

619.296.2666 (24/7)

Office@AlanonSanDiego.org

www.AlanonSanDiego.org

2667 Camino Del Rio South, Suite 208
San Diego, CA 92108



FOR WEBSITE

VOL. 53 NUMBER 4 / April 2023

STEP FOUR

Made a searching and fearless moral inventory of ourselves.

2023 SERVICE BOARD

Chairperson	Anita R	chair@alanonsandiego.org
Vice-Chairperson	Trenta A	vice-chair@alanonsandiego.org
Secretary	Christine D	secretary@alanonsandiego.org
Treasurer	Cindi H	treasurer@alanonsandiego.org
Ex-Officio	Kelly SH	ex-officio@alanonsandiego.org
Historian & Nomination Chairperson	Dan B	historian@alanonsandiego.org
Institutions & Public Outreach Liaison	Elo O	outreach@alanonsandiego.org
Web Coordinator Chairperson	Werner B	webcoordinator@alanonsandiego.org
Spanish Liaison Chairperson	Hilda A	espanol@alanonsandiego.org
Intercom Chairperson, Interim	Susan L	intercom@alanonsandiego.org
Al-Anon Information Service Liaison	Sandra L	ais-liaison@alanonsandiego.org
Alateen Chairperson, Interim	Ron P	alateen@alanonsandiego.org
Office Chairperson	Kristen S	office-chair@alanonsandiego.org

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BOARD MESSAGE

Our AIS Board is complete! We welcomed Ron P. as the Interim Alateen Chairperson. His past and present involvement with Alateens and AMIAS' has blessed Al-Anon for years.

We are also pleased to announce that our new AIS Office Assistant starts on March 21. Her name is Rina, and will be a great asset to the San Diego Al-Anon office. Be sure to stop by and say hello.

The San Diego Al-Anon office hours are Tuesday, Wednesday, and Thursday from 10am-4pm. Saturdays are available by appointment only.

We are excited about our first office fundraiser, Glee Anon, on March 25 in Del Mar. We hope to see you there and at the San Diego Roundup April 7-9. We are excited to have an Alateen Day on April 8 from 9am-9pm.

Yours in service,

Anita R., Chairperson
Al-Anon Information Service Board
San Diego County

OFFICE REPORT

OFFICE REPORT CALLS

FEBRUARY 2023

Total phone calls received	154	Number registered Groups	163
- for meeting information	79	- Al-Anon English	134
- calls to answering service	66	- Al-Anon Spanish	23
- referred to 12th steppers	4	- Alateen	6

VOLUNTEER HOURS

Year	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Total
2022	151	116	153	149	166	147	155	104	179	176	166	187	1849
2023	185	156.6											341.6

FREE NEWCOMER PACKETS

Year	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Total
2022	50	57	87	77	66	84	103	77	76	72	59	55	863
2023	67	78											145

The San Diego County Al-Anon Information Service Office board is pleased to welcome Rina Parodi as our new Office Assistant as of March 21, 2023. Rina has an excellent administrative background, having worked for several schools where she provided general and clerical support in the front offices. Rina has strong technology and communication skills and is fluent in Spanish and English. Rina has a Sociology degree and is an active member of Al-Anon.

Rina will work part-time in the office Tuesdays, Wednesdays, and Thursdays from 10am-2pm. Please join us in welcoming Rina to the AIS Office!

Kristen S
Office Chair

SAN DIEGO OFFICE HOURS Monday and Friday: Closed
Tuesday, Wednesday, Thursday: 10am-4pm
Saturday: By Appointment Only – please email office-chair@alanonsandiego.org

CALL US (619)296-2666 (24/7)
EMAIL office@alanonsandiego.org

AL-ANON EVENT CALENDAR

March 24, 2023 All Weekend

46th Annual Southern California Al-Anon Family Groups Convention – Multiple speakers and convention breakfast, luncheon, and banquet - Ontario DoubleTree Hotel, 222 N Vineyard Avenue, Ontario 91764 – for more information, visit www.afgconvention.org

March 25-2023 7pm-8:30pm

Glee Anon – An Al-Anon Musical Fundraiser – It's back with a new show! – St. Peters in Del Mar, 334 14th Street, Del Mar 92014 - \$20 suggested donation upon entry – to get advanced tickets, email vice-chair@alanonsandiego.org

