



VOL. 53 NUMBER 5 / May 2023

STEP FIVE

Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

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

We have a robust Al-Anon program in San Diego County, and this has been an exciting month! A huge shout out to the Glee Anon group. Thank you to the planners, the cast, and the crew for making this event happen. We also had another fantastic San Diego Spring Round Up, and that was due to all of the volunteers that put in countless hours behind the scenes and during the event. Lastly, thank you to all who participated in these events.

I hope to see you at the office at our Al-Anon and Alateen Birthday Celebration on May 13!

Yours in service,

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

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

San Diego AFG Monthly Speaker Meeting – 10 Minute Speaker: Kath from San Carlos Serenity, 45 Minute Speaker: Laura H from Del Mar Sunnyside Up – Host Group: San Carlos Serenity – La Mesa Adult Enrichment Center 8458 La Mesa Blvd, La Mesa 91941 – bring a snack to share!

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-11:30

New View Anniversary Breakfast Potluck – 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 12:30pm-2:30pm

East County Daytime AFG Annual Spring Luncheon – Speaker: Carol B – We will have soup, salad, dessert, and drinks and an opportunity drawing – suggested \$4 contribution includes 1 opportunity drawing ticket with additional tickets at 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

May 29, 2023 7pm

Carlsbad Discussion Group Speaker Meeting - Meeting starts at 7pm, speaker starts at 7:30pm – Come join us for Memorial Day recovery – Meeting in the dining room – St. Michaels Church 2775 Carlsbad Avenue, Carlsbad

June 3, 2023 6:30pm-8:30pm

San Diego AFG Monthly Speaker Meeting – 10 Minute Speaker: Deana C from San Carlos Serenity, 45 Minute Speakers: Lee & Ron P, Alateen Sponsors from Free to be Me Alateen – Host Group: San Carlos Serenity – La Mesa Adult Enrichment Center 8458 La Mesa Blvd, La Mesa 91941 – bring a snack to share!

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

July 22, 2023 7pm-8:30pm

District 69 & GleeAnon – An encore presentation of “That’s My Story and I’m Sticking to It” – free to everyone in Al-Anon – finger foods to share appreciated – Carlsbad Senior Center Auditorium 799 Pine Avenue, Carlsbad, 92078

July 29, 2023 – time TBA

Save the Date for annual Long-Timer’s event! More information to come!

AL-ANON MEETING UPDATES / NEED SUPPORT

Mondays and Thursdays 5:30m-7:30pm³

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

Mondays 6pm-7pm²

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.

Mondays 7pm-8pm¹

Meeting Needs Support – Search for Peace AFG is in dire need of support – All members are welcome and we especially need members with experience – Allied Gardens - Mission Trails Church 4880 Zion Avenue, San Diego 92120 – Meeting is in the first room adjacent to the top, smaller parking lot. It is labeled MEETING ROOM – Our speaker meeting is on the second Monday of the month and this meeting is in THE HALL at the opposite end of the building just past the kitchen sign – Please join us!

Tuesdays 5:30pm-7:30pm³

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-11:30am³

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

Fridays 5:30pm-6:30pm¹

Meeting Needs Support – There Is Hope AFG – Come and join in this new meeting – kick your weekend off with recovery and fun on Friday evenings – Christian Church of Lemon Grove 6970 San Miguel Avenue, Lemon Grove

Sundays 4pm²

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 5:30pm¹

Resuming in-person meetings beginning May 7 – The Sunday Night Working the Steps, Traditions and Concepts AFG – Newcomer meeting at 5:30pm and AFG meeting at 6pm – St. Peters Episcopal Church, 334 14th Street, Del Mar, 92014. The meeting is on the second floor.

Sundays 7pm-8:15pm³

Meeting Needs Support – Just for Today – We have good longtime recovery and would love newcomers!

