



ALATEEN

Alateen is:

..a fellowship of young Al-Anon members, usually teenagers, whose lives have been affected by someone else's drinking.

Purposes of Alateen:

Young People Come Together To:

- share experiences, strength and hope with each other.
- discuss their difficulties.
- learn effective ways to cope with their problems.
- encourage one another
- help each other understand the principles of the Al-Anon program.

Alateen Members Learn:

- compulsive drinking is a disease.
- they can detach themselves emotionally from the drinker's problems while continuing to love the person.
- they are not the cause of anyone else's drinking or behavior.
- they cannot change or control anyone but themselves.
- they have spiritual and intellectual resources with which to develop their own potentials, no matter what happens at home.
- they can build satisfying and rewarding life experiences for themselves.
- Please take a moment to ask yourself these questions, "Alateen, Is It For You?" to help you decide whether or not Alateen can help you.

Click [here](#) for Alateen Meetings.