



Has someone's drinking or drug use upset you?

Are you embarrassed to bring your friends home?

Do you worry about how much someone drinks?

Does your family have money problems because of someone's drug/alcohol use?

**If you answered YES to any of those questions**

# ALATEEN can help!

**Alateen** is a program for young people whose lives have been affected by a family member or friend's drinking or drug use.

**Alateen** is part of Al-Anon, a recovery program for adults whose lives have been similarly affected.

Young people affected by another's alcoholism often feel mixed emotions of love, hate, fear and pity for their alcoholic relatives and friends, and have a deep need for help. In **Alateen**, members learn to think as individuals without fear. They come to accept that they are not to blame for their loved ones' addictive behavior, nor can they control it.

**Alateens** share ideas and experience to gain a better understanding of addiction to lessen its effect on their own lives. In order to recover from the effects of alcoholism, young people meet on a regular basis, and learn how to apply the twelve steps to their lives. These twelve steps are adapted from Alcoholics Anonymous.

Zionsville has its very first Alateen meeting! Teens age 13 and up can join us on Wednesday's at 7:30 PM at Zionsville Christian Church 120 N. 9<sup>th</sup> St. Zionsville. Trained and background checked adult Al-Anon members are meeting supervisors.

For more information send an email to [ZionsvilleAlateen@yahoo.com](mailto:ZionsvilleAlateen@yahoo.com)