ALATEEN

71st SCAAC WITH AL-ANON PARTICIPATION PLANNING MEETINGS 2023

May 7 / June 11 / July 9 / August 13 / September 10

Al-Anon Meetings 1pm-3pm - 510 S. Second Avenue, Covina 91723 – Convention September 29-October 1, 2023 at the Palms Resort, City of Industry, CA

ALATEEN MEETINGS

Mondays 6pm-7pm NEW!²

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: May 13, 2023 9am

Zoom ID 752 699 5666 Password EJJH6dK

ISR - 2nd Saturday of every odd-numbered month

Next Meeting: May 13, 2023 10:30am

Zoom ID 752 699 5666 Password EJJH6dK

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 month except for May, November & December

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 9 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>

GROUP CONTRIBUTIONS

**AI-Anon Family Groups of SD Cty, Inc.
Contributions by Group Summary
March 2023**

	Mar 23	Jan - Mar 23
AFG Recovering Adult Child	0.00	130.00
Alegria de Vivir AFG	0.00	50.00
Alpine AFG	200.00	200.00
Bonita PTA	75.00	300.00
Book Study AFG	0.00	100.00
Changing Attitudes Fri AM	154.20	154.20
Chula Vista AI-Anon	67.00	167.00
Clairemont Friday Night AFG	100.00	100.00
Courage to Change Fri AM	25.00	25.00
Courage to Change Poway	180.00	280.00
Del Mar Lunch Bunch	0.00	400.00
Del Mar Sunnyside UP AFG	0.00	20.00
Early Thursday Nighters AFG	100.00	100.00
Escondido Oasis Monday Night AFG	0.00	111.20
Experience Strength & Hope AM	0.00	88.20
Footprints In The Sand AFG	0.00	25.00
Friday Night Courage to Change Virtual	0.00	70.00
From Survival to Recovery	25.00	25.00
Grupo Espiritualidad	0.00	157.00
Happy Joyous And Free AFG	0.00	147.20
Hope For Today Survival To Recovery AFG	0.00	60.00
How It Works AFG	0.00	12.00
La Costa Live And Let Live AFG	80.00	80.00
Let It Begin With Me LGBTQ AFG	70.00	140.00
Live and Let Live-EI Cajon	135.00	343.50
Men in the Park	0.00	200.00
Mind Your Own Business AFG	253.50	253.50
Monday Open Topic	0.00	25.00
Moonlight Beach Just For Today AFG	0.00	200.00
New View AFG	140.00	140.00
North Clairemont AFG	50.00	100.00
North County Men's Alanon	0.00	410.00
Outdoor Recovering Together	0.00	35.00
Parents AFG of North County Inland	100.00	100.00
Parents Seeking Serenity AFG	200.00	200.00
Paz Mental	0.00	150.00
Poway Rancho Bernardo AFG	0.00	100.00
Power Lunch AFG	0.00	140.00
Rancho Santa Fe Lunch Bunch	0.00	560.00
RB Lunch Bunch	50.00	130.00
San Marcos Noon AFG	0.00	114.00
Santee Serenity	0.00	110.40
Saturday Morning AFG	0.00	108.00
Serenity at Sunset AFG	50.00	150.00
Serenity at Sunset Virtual	70.00	70.00
Serenity at the Lake	0.00	196.50
Sky's the Limit AFG	0.00	82.00
Step by Step Monday	0.00	300.00
Sunday Night Courage to Change	0.00	100.00
Sunday Search for Serenity	50.00	150.00
Survival to Recovery	0.00	162.60
The Solution AFG	0.00	77.32
Tri-City Daytime	0.00	30.00
UC Thursday Lunch Bunch	0.00	60.00
Various Customers	0.74	0.74
Wed Night AFG for Parents	100.00	400.00
What a Concept AFG	191.00	296.00
Willingness to Change AFG	0.00	128.00
Women's AFG - EI Cajon	80.00	256.00
Womens Electronic AFG	43.75	43.75
Working the Steps, Trad, Concepts Study	0.00	120.00
TOTAL	2,590.19	8,984.11

FINANCIALS

FY23 Budget Performance Recap

Mar 2023

Al-Anon Family Groups Office of San Diego County, Inc.