March 26, 2023 4pm-5:30pm

Al-Anon Bilingual Writing Workshops/ Taller Bilingue de Al-Anon - hosted by District 69 – Journal about your journey and growth / Escribe tu trayecto y crecimiento – also May 28, July 23, September 24, November 26 – Zoom ID 395 556 4737 Passcode 755000

March 30, 2023 12pm-1pm

Speaker Meeting – San Marcos AFG – “As Bill Sees it and Lois Remembers It”, Speakers: Connie K (Al-Anon) and Steve K (AA) – S. Mark’s Catholic Church, 1147 Discovery Street, San Marcos

April 1, 2023 6:30pm-8pm

San Diego AFG Speaker Meeting – La Mesa Adult Enrichment Center, 8458 La Mesa Blvd, La Mesa 91941 – 10-Minute Speaker Janice G, Serenity at Sunset Al-Anon, 45-Minute Speaker Julie J Serenity at Sunset Al-Anon, Host Group Serenity at Sunset Al-Anon - bring a snack to share!

April 4, 2023 6pm

Free to Be Me Women’s Al-Anon Turns 15 – Guest Speaker – Anita R. – Light refreshments will be served from 6pm-6:25pm and meeting begins promptly at 6:30pm – Normal Heights Methodist Church, 4650 Mansfield Street, San Diego 92119

April 7-8, 2023

San Diego Spring Round Up, Town and Country San Diego Hotel – **VOLUNTEERS NEEDED** to lead Al-Anon Marathon meetings – Your service commitment would be for a one-hour meeting as a leader or reader. **LITERATURE DONATIONS NEEDED** that will be gifted during each Marathon meeting. Please consider a group donation of one book.

April 10, 2023 7pm-8pm

Search for Peace Al-Anon Family Group – Monthly Speaker Meeting – Speaker: Sherry W – Mission Trails Church 4880 Zion Avenue, San Diego 92120

April 21, 2023 10am-11:30am

Back to Basics AFG 24th Anniversary – Speaker Linda P and April E AA/Al-Anon mother and daughter – We will have an Al-Anon trivia quiz and win prizes! Zoom 878 648 776 Passcode 031435

May 8, 2023 7pm-8pm

Search for Peace Al-Anon Family Group – Monthly Speaker Meeting – Speaker: Karen G – Mission Trails Church 4880 Zion Avenue, San Diego 92120

May 9, 2023 9:30am

New View Anniversary Party – A panel of speakers will share their experience, strength, and hope! – Please bring a dish to share for our potluck breakfast and a gift for our opportunity drawing. All proceeds will go to our local Al-Anon office – Atonement Lutheran Church, 10245 Loma Rancho Road, Spring Valley

May 13, 2023 1pm-4pm

Happy Birthday – Al-Anon is 72 and Alateen is 66 – Join us for an open meeting, two 20-minute speakers, and cake! Event will be held in the gazebo and the office will be open for literature sales – San Diego County Al-Anon Information Service Office, 2667 Camino del Rio South, Suite 208, San Diego 92108 – If you cannot go, you can contribute at www.AlAnonSanDiego.org and click on the BIRTHDAY button

May 22, 2023 1pm-2:30pm

East County Daytime AFG Spring Luncheon – Speaker: Carol B – We will have soup, salad, dessert, and drink – suggested \$4 contribution – will have an opportunity drawing, 6 tickets for \$5 – All proceeds will go to our local AFG office – Foothills United Methodist Church, 4031 Avocado Blvd, King Hall (lower level parking lot), La Mesa 91941

May 28, 2023 4pm-5:30pm

Al-Anon Bilingual Writing Workshops/ Taller Bilingue de Al-Anon - hosted by District 69 – Journal about your journey and growth / Escribe tu trayecto y crecimiento – also July 23, September 24, November 26 – Zoom ID 395 556 4737 Passcode 755000

June 12, 2023 7pm-8pm

Search for Peace Al-Anon Family Group – Monthly Speaker Meeting – Speaker: Lea P – Mission Trails Church 4880 Zion Avenue, San Diego 92120

