

How can I help my children?

Alateen



Alcoholism is a family disease. Our children are also affected and there is a program of support and help for them called Alateen, for ages 12-20.

Alateen is part of Al-Anon Family Groups. Alateen is a fellowship of young Al-Anon members, usually teenagers, whose lives have been affected by someone else's drinking. Alateen groups are sponsored by Al-Anon members who help the group to stay on track. Alateens come together to:

- ❖ share experiences, strength, and hope with each other
- ❖ discuss difficulties, support and encourage one another
- ❖ learn effective ways to cope with problems
- ❖ help each other understand the principles of the Al-Anon program
- ❖ learn how to use the Twelve Steps and Alateen's Twelve Traditions

Mon[^]	New Life/ Nueva Vida	(English/Spanish)
7:00 - 8:30 pm	1155 35th Avenue, Oakland	(Knock on the door)
Tues+ CLOSED	Tuesday Night Alameda	(TEMPORARILY CLOSED as of 6/23/15)
Tues[^]	New Hope	(Spanish/English)
7:00 - 8:30 pm	Good Shepard Lutheran Church, 166 W. Harder Rd., Room #4, Hayward	
Wed	Happy Days	
7:30 - 8:30 pm	St. Leander's School, 451 Davis St off Clarke-downstairs, San Leandro (BART)	
Thurs[*]	Together We Can Make It	
7:30 - 8:30 pm	Grace Lutheran Church, 1836 B St., near Linden, Hayward (park & enter in rear)	

[^] Simultaneous Spanish Al-Anon meeting ; + Simultaneous Al-Anon meeting; * Simultaneous Men's AA meeting