



Alateen



Created by [Alateen](#)

Alateen is part of Al-Anon Family Groups. Alateen is a fellowship of young Al-Anon members, usually teenagers, whose lives have been affected by someone else's drinking. Alateen groups are sponsored by Al-Anon members who help the group to stay on track. Alateens come together to share experiences, strength, and hope with each other, discuss difficulties, learn effective ways to cope with problems, encourage one another, help each other understand the principles of the Al-Anon program, and learn how to use the Twelve Steps and Alateen's Twelve Traditions.

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