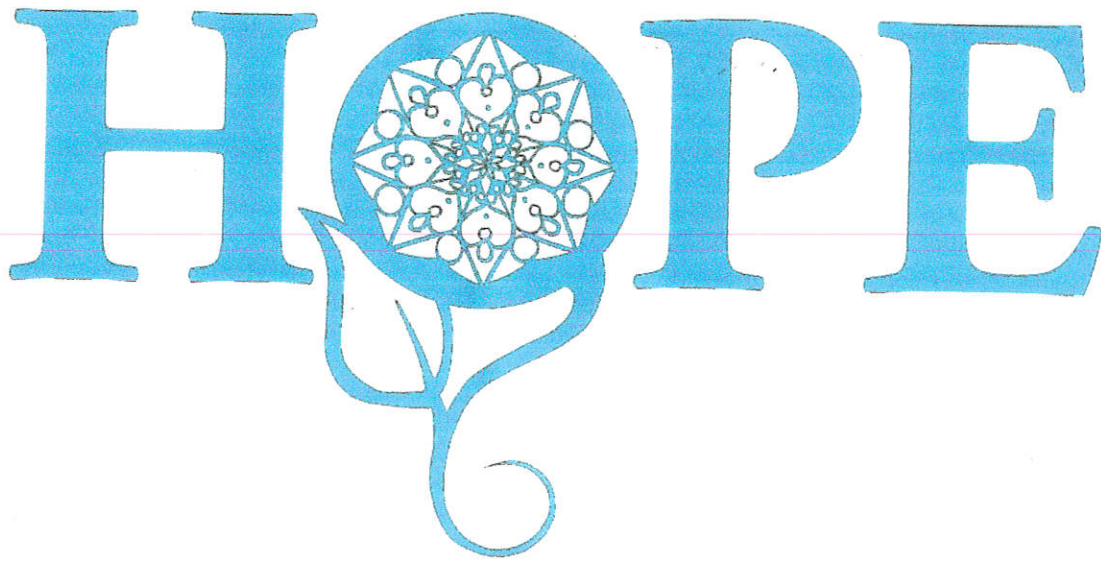
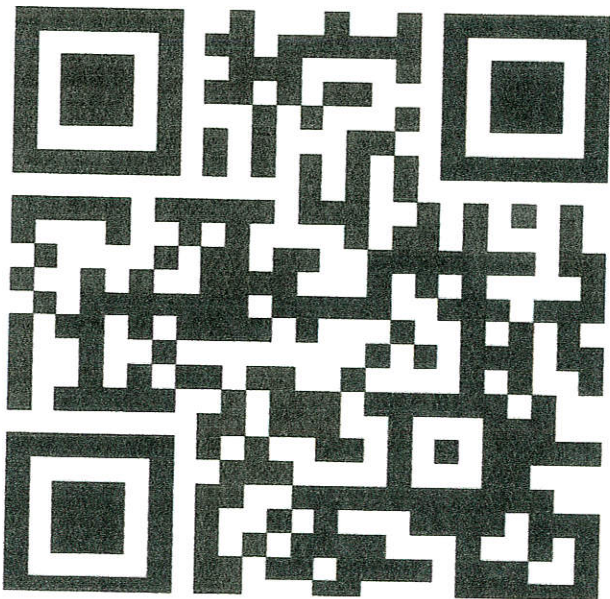


**Narateen is a confidential worldwide twelve-step fellowship  
for 11 - 19 year-olds affected by someone else's addiction.**

**We offer our help by sharing our  
experience, strength, and hope.**



**All meetings are virtual  
For additional information email  
[narateenepa@gmail.com](mailto:narateenepa@gmail.com)**



**[www.naranonepa.org](http://www.naranonepa.org)**





A Narateen meeting is held every

\_\_\_\_\_ @ \_\_\_\_\_

For questions about Narateen or to start your own group contact:

## VISION STATEMENT

We will carry the message of hope throughout the world to those affected by the addiction of someone near to them.

