



Al-Anon/Alateen Family Groups

Strength and Hope for Families and Friends of Problem Drinkers

Grand Rapids, Michigan and Surrounding Area www.grafg.org • Al-Anon Family Groups World Service Office www.al-anon.org

An Open Letter to the Student Assistant Professional

Dear Student Advisor,

You may come in contact with students who are affected by someone else's drinking. Frequently students do not realize that their relationship to an alcoholic or a problem drinker could be a factor in their own problems. If you know or suspect that someone else's drinking is affecting your students and/or their family, we urge you to suggest Al-Anon/Alateen as part of your assistance program.

Alateen is for young people whose lives have been affected by a family member or friend's drinking. Young people in Alateen meet to discuss their common problems, exchange experiences, and encourage one another. They help each other learn effective ways of coping with their own personal problems and they find that applying the Al-Anon/Alateen principles can help them in their daily lives.

Alateen is a part of Al-Anon, and has an adult Al-Anon member present to actively sponsor each meeting. There are no dues or fees for membership and no appointment is required.

How Can You Help?

- Request an introductory sample packet of information and posters for your office.
- Visit the Al-Anon/Alateen World Service website at www.al-anon.org. Al-Anon Family Groups offer a variety of resources designed to assist professionals.

Look at the link "for professionals," "teens," and "media." You will find counselors, therapists and others in a range of professions encouraging the friends and families of problem drinkers to attend Al-Anon meetings. At meetings, people can find understanding and support that complements and reinforces your professional recommendation. This site is in English, Spanish as well as French.

- Suggest to your students and their families that they visit the local Al-Anon/Alateen website www.grafg.org for a schedule of local meetings or call the 24-hour Al-Anon answering service at 616-222-0632.
- Place in your school paper, as often as possible, a small informational notice about Al-Anon/Alateen Family Groups. For example:

Are you troubled by someone's drinking? Al-Anon/Alateen is a fellowship of relatives and friends of alcoholics who share their experience, strength, and hope in order to solve their common problems. For meetings in your area visit www.grafg.org or call a 24-hour Al-Anon answering service at 616-222-0632.

If you or your staff would like additional information please visit our website at www.grafg.org or e-mail us at info@grafg.org or call 616-222-0632 to speak with an Al-Anon member directly.

We hope you will find opportunities in your school to help your students by suggesting the Al-Anon/Alateen.

Thank you, Grand Rapids and Surrounding Area Public Outreach Committee

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