MISSION STATEMENT

Al-Anon Family Group Headquarters, Inc. is a spiritually based organization that helps the families and friends of alcoholics connect and support each other through barrier free meetings, information, and shared experiences.

ALATEEN

Alateen is a peer support group program for teenagers whose lives have been affected by someone else's drinking. It is not group therapy and is not led by a counselor or therapist. This support network complements and supports professional treatment to help teens deal with the effects of growing up in the family disease of alcoholism.

ALATEEN for teens

Alateen is a place for teens to come together to:

- Share experiences, strength, and hope with each other to find effective ways to cope with problems.
- Discuss difficulties and encourage one another.
- Help each other understand the principles of the Alateen program by applying the Twelve Steps and Alateen's Twelve Traditions.

Alateen is not:

- For teenagers seeking a therapy program or help for drinking or drug problems.
- A place to complain about parents or anyone else.
- A social hangout.

ALATEEN Meetings

- Two certified adult Alateen Group Sponsors present
- Follows Twelve Step format but not religious
- Practice healthy communication skills
- Meeting topics chosen by teens
- Anonymous and confidential
- No registration process
- Facilitated by teens
- One hour in length
- No dues or fees

al-anon.org/meetings

ALATEEN helps teens

- Alateen has helped many teens.
- No one is alone—many other teenagers have gone through the same problems.
- Another person's addiction to alcohol is not a reflection on the individual.
- Families and friends don't cause it and cannot control or cure it.
- Teens are not responsible for the alcoholic's behavior.

ALATEEN Experience

“Just for tonight I will accept where I am and not try to control everything in my life. I will accept others as they are and treat them with respect and kindness.

I will take everything a day (or a night) at a time.”

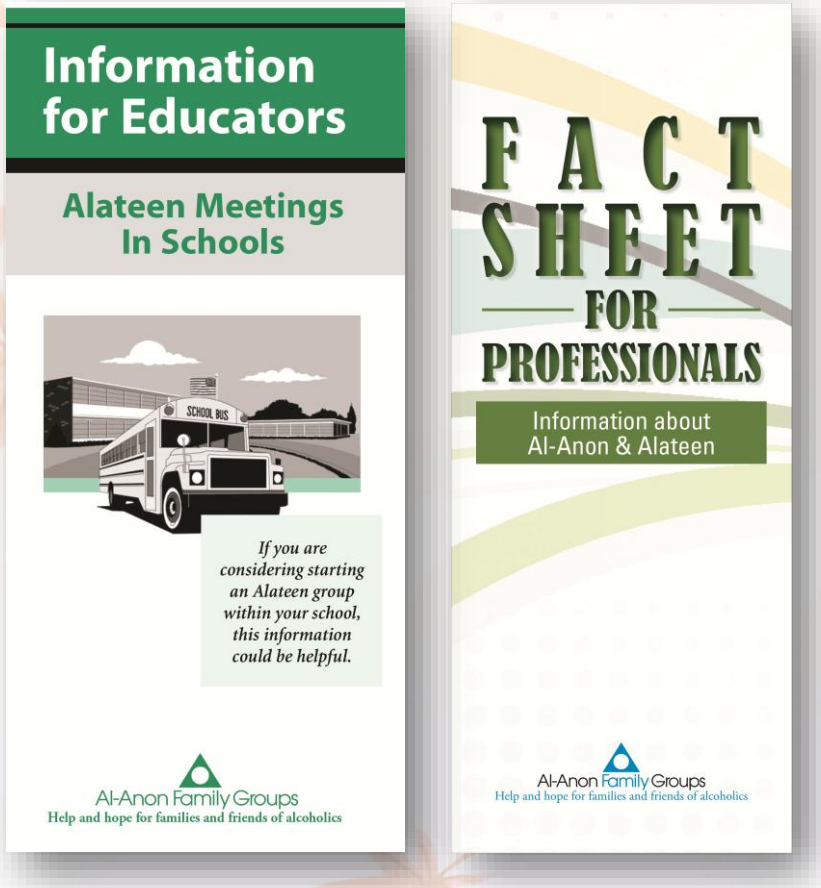
Anonymous Alateen Member

Refer Teens to ALATEEN

"[Al-Anon/Alateen] offers one enormously effective skill set that I have yet to find as well taught anywhere else—detachment. I regularly send people to the program as much for that skill as for the support they find in being with people who understand their problems."

