

Recovery is for everyone.

Seattle Area Alateen

**Monday, 7-8pm – West Seattle
Tibbetts United Methodist
3940 41st Ave SW (Ages 13-18)**

**Tuesday, 7:30-8:30pm – Edmonds
Edmonds United Methodist
828 Caspers St #113 (Ages 12-19)**

**Wednesday, 8-9:15pm – Seattle
Queen Anne Lutheran
2400 8th Ave W (Ages 12-20)**

**Thursday, 7:30-9pm – Bellevue
St. Andrew's Lutheran
2650 148th Ave SE (9-20)**

**Saturday, 10:30-11:30 – Seattle
Queen Anne Lutheran
2400 8th Ave W (11-18)**

What is Alateen?

Alateen is a place where teens come together to:

- share experiences, strength and hope with each other to find effective ways to cope with problems
- discuss difficulties and encourage one another
- help each other understand the principles of the Al-Anon program by learning about and using the 12 Steps and 12 Traditions to recover from the family disease of alcoholism

Alateen is NOT:

- for teenagers seeking help for their own drinking or drug problems
- a time to complain about parents or anyone else
- a religious group
- therapy

www.seattle-al-anon.org