



## **Mar-Anon Family Groups**

Support and Hope For Those  
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 are not a religious group. Instead, we use the steps as a path of self-discovery and personal change.

The words marijuana, cannabis, and pot are being used interchangeably.



## You are not alone.

Mar-Anon.com  
maranon.group@gmail.com



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## What is Sponsorship?



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## What is Sponsorship?

A sponsor is a person who is part of the Mar-Anon fellowship or another recovery community who guides another person through the 12-steps.

## Is a sponsor required?

Working with a sponsor through the 12-steps is the main purpose of the Mar-anon program, but is not a requirement. We encourage each member to actively work the 12-steps with a sponsor to create an opportunity to find sustainable peace and serenity.

## Who can sponsor?

Any person who is working a 12-step program in Mar-anon or another 12-step program. It is preferred that a sponsor has already completed the 12-steps or is at least a few steps ahead of their sponsees.

## How do I get a sponsor?

Mar-anon members usually find a sponsor by attending meetings and fellowshiping after meetings. It is their personal choice, but most members ask someone they relate to who "has what they want".

## What if I want to change my sponsor?

It's ok to change sponsors if you feel a different person can better support your recovery.

***"Sponsors direct you into action to change the way you feel and generate self-esteem."***

Kirk C.

## Should my sponsor be of the same sex?

We suggest avoiding sponsorships that may lead to problematic attachments, including romantic relationships.

## How often do I contact my sponsor?

This is up to you and your sponsor.

## What is the proper approach to sponsor?

There is no established way to sponsor.

## What do I do if a person I sponsor doesn't want help?

Not much. Offer your willingness to help when it is desired and set a good example. Forcing recovery usually has negative consequences.

## Some Do's for sponsorship

- Continue to work your program and be an example of how the program is working in your life
- Attend meetings
- Introduce newcomers to others
- Educate newcomers about the 12-Steps
- Urge the newcomer to take an active role in their own recovery
- Share your experience, strength, and hope
- Respect confidentiality

## Some Don'ts for sponsorship?

- Avoid being judgmental
- Don't lecture
- Avoid imposing your personal views
- Refrain from taking another's inventory
- Don't make decisions for the newcomer
- Don't pretend to know all the answers
- Don't tell them what to do, make recommendations and allow them to figure things out through this process.

## REMEMBER:

### You are not alone!

Join our Google Mar-Anon Group to learn about new meetings, updates, and general information.



**Mar-Anon.com**



Contact us at:  
[maranon.group@gmail.com](mailto:maranon.group@gmail.com)