AL-ANON MEETING UPDATES / NEED SUPPORT

Mondays and Thursdays 5:30m-7:30pm²

Spanish Meeting Needs Support - Descubriendo Nuevas Opciones HAA, 625 Otay Lakes Road, Chula Vista 91913 (room back of Risen Savior Church building)

Mondays 6pm-7pm¹

Meeting Change - Monday Night Oasis -Neighborhood HealthCare, 278 E. Valley Parkway, Escondido – Attendees should plan to come no later than 6:10pm as the doors are locked at that time for security purposes. We do not have meetings on the following holidays in 2023: May 29, July 4, December 25, and January 1

Tuesdays 5:30pm-7:30pm²

Spanish Meeting Needs Support - Descubriendo Nuevas Opciones HAA, Contact Leticia C (aka Hilda C) via text 619-792-6042 - Zoom ID: 883 4594 6732 Password 000

Fridays 10am-11:30am²

Meeting Needs Support - TGIF in Spring Valley – Book Study – We have good recovery and would love new members – Zoom ID: 895 6407 7874 Password: TGIFSD

Sundays 4pm¹

Meeting Needs Support – Serenity on Sundays – Alanon Meeting – Alano Club -4198 Mission Avenue, Oceanside 92057 – We moved a year ago from another location and have literature.

Sundays 7pm-8:15pm²

Meeting Needs Support – Just for Today – We have good longtime recovery and would love newcomers! Penasquitos Lutheran Church 14484 Penasquitos Dr, San Diego, 92129



ALATEEN

2023 SAN DIEGO SPRING ROUND UP – ALATEEN DAY Saturday, April 8, 2023

WE NEED VOLUNTEERS! Volunteers must be AMIAS certified.

TEENS 12-18 YEARS NEEDED TO COME TO THE EVENT! Please talk it up and tell your family and friends. Permission slip signed by parent/guardian needed to attend the event. Together we can make it!

ALATEEN MEETINGS

Mondays 6pm-7pm COMING MID-APRIL!

New Alateen Meeting in East County – East Valley Christian Fellowship, 10469 Ridgehill Road, El Cajon 92021 (with a concurrent Al-Anon Meeting) – Has Al-Anon helped you? You can give that gift to your teen, nephew, niece, neighbor, or grandchild. Alateen is a part of Al-Anon.

Mondays 6:30pm

Serenity Monday in Alateen – North Coast Church, 2405 N Santa Fe Ave, 2nd Grade Classroom, Vista 92084 – NEWCOMERS WELCOME!

Wednesdays 6pm

Wednesday Night Alateen UTC – ONLINE ONLY

Wednesdays 6:45pm

New Beginnings Alateen – ONLINE ONLY

Thursdays 6pm

Keep Coming Back -Seacoast Community Church, 1049 Regal Road, Room A-7, Encinitas 92024

Thursday 6:30pm

I'm Ok, I Belong, I Am Not Alone – ONLINE ONLY

Sunday 7pm

Free to Be Me Alateen – **NEWCOMER'S WELCOME!** - Penasquitos Lutheran Church, 14484 Penasquitos Drive, San Diego 92129

ALATEEN IN SCHOOLS

A Taskforce Committee to explore the potential of establishing a long term, organized, and sustainable support system for Alateen meetings in middle and/or high school venues in the greater San Diego area and Southern California. Get involved! Give your Kids a choice!

School Professional contacts needed: Counselors, Therapists, Staff and Administration, County School Board Members

BOARD / ISR / DISTRICT MEETINGS

Al-Anon Service Board Meeting – 2nd Saturday of every month

Next Meeting: April 8, 2023 9am

Zoom ID 752 699 5666 Password EJM6dK

ISR - 2nd Saturday of every odd-numbered month

Next Meeting: May 13, 2023 10:30am

Zoom ID 752 699 5666 Password EJM6dK

District 69 Meeting – 2nd Tuesday of every odd-numbered month

Next Meeting: May 9, 2023 7pm

Zoom ID 395 556 4737 Password 755000

District 72 Meeting – 4th Saturday of every even-numbered month

Next Meeting: April 22, 2023 10am

Atonement Lutheran Church, 10245 Loma Rancho Drive, Spring Valley

District 75 Meeting – 3rd Monday of every odd-numbered month

Next Meeting: May 15, 2023 5:30pm

Zoom ID 822 4085 1324 Password 75

DISTRICT NEWS

District News can now be found on our website: <https://www.alanonsandiego.org/district-map>

