Many of us in Al-Anon grew up in families affected by alcoholism. However, we do not always recognize the part this disease played in shaping us into the individuals we are today. Not suspecting that the experiences we had as children affect us as adults, is it any wonder we are bewildered when we find that our lives today are unmanageable. This workshop is about, shared by, and for people who grew up or lived in the shadow of alcoholism. Guest speakers share each week and the meeting is open for brief shares from members.