

Families Anonymous (FA) Program Summary

Resource number: 18745056

A program of: Self-Help Support Groups Other Alternative Support Groups

Description

Welcome to Families Anonymous

FA is a 12 step fellowship for the family and friends of those individuals with drug, alcohol or related behavioral issues. We are here to help!

What is Families Anonymous?

Families Anonymous celebrated our 50th Anniversary in 2021. We were formed in 1971 by a group of concerned parents in California who were seeking ways of dealing with the problem of substance abuse and addiction in their children. Our members include parents, grandparents, siblings, spouses, significant others, other family members and friends of those with a current, suspected or former drug problem. We have been one of the best kept secrets in the recovery community, even though we have groups throughout the world.

Families Anonymous is a 12 Step fellowship for the families and friends who have known a feeling of desperation concerning the destructive behavior of someone very near to them, whether caused by drugs, alcohol, or related behavioral problems. When you come into our rooms you are no longer alone, but among friends who have experienced similar problems. Any concerned person is encouraged to attend our meetings, even if there is only a suspicion of a problem.

Your identity is protected in our meetings. We know each other by our first names only. Anonymity of our members is paramount to the success of our program. Not only is anonymity an underlying principle of the program, but it is so important that it is part of our name.

You have nothing to lose but your pain and anger. Read on if you are ready to find the peace and serenity that our members have found through the working of the FA program.

Meetings & Events

The longer we continue to struggle alone, the more our thinking becomes confused

In Families Anonymous we have found that making contact with others who have experienced similar problems helps us to find our own recovery from the unmanageability in our lives. In turn this can often help friends and other family members, including the person with whom we are most concerned.

In FA there are a number of ways in which we can make contact with each other, including face to face meetings, our virtual (online and phone) meetings, and the FA World Service Convention. We encourage all those who can to reap the rewards of these opportunities, from which all of us can benefit. If there is no meeting in your area, you can join in the discussions and take part in an online meeting. If you are motivated to start a meeting in your area we can offer lots of help and advice! New meetings are starting up all the time, and if you would like to be notified of new meetings and other FA information, go to the Home page and subscribe to our FA Emails!

We look forward to seeing you soon!

Find A Meeting -- U.S.

Resources from The Florida Council on Compulsive Gambling, Inc

Families Anonymous groups meet in communities throughout the United States and in more than a dozen other countries. We welcome you to our meetings which are held in-person and virtually. When you attend, you may choose to participate in the group discussions, or you may just sit and listen.

First names only are used so to preserve the anonymity of all, and no dues or fees are required.

To find a meeting located near you or to attend a virtual meeting held on a convenient day and time, please select from the following options:

-IN-PERSON Meetings - U.S.:

<https://familiesanonymous.org/wp-content/uploads/2025/06/1.-US-In-Person-Directory-6.11.25.pdf>

-VIRTUAL MEETINGS - U.S. & CANADA:

<https://familiesanonymous.org/wp-content/uploads/2025/06/2.-Virtual-US-Canada-6.11.25.pdf>

Niche Groups

-BEREAVEMENT SUPPORT MEETINGS:

<https://familiesanonymous.org/wp-content/uploads/2024/11/5.-Virtual-Bereavement-Directory-11.22.24.pdf>

-SPANISH SPEAKING MEETINGS:

<https://familiesanonymous.org/wp-content/uploads/2024/11/6.-Spanish-Speaking-Directory-11.25.24.pdf>

-SIBLINGS MEETINGS: <https://familiesanonymous.org/wp-content/uploads/2024/11/7.-Sibling-Directory-11.22.24.pdf>

-PARENTS OF ADOLESCENTS MEETINGS:

<https://familiesanonymous.org/wp-content/uploads/2024/12/8.-Parents-of-Adolescents-Directory-12.19.24.pdf>

-SIGNIFICANT OTHERS & SPOUSES MEETINGS:

<https://familiesanonymous.org/wp-content/uploads/2025/03/9.-Significant-Others-and-Spouses-SOS-3.19.25.pdf>

-TEENS ONLY MEETINGS:

<https://familiesanonymous.org/wp-content/uploads/2025/04/10.-Teens-Only-Directory-4.14.25.pdf>

-

Email Group (E-Meeting)

The E-Meeting is an email (LISTSERV styled) discussion group. It is the largest and most active group in the fellowship consisting of more than 700 members. It is available to the members 24 hours a day/ 7 days a week. Members of the group hail from all over the world and share their Experience, Strength and Hope by typing their message to the list.