46TH ANNUAL SOUTHERN CALIFORNIA
AL-ANON FAMILY GROUPS CONVENTION

PARTICIPATION IS THE
KEY TO HARMONY

AFG 2023



MARCH 24TH-26TH 2023
DOUBLETREE HOTEL-ONTARIO, CA

FOR ONLINE REGISTRATION AND ADDITIONAL CONVENTION INFORMATION
VISIT WWW.AFGCONVENTION.ORG

It's back!
**GLEE
ANON**
With a new show

An Al-Anon Musical Fundraiser

March 25, 2023

7:00pm - 8:30pm

St. Peters in Del Mar
334 14th Street, Del Mar, CA 92014

\$20 suggested donation upon entry

To get advanced tickets, email vice-chair@alanonsandiego.org

Anyone unable to attend is welcome to donate through www.alanonsandiego.org

AL-ANON BILINGUAL WRITING WORKSHOPS Taller Bilingüe de Al-Anon

(SPANISH / ENGLISH) Hosted by District 69

Zoom link: 395-556-4737 Passcode: 755000

Join us 4-5.30pm (Pacific)
these Sundays! / ¡Domingos!

March 26/ 26 de Marzo; May 28/ 28 de Mayo; July 23/ 23 de Julio;
September 24/ 24 de Septiembre; November 26/ 26 de Noviembre

Journal about your journey and growth/ Escribe tu trayecto y crecimiento

Type or write by hand/ Escribe a mano o computadora

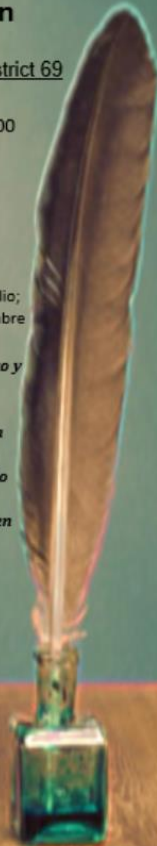
Submission is voluntary/ Compartimiento es voluntario

For publication in Al-Anon literature/ Para publicacion en Al-Anon

Zoom link: 395-556-4737
Passcode: 755000

"Using the tool of writing for spiritual growth."

"Utilizando la herramienta de la escritura para el crecimiento espiritual."



San Marcos Noon AFG

invites you to our

Guest Speaker Meeting

Thursday, March 30, Noon to 1:00.

St Mark's Church,

1147 Discovery Street, San Marcos.

Connie K (Al-Anon) and Steve K (AA)

will be our guest speakers.

"As Bill Sees It and Lois Remembers It"



**DISTRICT 69
ENFOQUE EN:
Los Pasos, Tradiciones y
Conceptos**

**CAMINO A LA RECUPERACION
AFG LES INVITA**

Seremos anfitriones del mes de
Abril 2023

Cuarto Paso: 1 de Abril

Cuarto Tradición: 8 de Abril

Cuarto Concepto: 15 de Abril

SABADOS DE 7:00AM-8:00AM

Zoom ID 384 306 8017

Contraseña 98urz

Estaremos usando como guía

SENDEROS DE RECUPERACIÓN (LAC)

Es muy gratificante un paseo por Zoom viviendo los
Principios!

Voluntarize a su grupo como anfitrión de un mes.

Al-Anon Family Groups

San Diego AFG Speaker Meeting

Saturday, April 1, 2023

6:30pm-8:30pm

La Mesa Adult Enrichment Center

8458 La Mesa Blvd, La Mesa, CA 91941

10-Minute Speaker

Janice G

Serenity at Sunset Al-Anon

45-Minute Speaker

Julie J

Serenity at Sunset Al-Anon

Host Group

Serenity at Sunset Al-Anon

Bring a
snack to
share!

