

# **Alateen**

*Help for teens whose lives are affected by someone else's drinking*

Do you know an adolescent or teenager who is trying to cope with an alcoholic parent, friend or other relative?

In Alateen, young people come together to:

- Share experience, 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

## **Dayton Alateen**

Every Tuesday 7pm

Southminster Presbyterian Church, Ark Room

(Near intersection of I-675 and route 48)

Contact Rick S (937-441-1832) with any questions