	March 2023			FY 23 Year to Date		
	Actual	Budget	Variance	YTD Actual /TD Budget	Variance	
Incoming						
Contributions	3,756.03	6,458.34	(2,702.31) -42%	13,835.36	16,925.02	(3,089.66)
Fundraisers	2,105.00	0.00	2,105.00	2,156.75	0.00	2,156.75
Literature Sales	4,377.13	3,483.34	893.79 26%	13,245.52	10,450.01	2,795.51
Outreach Donations	(118.64)	(541.67)	423.03	(352.19)	(625.01)	272.82
Other Income	59.36	1.66	57.70 3476%	126.18	4.98	121.20
Total Incoming	10,178.88	9,401.67	777.21 8%	29,011.62	26,755.00	2,256.62
Outgoing						
COGS (Literature)	2,993.18	2,750.00	243.18 9%	8,658.54	8,250.00	408.54
Total Expenses	7,269.42	5,861.92	1,407.50 24%	20,811.55	16,048.77	4,762.78
Total Outgoing	10,262.60	8,611.92	1,650.68 19%	29,470.09	24,298.77	5,171.32
Net Income						
	Mar Actual	Mar Budget	Variance	23 YTD Actual	YTD Budget	Variance
Net Income	(83.72)	789.75	(873.47) -111%	(458.47)	2,456.23	(2,914.70)

Al-Anon Family Groups of SD Cty, Inc. Board Statement of Financial Income and Expense March 2023

Al-Anon Family Groups of SD Cty, Inc. Board Balance Sheet As of March 31, 2023

	Mar 23	Feb 23	Jan - Mar 23
Ordinary Income/Expense			
Income			
Contributions	3,756.03	6,038.71	13,835.36
Fundraisers	2,105.00	25.00	2,156.75
Interest Income	59.36	65.42	126.18
Literature Sales Income	4,377.13	5,597.92	13,245.52
Donated Inventory Items	(118.64)	(123.00)	(352.19)
Total Income	10,178.88	11,604.05	29,011.62
Cost of Goods Sold			
Cost of Goods Sold	2,993.18	3,579.38	8,658.54
Total COGS	2,993.18	3,579.38	8,658.54
Gross Profit	7,185.70	8,024.67	20,353.08
Expense			
Bank Charges	171.02	89.02	419.99
Employee Hiring Costs	19.95	0.00	19.95
Fundraisers Expenses	187.31	0.00	187.31
Insurance Expenses	976.60	0.00	976.60
Office Equipment	207.74	0.00	337.74
Office Supplies	361.88	58.99	557.86
Postage	219.99	217.99	555.97
Professional Fees	2,966.25	3,658.33	11,079.58
Rent	1,286.93	1,400.67	3,974.53
Taxes, Business	0.00	0.00	212.84
Telephone/Internet Bus	567.61	568.25	1,695.04
WEB Expense	304.14	401.00	794.14
Total Expense	7,269.42	6,394.25	20,811.55
Net Ordinary Income	(83.72)	1,630.42	(458.47)
Net Income	(83.72)	1,630.42	(458.47)

	Mar 31, 23
ASSETS	
Current Assets	
Checking/Savings	
B of A Office Checking 8439	1,073.61
B of A - Bus Invest #0165	63,829.13
B of A Operating Ck 8519	23,401.32
CD 6826 - 7mo	28,785.75
CD 4012 - 13mo	21,475.03
Petty Cash	80.50
Total Checking/Savings	138,645.34
Accounts Receivable	(69.72)
Other Current Assets	
Inventory Asset	23,269.84
Undeposited Funds	681.41
Total Other Current Assets	23,951.25
Total Current Assets	162,526.87
TOTAL ASSETS	162,526.87
LIABILITIES & EQUITY	
Liabilities	5,168.95
Equity	157,357.92
TOTAL LIABILITIES & EQUITY	162,526.87

