of alcoholics. In a recent membership survey 35% of our members said they joined our program because of a loved one's drug addiction and that their lives had improved since attending meetings. You are also welcome to try [Al-Anon meetings](#), then decide if the Al-Anon program might be helpful to you. There is another program, Nar-Anon, which is for people affected by a loved one's drug addiction. You can visit their web site here: Nar-Anon.org. You are also welcome to try [Al-Anon meetings](#), then decide if the Al-Anon program might be helpful to you.

Al-Anon Northern Virginia's meeting finder may be found at <https://alanonva.com/meetings/>)

A search for Spanish speaking meetings in Northern VA provided the following results:

[Valor Para Cambiar GFA Hijos Adultos](#)

Viernes 7:00 PM

St Anthony Catholic Church

3305 Glen Carlyn Rd, Falls Church, VA, 22041, USA

Physical location note: meeting is in church basement, room 2. Electronic component also available, Zoom, <https://us02web.zoom.us/j/8161979443?pwd=RVd3UVAxVjFVTGRiRnFwaDNyZE>

[Fe Y Paciencia GFA](#)

Lunes 7:00 PM

San Jose Episcopal Church

911 N Oakland St, Arlington, VA, 22203, USA

Hibrida. Telefono Numero: (712) 770-5505 Codigo Acceso: 513468#

Note: hybrid meetings happen in person with telephone or Zoom participation as well.

[Serenidad GFA](#)

Martes 7:15 PM

Good Shepherd Catholic Church

8710 Mount Vernon Hwy, Alexandria, VA, 22309, USA

Temporary telephone meeting instructions: Reuniones Telefonicas Telefono Numero: (712) 770-5505 Codigo Acceso: 513468# Acceso Para Discapacitados; Room 5 when in-person meetings resume.

Al-Anon Northern Virginia Service Center – *Al-Anon Family Groups are a fellowship of relatives and friends of alcoholics who share their experience, strength and hope in order to solve their common problems.* <https://alanonva.com/>, **703-534-HELP (4357)**

Online Meeting Finder for Northern Virginia, search by day/time, location:
<https://alanonva.com/meetings/>

Nar Anon Family Groups – *The Nar-Anon Family Groups are a worldwide fellowship for those affected by someone else's addiction. As a twelve-step program, we offer our help by sharing our experience, strength, and hope. We carry the message of hope by letting others know that they are not alone; by practicing the Twelve Steps of Nar-Anon; and by changing our own attitudes. We will respect your anonymity. Our program is not a religious one, but a spiritual way of life.*

<https://www.naranonmidatlantic.org/>

Nar-Anon Meetings, VA/WV -- <https://www.naranonmidatlantic.org/virginia-west-virginia>

Nar-Anon Meetings, virtual/online (Zoom and conference call) –
<https://www.naranonmidatlantic.org/virtual-meetings>