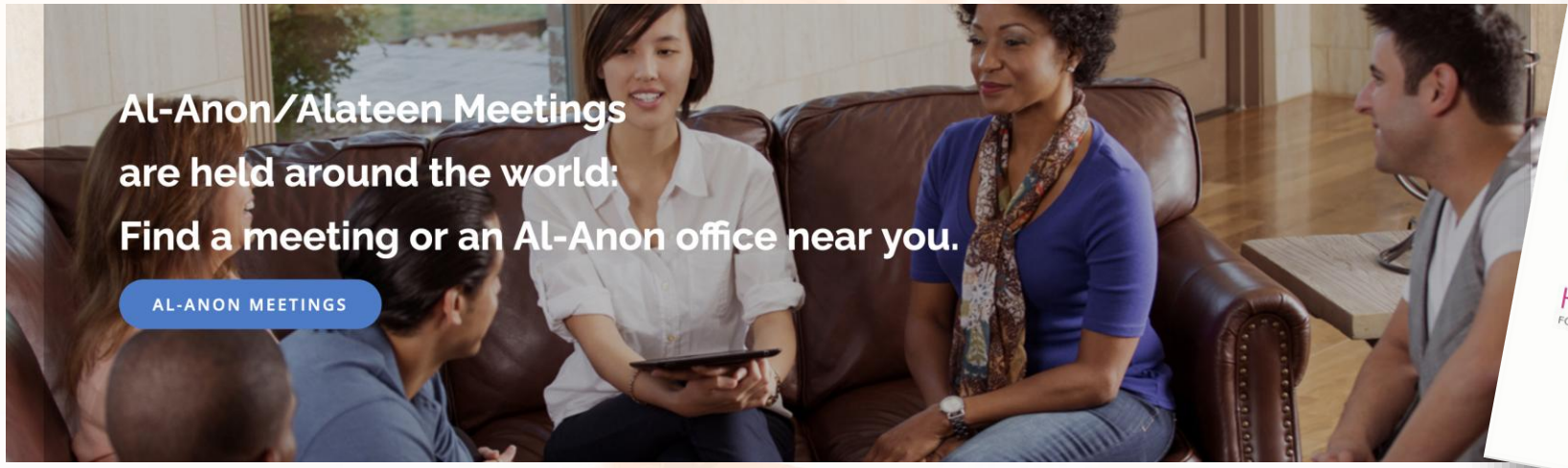
Beth Wechsler, LICSW, Clinical Social Work/Therapist
Mashpee, Massachusetts

