

Dear Family Member of Pilots,

I want you to know you are not alone. While I was walking alongside my pilot husband as he battled the disease of alcohol addiction, I felt like we were the only ones, or at least the only aviation family going through it. I now realize that is so far from the truth. There are so many wonderful families that are impacted by the disease of addiction.

I am a family support volunteer with the HIMS program. We have a network of family members that have been through similar experiences and would love to come alongside you as you walk through this. We would love to share our stories and offer support and hope to you.

Please feel free to reach out to us:

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Once my husband went to treatment and started his journey of recovery it took me a while to understand how I had been impacted by the disease and how I needed my own recovery.

Al-Anon is something that has been so helpful to me in my healing and recovery. We have two Birds of a Feather (BOAF) Al-Anon meetings that meet via Zoom each week. This is a great way to participate in Al-Anon alongside other aviation family members. Attendance is limited to pilots and family members of pilots. We would love to have you join us!

You can find more information at www.boafalanon.org

BOAF Al-Anon Workbook Study Meeting
Tuesdays 10:00 AM CST

BOAF Al-Anon Meeting
Fridays 10:00 AM CST

ID # 837 5867 1792
Password: Birds
(same login for both meetings)

I wish you the best on this journey. For me, there was a lot of healing, forgiveness, learning, and recovery that had to happen. There have been so many blessings that have come from my own personal recovery. There is so much hope ahead for you! You are not alone!

-Kimberly S.