

AN OPEN LETTER TO THE POLICE



Dear Officer,

Do you remember me? I'm the woman who frantically called you **three** times this year because my husband came home drunk and was violent. You were annoyed because I called for help so often; yet after each incident, and in spite of your warnings, I'd go back into the same situation without taking legal action.

A few months ago, I began attending Al-Anon meetings regularly. I now understand that alcoholism is a disease and my husband is out of control when he is drunk. Because of the support I receive from others who have had similar experiences, it's clear to me I do not have to accept violence as a part of my life. Today, Al-Anon is giving me the courage to take the steps I need to protect myself and my children. I'm learning to make healthy choices for myself. I feel that if you refer others with this problem to Al-Anon, they would be forever grateful. Perhaps my story and the enclosed literature will help you when you encounter a similar situation. If you wish more information please contact _____ or 888-4AL-ANON, Monday through Friday, 8 AM to 6 PM, ET.

Sincerely yours,

P.S. My children now attend Alateen, a mutual support program for teenaged family members. It is part of the Al-Anon Family Groups.