

Integrity Statement

While everyone is welcome, we would like to remind you that this is an Al-Anon meeting and ask members to confine themselves to Al-Anon principles, regardless of membership of any other outside organisation or Twelve Step programme. Only in this way can the integrity of Al-Anon be preserved.

The Al-Anon programme is a gentle one with no deadlines. We start working the Steps and find a sponsor once we feel ready to do so.