

**April is
Alcohol
Awareness
Month**



NCADD Alcohol Awareness Month, founded and sponsored by NCADD since 1987, encourages NCADD's National Network of Affiliates, health care organizations and communities to reach out to the American public with information about alcohol and alcoholism as a chronic, progressive disease, fatal if untreated, and genetically predisposed. The disease of alcoholism is a family disease that is treatable, not a moral weakness, and people can and do recover. In fact, NCADD estimates that millions of Americans and their families are living lives in recovery from alcoholism. (Organizers Guide)

For the 2013 NCADD Alcohol Awareness Month, NCADD chose a theme designed to highlight the pervasive impact that alcohol, alcohol-related problems and alcoholism have on individuals, on families and children, in the workplace and in our communities. (NCADD Alcohol Awareness Month 2013- Help for Today. Hope For Tomorrow) The theme allows NCADD's National Network of Affiliates and other NCADD Alcohol Awareness Month supporting organizations across the country to use the theme as a way of tying in with the priority programs and issues in their local communities. Although the victims of alcohol-related problems number in the tens of millions, it ultimately comes down to one thing and one thing only...Alcohol Awareness – The Key to Community Change, Personal and Family Recovery.

An integral part of NCADD Alcohol Awareness Month is Alcohol-Free Weekend, which takes place on the first weekend of April (April 5-7, 2013) to raise public awareness about the use of alcohol and how it may be affecting individuals, families, businesses and our communities. During Alcohol-Free Weekend, NCADD extends an open invitation to all Americans to engage in three alcohol-free days. Those individuals or families who experience difficulty or discomfort in this 72-hour experiment are urged to contact local NCADD affiliates, Alcoholics Anonymous (AA) and Al-Anon to learn more about alcoholism and its early symptoms.

To learn more, [please click here](#).