*Free to Be Me
Women's Al-Anon
Turning 15*

*Guest Speaker
Anita R.*

*Tuesday
April 4, 2023*

6:00 pm

*Light refreshments will be served from 6pm to 6:25pm
Meeting begins promptly at 6:30pm*

*Normal Heights Methodist Church
4650 Mansfield Street
San Diego 92116*

Questions: Phyllis C. (619) 507-4870

The 2023 San Diego Spring Roundup Needs Your Help!
Please bring single serving snack donations for the
hospitality room



We are looking for:
Coffee Hot Chocolate Cookies Granola Bars
Fruit Snacks Plates/Napkins Sugar / Creamer



San Diego Spring Roundup: April 6-9 2023
Location: Town and Country Resort San Diego 500 Hotel Cir N, San Diego, CA 92108
<https://rcs.squaredroot.net/convention/view/3>

For more information, please contact: AL-Anon Hospitality Chair:
Noemi C (760) 594-4672 ncoffman435@gmail.com



2023 SAN DIEGO SPRING ROUNDUP

APRIL 6-9, 2023

TOWN & COUNTRY RESORT

500 Hotel Circle North San Diego, CA 92108

This year's theme:



VOLUNTEERS NEEDED

Help make this incredible event happen!

The SDSRU Committee needs chairs for the following committees:
Alateen, Greeter, and Decorations.

We also need people to support the event. Please contact:

Karen G, SDSRU Al-Anon Chair: kgsdsru23@gmail.com

Alateen Day

at the 46th San Diego
Spring Round Up 2023

Saturday, April 8th
9am-9pm



Al-Anon

Come join a fun filled day of Alateen
fellowship and recovery!



**1 in 4
Children
are
affected by
someone's
drinking!**

Something for everyone. If you're a current or new
Alateen, curious parent or other interested party,
come see and hear what Alateen is all about!



Alateen

- Open House, Intro to Alateen, *Adults Welcome
- Free Alateen Literature
- Newcomers Meeting
- Discussion Meetings
- Attend Al-Anon Speaker Meeting
- Music and Games
- Lunch and Dinner Provided
- Open Meeting - Alateen/AMIAS Speaker Panel. Come hear Alateens' speak, and hear what being an AMIAS is all about, (Al-Anon Member in Alateen Service), *Adults Welcome

Alateen Registration \$15.00 - Permission slip required
On-line Reservations www.SanDiegoSpringRoundup.com

Alateen is Al-Anon

For more information or to participate please contact:
Steve W., SDSRU Alateen Sponsor @ (949) 630-6045

<https://al-anon.org>

With Al-Anon/Alateen Participation Pending Final Approval



Progress not Perfection

San Diego Spring Round Up / Al-Anon

April 7-8, 2023

Town & Country Hotel & Resort

500 Hotel Circle North

San Diego

Join your fellow San Diego Al-Anons at the San Diego
Spring Round Up! We'll have marathon meetings on
April 7 and 8, a speaker meeting on Friday evening, and a
luncheon and speaker on Saturday.

Get your tickets at

<https://rcs.squaredroot.net/org/view/3>

**Join us in Celebrating
our Al-Anon "Back to
Basics" (AFG)
24th Anniversary**

**Friday April 21, 2023
10:00-11:30 AM**

**AA and Al-Anon Mother and
Daughter speakers,
Linda P. And April E.**

**For fun: Al-Anon Trivia
Quiz. Win prizes!**

**Zoom Info:
ID 878 648 776
Pass 031435**

QUESTIONS?

Contact Karla S., Ph.(858)883-8038
Laurine O. Ph.(858)733-0111
Text ok.



**San Diego AFG
Speaker Meeting**

Saturday, May 6, 2023
6:30pm-8:30pm

La Mesa Adult Enrichment Center
8458 La Mesa Blvd, La Mesa, CA 91941

Host Group San Carlos Serenity

10-Minute Speaker
Debbi A
San Carlos Serenity

45-Minute Speaker
Laura H
Del Mar Sunnyside Up

*Bring a snack
to share!*



New View Anniversary Party

A panel of speakers will share their experience strength and hope!

Tuesday, May 9th, 9:30 am
Atonement Lutheran Church
10245 Loma Rancho Rd.
Spring Valley

Please bring a dish to share for our potluck breakfast and a gift for our opportunity drawing! All proceeds will go to our local Al-Anon office.



Happy Birthday

Al-Anon is 72 & Alateen is 66

— — — — —

**Saturday May 13, 2023
1pm-4pm**

Join us for an open meeting, two 20-minute speakers and cake!

The event will be held in the gazebo and the office will be open for literature sales.

