



# WHAT IS MAR-ANON?

SUPPORT AND HOPE FOR THOSE AFFECTED BY ANOTHER'S MARIJUANA USE

## What is Mar-Anon?

Mar-Anon Family Groups are fellowships of those affected by another person's marijuana use. Its foundation is the Twelve Steps, which can be powerful and life-changing. We share our experience, strength, and hope so that we may solve our common problem. We believe marijuana addiction is a family illness, and that changed attitudes can aid recovery.

## We in Mar-Anon understand:

Although many think marijuana is less serious than other drugs or alcohol, the fact is marijuana is a mind and mood-altering drug that can be addictive for some people and result in serious diagnoses including cannabis use disorder, cannabis-induced psychosis, and cannabinoid hyperemesis syndrome.

## Many times, we have heard:

"It's just pot – what's the problem?"  
Confusion and self-doubt ensue. We spin between the belief that marijuana is harmless and our own conviction that something is wrong in our relationship with a habitual user. We can feel isolated.

### **Serenity Prayer**

*God, grant me the **Serenity** to accept the thing I cannot change, the **Courage** to change the things I can, and the **Wisdom** to know the difference.*

Mar-Anon takes no position on the legal, medical, or political status of marijuana policy or issues. We recognize that the increased availability of marijuana and the decreased perception of harm can create challenges and controversy.

## Mar-anon is an active program:

- We attend meetings where we find strength and hope from other members.
- Members are encouraged to work with a sponsor to guide them through the 12-steps.
- Live by the Serenity Prayer

## How it works:

Like any addiction, marijuana use has an impact that extends beyond the user. In Mar-Anon, we seek to recover from the effects of this disease by learning about addiction and co-dependency. The only requirement for membership in Mar-Anon is that a person is affected by another's marijuana use.

## ABOUT US

Mar-Anon is a fellowship of those affected by another person's marijuana use. Its foundation is the Twelve Steps, adapted from Marijuana Anonymous, which can be a powerful, life-changing tool.

We come together to work the steps and offer hope, comfort, and support for other members. We use the steps as a path of self-discovery and personal change.



**You are not alone.**

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