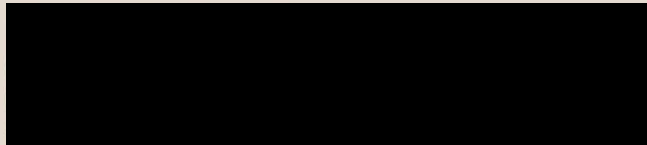
**Join us in Celebrating
our Al-Anon “Back to
Basics” (AFG)
Anniversary**

**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**



**First Anniversary
Celebration!**

Join us as we celebrate 1st Anniversary of
Outdoor Recovering Together Al-Anon

Tuesday, May 2, 2023
(rain postpones celebration 1 week)

11:30 am to 12:30 pm
How Al-Anon Works book study

12:30 pm - potluck & cake

Allied Gardens Recreation Center Park
5115 Greenbriar Ave.
San Diego 92120

In the west side of the park, look for the small group in camp chairs near a concrete picnic table. We are across from baseball field and Latter-day Saints church/parking.

Bring a chair or something to sit on

**Camino a la
Recuperacion**

AFG

Les invita cordialmente a
celebrar su 3er Aniversario

**Mayo 6, 2023
7:00AM-8:30AM
Zoom ID: 3843068017
Pass: 98urz**

**Comparte un compañero
de AA**

**de México con el tema:
Como lo ve Bill.**

**Comparte una compañera
de**

**AL-Anon con el tema:
Como lo recuerda Lois.**

**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
Kath
San Carlos Serenity

45-Minute Speaker
Laura JH
Del Mar Sunnyside Up

*Bring a snack or
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.

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

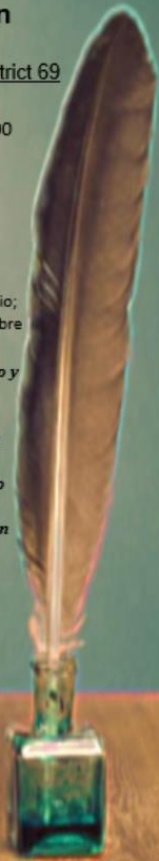
Submission is voluntary/ Compartimiento es voluntario

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 DIEGO AFG
Speaker Meeting

Saturday, June 3, 2023
6:30pm-8:30pm

10-MINUTE SPEAKER
Deana C
San Carlos Serenity

45-MINUTE SPEAKER
Lee & Ron P
Alateen Sponsors - Free to be Me Alateen

HOST GROUP
San Carlos Serenity

LA MESA ADULT ENRICHMENT CENTER
84348 La Mesa Blvd, La Mesa 91941
Bring a snack to share!

ENCORE PRESENTATION !!

A Complimentary Benefit For Al-Anon

THAT'S MY STORY
(AND I'M STICKING TO IT)
A Recovery Musical Play

A Fun-raiser from:
District 69
(North San Diego County)
And Gleanon

Saturday
July 22
7:00pm

Carlsbad Senior Center Auditorium
799 Pine Ave., Carlsbad



71st

SCAAC
with Al-Anon
Participation



**2023 Planning Meetings
at The 502 Club**

510 S. Second Ave. Covina, CA 91723

**Dates: Feb 12th, March 12th,
April 9th, May 7th, June 11th,
July 9th (walk-thru Pac. Palms),
Aug 13th, and Sept 10th**

Al-Anon Meetings Starting at 1pm - 3pm
Second Sunday of each month except May 7th 2023

Convention: Sept. 29th - Oct 1st 2023
at The Pacific Palms Resort - City of Industry, CA





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!

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|---|--|
| <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? 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? |
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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!