

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 (888-425-2666), 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.

Compiled and Distributed by:
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