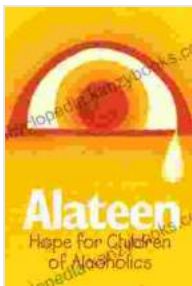


# Alateen Hope for Children of Alcoholics: A Comprehensive Guide to the Program

Alateen is a fellowship of young people who are affected by someone else's alcoholism. Alateen members meet to share their experiences, support each other, and learn about the disease of alcoholism.



## Alateen — Hope for Children of Alcoholics

by Al-Anon Family Groups

★★★★☆ 4.5 out of 5

Language : English  
File size : 1659 KB  
Text-to-Speech : Enabled  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 100 pages  
Lending : Enabled  
Screen Reader : Supported



Alateen is not a religious organization, and it is not affiliated with any particular treatment program. However, Alateen does share some similarities with other 12-step programs, such as Alcoholics Anonymous (AA) and Narcotics Anonymous (NA).

Alateen is based on the belief that children of alcoholics are not alone and that they can find support and hope through sharing their experiences with others.

## Benefits of Alateen

There are many benefits to attending Alateen meetings, including:

- **Sharing your experiences.** Alateen meetings provide a safe and supportive environment where you can share your experiences with other young people who are going through similar challenges.
- **Learning about alcoholism.** Alateen meetings can help you learn about the disease of alcoholism and how it affects families.
- **Developing coping mechanisms.** Alateen meetings can help you develop healthy coping mechanisms for dealing with the challenges of living with an alcoholic parent.
- **Building relationships.** Alateen meetings can help you build relationships with other young people who understand what you're going through.
- **Finding hope.** Alateen meetings can help you find hope for a better future.

## **Structure of Alateen Meetings**

Alateen meetings typically follow a similar structure:

1. **Opening.** The meeting begins with a reading from the Alateen Preamble.
2. **Sharing.** Members take turns sharing their experiences with alcoholism.
3. **Business.** The group discusses any upcoming events or business.
4. **Closing.** The meeting ends with a reading from the Alateen Serenity Prayer.

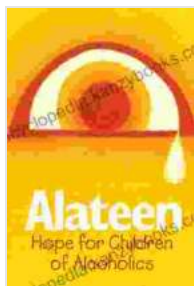
## How to Get Involved in Alateen

To find an Alateen meeting near you, visit the Alateen website at <http://www.alateen.org>.

You can also call Alateen's toll-free helpline at 1-888-425-2833.

Alateen is a valuable resource for children and adolescents who are coping with the effects of a parent's alcoholism. Alateen meetings provide a safe and supportive environment where young people can share their experiences, learn about alcoholism, and develop coping mechanisms.

If you are struggling with the effects of a parent's alcoholism, please consider attending an Alateen meeting. Alateen can help you find hope for a better future.



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