Resources from The Florida Council on Compulsive Gambling, Inc

The E-Meeting averages more than 2000 email messages per month.

Anyone wishing to subscribe to the E-Meeting should do so by sending a blank email (nothing in the subject line and nothing in the body of the email) to: TABW-On@mail-list.com

You will receive a confirmation email from the server that you must reply to without any changes or additions.

Important Note: many members choose to open a separate email account to keep this email separate from their private email. There are many free accounts you can open for this service.

If you have any questions regarding our E-Meeting, you may contact the group via email (cherylidenisonmiller@gmail.com)

Frequently Asked Questions

I've never heard of Families Anonymous. Are you new?

Families Anonymous celebrated our 50th Anniversary in 2021. We were formed in 1971 by a group of concerned parents in California who were seeking ways of dealing with the problem of substance abuse and addiction in their children. Our members include parents, grandparents, siblings, spouses, significant others, other family members and friends of those with a current, suspected or former drug problem. We have been one of the best kept secrets in the recovery community, even though we have groups throughout the world.

Who does FA serve?

Families Anonymous is for those relatives and friends of those who suffer from a current, suspected or former problem of substance abuse or related behavioral problem. Our meetings are open to all.

Is FA affiliated with any other group such as AA, NA, Al-Anon, etc?

No. FA is a 12 Step Recovery program that is similar to groups such as Al-Anon or NarAnon, but we have no affiliation with any other group, treatment program, or governmental agency.

Is there any cost to attend meetings?

There are no dues or fees required for membership. FA Members contribute whatever they are comfortable with as all groups are fully self-supporting. Donations go to help pay for the rent for the meeting rooms, literature and helping the fellowship carry the message of recovery through the support of the World Service Office.

Im not the one that needs help, why should I attend meetings?

Addiction is a family illness that impacts the lives of every member of the family. In our meetings, we learn how we can stop being part of the problem and become part of the solution. We can learn to find peace and serenity by practicing the FA program, even in the midst of the chaos and insanity.

Do you get any financial support from any grants or governmental drug or alcohol programs?

No. Our Traditions specifically prohibit us from accepting any outside contributions from any source. All costs of running the FA programs must come from the sale of our literature and donations from our members and member groups.

I cant find a meeting close to me. What should I do?

Resources from The Florida Council on Compulsive Gambling, Inc

If you are unable to find a convenient local meeting using our IN-PERSON Meeting Directory, please consider starting a new FA group in your area. Starting a new group can be both exciting and challenging, and we are here to support you.

Virtual meetings are another great option we have online meetings available every day of the week at various times. Our VIRTUAL Meetings US & Canada can be found under the MEETINGS heading. Here you will find a list sorted by day and time. Find a meeting convenient for your schedule no matter where you live you are welcome at any and every meeting. Attend as many as you like.

We also have lists of IN-PERSON and VIRTUAL International Meetings if this is of interest to you.

Finally, we offer an FA email exchange meeting that is available 24/7 and phone meetings which offer access to support for those who prefer a phone call. Details are available under the MEETINGS heading.

How can I learn more about the Convention?

The annual Families Anonymous World Service Convention is held in a different host city each year. The meeting is an opportunity to learn, share and network with other FA Members. As the next convention approaches, more details will

Phone Numbers

Toll free	800-736-9805	Fax	1-847-294-5837
Website	familiesanonymous.org/		
Email	info@familiesanonymous.org		

Site Information

Location	Families Anonymous, Inc., 701 Lee St., Suite 670 Des Plaines, IL 60016	Mailing Address	Families Anonymous, Inc., 701 Lee St., Suite 670 Des Plaines, IL 60016
-----------------	--	------------------------	--

Program Information

Eligibility

Languages Offered

Payment Options

Fees

Application Process

Documents Required

Normal Wait Time

Capacity

Volunteer Opportunities No

Coverage Areas

United States - Nationwide