San Diego County Al-Anon Information Service Office
2667 Camino Del Rio South, Suite 208
San Diego, CA 92108

— — — — —

If you can not attend and would like to donate, go to www.AlanonSanDiego.org and click on the BIRTHDAY button to contribute.





Alateen Needs Your Help!

1 in 4 children are affected by someone's drinking.

Substance Abuse and Mental Health Services (SAMHSA)

...without help, these children are 400% more likely to develop substance or alcohol abuse issues of their own!

National Center on Addiction and Substance Abuse

Empowering our youth for the next generation of Alateen

Regional Alateen Membership Drive

Please read this at your meetings!

Dear Al-Anon and Alateen Members,

It's time to circle the wagons... again! Whether a long-term member or a newcomer, Alateen needs your help! As most of us are aware, alcoholism is a multigenerational family disease with complex and harmful repercussions that can affect everyone within its reach, and especially our children. Not only do these conditions in homes threaten the social-emotional stability of children, but it also puts our kids at an increased risk of developing substance abuse, and other emotional issues later in life.

Is the Program working for you?? Wouldn't you want to give it to our children?

I am constantly surprised and reminded of how many Al-Anon members attend Al-Anon meetings while leaving their Alateen eligible children at home.

Alateen provides a safe and healthy forum for children to focus on the dynamics of the disease of alcoholism. Resilience, adversity strategies, coping skills, using the tools of the program, all have helped inform and empower children and their families to make positive and effective decisions when experiencing these adverse conditions.

Have your children try at least 6 meetings, then let them decide! Most meetings include children of ages 10-19.

Where are all the Alateens???

A parent may unwittingly feel a false sense of security in that their children would be left at home alone, to learn about Alateen from them, or on their own. Or that because of the fear of public admonishment, stigma and the perceptions of shame and guilt, they would eventually circle back to help their children safely and privately by themselves, out of the view of a scrutinizing eye.

And many parents may not directly confront or discuss the active controversy about alcoholism with the children in their lives, as a means of insulating their children from the perceived harm it would cause.

It's not "if" your child is affected by a family member who has alcoholism, but to what extent, even if symptoms are not visible.

Alcohol is a family disease! Kids "are" affected by alcoholism in a family member. Can you see how??

- The U.S. Surgeon General has recently declared a state of emergency in teen mental health.
- Symptoms of depression, anxiety, impulsivity, irritability, and suicide attempts are at an all-time high for our youths!
- Mental health symptoms in youths frequently become evident 10 years before they get addressed.
- Many times, our youths struggle with symptoms that go unnoticed and can slip through the cracks. If your child is physically sick or had a temperature, wouldn't you take them to the doctor??
- Parents can be the largest obstacle in processing and helping with their children's symptoms, especially when the alcoholic is living at home.
- Stigma, egos, shame, and fear can all drive our decisions.

So now, the huge ask from each of you for our children.

And as many of you are aware, throughout the pandemic and currently, the Alateen program has sustained a major attrition in the reduction and participation of its members. This is where your individual effort can make a difference!

Please make a special commitment to join in a regional Alateen membership request! Spread the word about Alateen to your children, friends, and family alike, professionals, schools, and associations. Our children deserve an opportunity to begin healing themselves and to recover through the program of Alateen. As most of us would agree, Alateen is considered a safe and comfortable place, and potentially one of the best options for our children to attain recovery from this ravens disease. There are many on-line sources such as videos, blogs, chats, meetings, and face-to-face meetings currently available for our Alateens'. <https://al-anon.org/newcomers/teen-corner-alateen/>

Please support your local Alateen Program!

Talk to your children and others about the benefits of the Alateen program.

If not us, then who?

- Attend and support your local and regional Alateen events, fundraisers, and outreach activities.
- Become an AMIAS (Al-Anon Member in Alateen Service).
- Sponsor an Alateen meeting.
- Start an Alateen meeting concurrently at your Al-Anon meeting location separately, if available.
- Suggest a child try 6 meetings, and then decide for themselves.
- Post the Alateen tent card (M-80) regularly at your meetings.
- Read the Alateen "20 Questions" at your meetings.
- Have Alateen hand-outs and newcomer packets available at your Al-Anon meetings.
- Lead an Al-Anon meeting using the Alateen format.
- Have discussions in your meetings about how you can help spread the word of Alateen.
- Alateen is Al-Anon
- Alateen is available in-person and on-line.
- Add an Alateen announcement to your regular Al-Anon meeting opening format script:

"Alateen is part of Al-Anon. If you know a young person whose life has been affected by someone else's drinking, please give them the same chance to recover in Alateen that you have in Al-Anon! There are options for Zoom, chat, and face to face Alateen meetings available!"

