

ARE YOU A TEEN AFFECTED BY SOMEONE ELSE'S DRINKING?

There is a seat waiting for you at an Alateen Meeting.



Friday Mornings 10:20-11:00am during TASC
Conval High School

This Alateen meeting is for 13-19 year olds.

Alateen's share that they have come to understand that alcoholism is a disease and that:

- ❖ They are not the cause of anyone else's drinking or behavior.
- ❖ They cannot change or control anyone but themselves.
- ❖ They can detach themselves emotionally from the drinker's problems while continuing to love the person.
- ❖ They can build satisfying and rewarding life experiences for themselves, whether the alcoholic still drinks or not.

For information regarding Alateen or the meeting, please contact

Kristin Ingram

School Counselor at ConVal High School at 603-924-4120,

Linda at 603-759-0732 or Melinda at 603-897-9422.