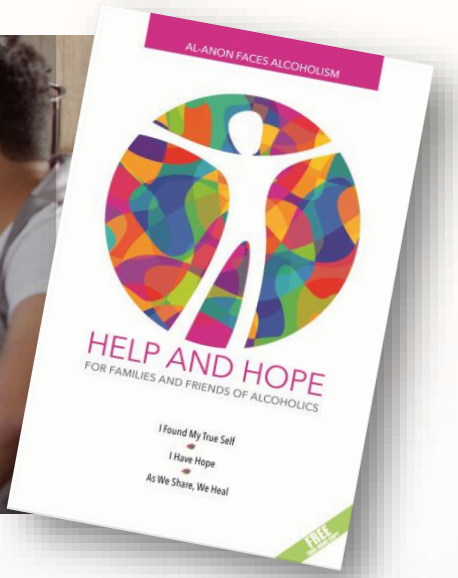
Al-Anon Faces Alcoholism, page 19



al-anon.org/resources-for-professionals/

Free Resources for You





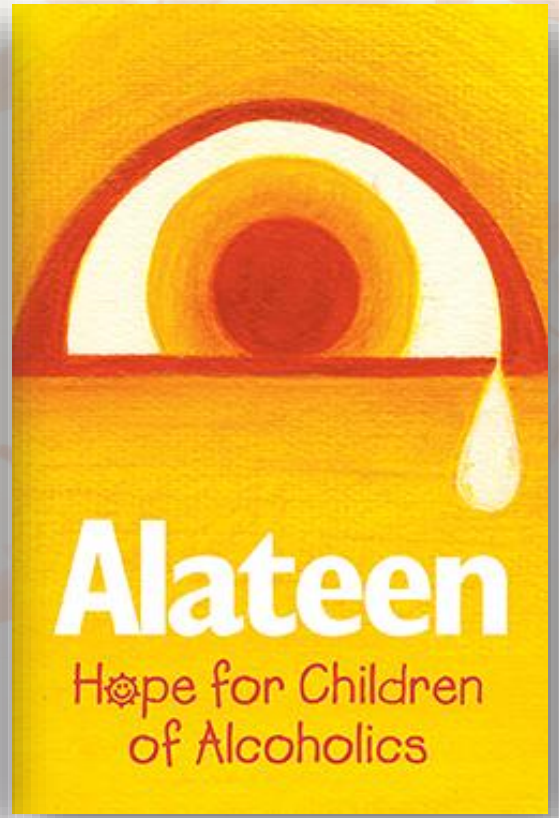
Al-Anon Family Groups of Massachusetts
alanonma.org

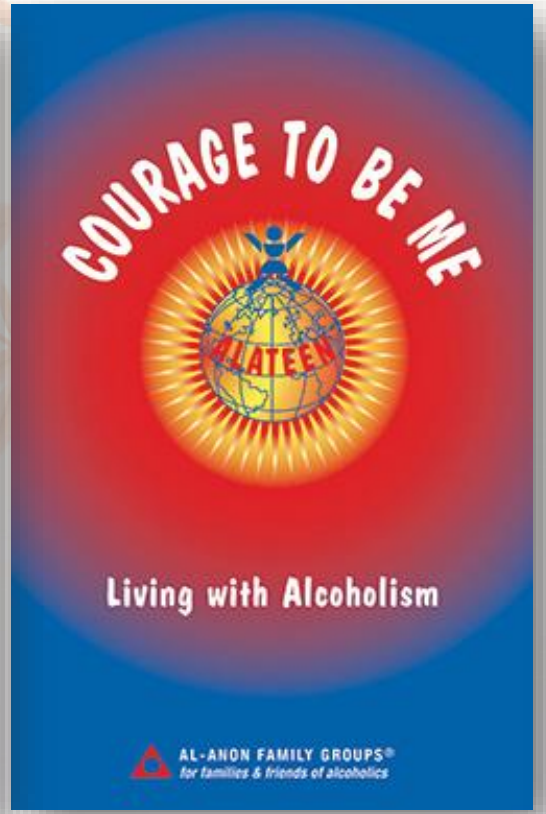
Al-Anon WSO
LinkedIn

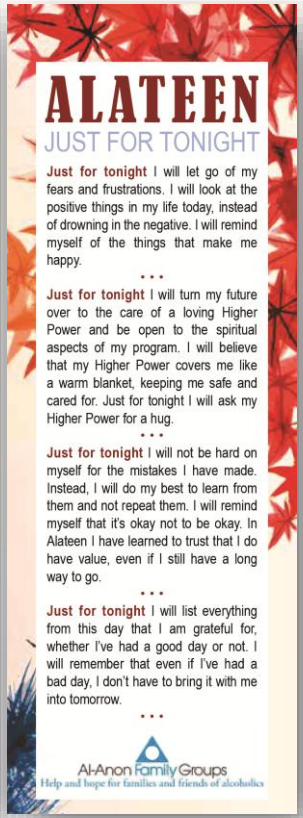
YouTube
youtube.com/@Al-AnonWSO
~Together We Can Make It-How Alateen Helps
~What Do Teens Say About Alateen
~Life For Teens Before Alateen – How Alateen Helps

al-anon.org/resources-for-professionals/

ALATEEN Resources







al-anon.org/onlinestore

Contact Information

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Teen Corner

Alateen Meetings