

# Recovery is for everyone.

## In Person meetings:

Lake Hill (1<sup>st</sup> & 3<sup>rd</sup> Thus)

7:30PM -9:00PM

St Andrews Lutheran Church

[LakehillsAlateen@gmail.com](mailto:LakehillsAlateen@gmail.com)

## Try Alateen Mobile App Meetings:

WA Area Alateen Room Mon at 7PM

To attend download the App at:

[www.al-anon.org/for-member/members-resources/mobile-app/](http://www.al-anon.org/for-member/members-resources/mobile-app/)

## 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](http://www.seattle-al-anon.org)