If you know a teen who answers yes to some of these 20 questions, Alateen may be able to help!

- | | |
|---|---|
| <ol style="list-style-type: none"> 1) Do you have a parent, close friend or relative whose drinking upsets you? 2) Do you cover up your real feelings by pretending that you don't care? 3) Are holidays and gatherings spoiled because of drinking? 4) Do you tell lies to cover up for someone else's drinking or what's happening in your home? 5) Do you stay out of the house as much as possible because you hate it there? 6) Are you afraid to upset someone or fear it will set off a drinking bout? 7) Do you feel nobody really loves you or cares what happens to you? 8) Are you afraid or embarrassed to bring your friends home? 9) Do you think the drinker's behavior is caused by you, other members of your family, friends, or rotten breaks in life? 10) Do you make threats such as, "If you don't stop drinking, fighting, I'll run away?" | <ol style="list-style-type: none"> 11) Do you make promises about behavior, such as, "I'll get better school marks, go to church or keep my room clean" in exchange for a promise that the fighting and drinking will stop? 12) Do you feel that if your mom or dad loved you, he or she would stop drinking? 13) Do you ever threaten or actually hurt yourself to scare your parents into saying "I'm sorry," or "I love you?" 14) Do you believe no one could possibly understand how you feel? 15) Do you have money problems because of someone else's drinking? 16) Are mealtimes frequently delayed because of the drinker's behavior? 17) Have you considered calling the police because of the drinker's abusive behavior? 18) Have you refused dates out of fear or anxiety? 19) Do you think your problems would be solved if the drinker stopped? 20) Do you ever treat people (teachers, schoolmates, teammates, etc.) unjustly because you are angry at someone else for drinking too much? |
|---|---|

Give our kids a choice! Give them the gift of Al-Anon/Alateen.

<https://al-anon.org/newcomers/what-is-al-anon-and-alateen/>

If you would like more information or are considering Alateen service, please contact Ron P., District 69 at: D69AlateenOutreach@gmail.com or go to: <https://www.alanonsandiego.org/> to find an Alateen meeting.



Alateen

A safe place where kids can share!

1 in 4 children are affected by alcoholism.

Al-Anon Family Groups

Help and hope for families & friends of alcoholics

Alateen Meetings

Now Back In-Person!



Together we can make it!

- **Free to Be Me Alateen**
Rancho Penasquitos, 92129/AT
Sunday 7:00-8:15pm
Penasquitos Lutheran Church
14484 Penasquitos Dr.

- **Never Alone Alateen**
Encinitas, 92024/AT
Thursday 6-7pm
Seacoast Comm. Church
1050 Regal Road, Rm A7

Alateen is part of Al-Anon

District 69 - North County Coastal & Inland

For more information go to: www.alanonsandiego.org or www.al-anon.org (AT) - Al-Anon meetings held at same time and location

- **Alateen Meeting**
Vista, 92084/AT
Monday 6:30pm
North Coast Church
2405 N. Santa Fe Ave.
2nd grade classroom

- **High School Programs Available**
Check with your local San Diego AIS office

Alateen - Give our kids a choice!

Alateen is a place just for kids affected by someone else's alcoholism



Alateen - A safe place where kids can share!

Al-Anon Family Groups

Help and hope for families & friends of alcoholics

Give our kids a choice!

1 in 4 children are affected



District 69/San Diego North County
Alateen Outreach Committee
All Al-Anon Members Welcome

Alateen in Schools

Get Involved!

School Professional Contacts Needed:

- Counselors
- Therapists
- Staff and Administration
- County Board Members

A tough and taskforce committee to explore the potential of establishing a long term, organized, and sustainable support system for Alateen meetings in middle and/or high school venues in Southern California.

Call Ron P. for more details at (619) 322-8558 or email at: D69AlateenOutreach@gmail.com

Alateen is a place just for kids affected by someone else's alcoholism
Together we can make it!