Alcoholism is a family disease— Recovery is for the family, too!
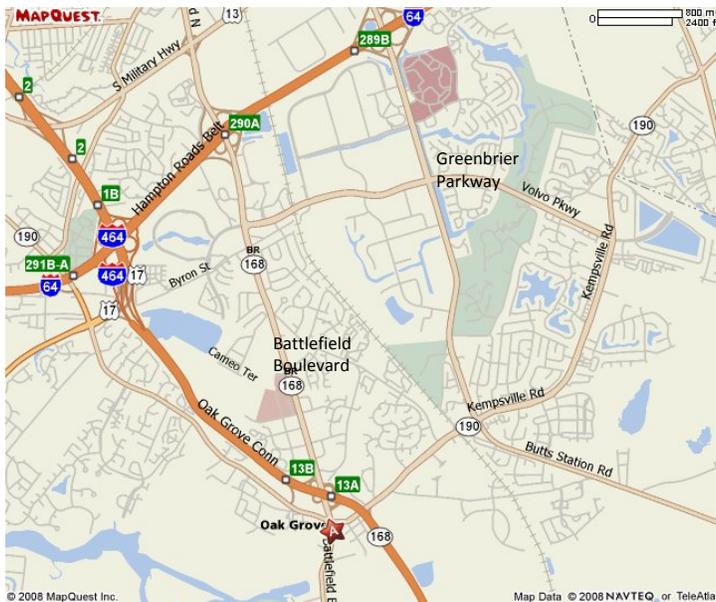
AA & Al-Anon for adults; Alateen for kids

Alateen helps teens and 'tweens affected by someone else's drinking

It's part of the Al-Anon Family Groups, a 12-Step fellowship of family and friends of alcoholics. Al-Anon and Alateen have been helping people for decades.

Local: 499-1443 www.TidewaterASC.org

State: www.VA-Al-Anon.org

Worldwide: www.Al-Anon.org

Chesapeake Alateen

Mondays 7:30-8:30 PM

Oak Grove United Methodist Church

472 N Battlefield Blvd

(15 minutes from downtown Norfolk!)

At corner of Battlefield and Kempsville

Enter in back of the old Sanctuary Building, the side facing away from Battlefield Blvd. ("A" on map)

For more info, contact trained sponsors:
Mark 757-635-6726
Casey 757-560-2872

Alateen FAQs

- **Who can attend?** Anyone aged 10 to 19 who has someone in their life who has (or has had) a problem with alcohol. It may be a parent, sibling, friend, etc.

- **Will there be adults there?** Yes, Al-Anon requires that an approved Sponsor be present. The sponsors are background-checked and long-time active members of Al-Anon. Non-sponsor parents cannot 'sit in.'

- **What is a meeting like?** An Alateen member runs the meeting, which lasts one hour. We open with some readings about Alateen, then the Alateens choose topics to share on, and we say how our week went. Participation is entirely voluntary. You can just sit and listen.

- **Is it confidential?** Alateen is an anonymous program. Everything shared at the meeting is private unless you are in imminent danger.

- **Is it religious?** No, but it is a spiritual program.

- **What does it cost?** There are no dues or fees, but we do support our activities and pay rent by voluntary contributions (often $1-2 per meeting, but again, this is entirely optional).

- **How do I get there?** You can come with a parent who is attending either an AA or Al-Anon meeting at the same time (7:30 Mondays at the same location). Or you can drive, car pool, or have a friend/parent/guardian bring you.