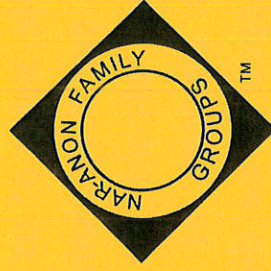
We do this by:

- Letting them know they are no longer alone;
- Practicing the Twelve Steps of Nar-Anon;
- Encouraging growth through service;
- Making information available through Public Information, Hospitals and Institutions, and websites; and
- Changing our own attitudes.


## TO THE CONCERNED TEENAGED FAMILY MEMBER OR FRIEND

If you have found evidence or suspect someone close to you may have a drug problem, we at Narateen know how you feel.

**Narateen can help!**



Narateen is a twelve step program for teenaged family members and friends of addicts.

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Nar-Anon Family Group Headquarters, Inc. 23110 Crenshaw Blvd. Suite A Torrance, CA 90505 (800) 477-6291 -- (310) 534-8188	
<a href="http://nar-anon.org">nar-anon.org</a>	<a href="mailto:wso@nar-anon.org">wso@nar-anon.org</a>



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If you have found evidence or suspect someone close to you may have a drug problem, we at Narateen know how you feel. We remember feeling alone, scared, and confused when we discovered a friend or family member was involved with drugs. We understand as few others do.

For a while, some of us tried to ignore our suspicions. We were too afraid to ask questions because of what might happen if we did. As the situation got worse, we became more frantic. Our

attempts to help did not seem to make things any better. We grew more upset and desperate.

By coming to Narateen meetings, we learn drug addiction is a disease. It is not our fault our friends or relatives became addicts. We are not responsible for their actions. Addicts need help and so do we. For the addicts seeking help, drug recovery programs are available. However, Narateen is designed for us - the teenaged brother, sister, child, or friend of an addict.

Weekly Narateen meetings are held throughout the year. We encourage you to attend our meetings. As this is an anonymous program, we use our first names only. There are no dues, fees, or obligations for you to attend. You will not be forced to speak, but you can ask questions after the meeting.

We understand how you feel. It is a great relief to learn there are more effective ways to cope with this disease. We are no longer alone.

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## **EZ DOZ IT!!!**

It only takes 2 teens to make a meeting.  
You don't have to go through this alone.

**Ask a Nar-Anon member to start a meeting if there isn't one near you.**

Call (800) 477-6291 for more information.

Narateen is a place where we talk about how we can find a better way to live.

Listen to others share their story...it may sound familiar!!!

**It works if you work it.**

## **TOGETHER WE CAN MAKE IT!!!**

>>> ■ <<<

### ***Serenity Prayer***

*God, grant me the*

***Serenity***

*to accept the things I cannot change,*

***Courage***

*to change the things I can, and the*

***Wisdom***

*to know the difference.*

>>> ■ <<<



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This pamphlet may be photocopied

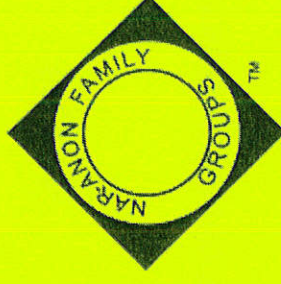
## **MEENS!!!**

*Afraid to bring friends home?*

**Parents partying too much???**

**FRIENDS DOING CRAZY THINGS WHEN HIGH?**

**Want to have your OWN meetings?**



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***NARATEEN is a twelve step program  
for TEENAGED relatives and  
friends of addicts.***

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## TALK

### ABOUT

#### NARATEEN GROUP MEETINGS

## Share

Meetings are usually held weekly.

To join, simply attend a meeting.

There are no dues or fees.

## Honesty

## Friendship

Confidence and anonymity are respected by Nar-Anon members.

## HOPE

Meetings are a safe place to share.

Meetings typically last up to an hour and a half.

## CHANGING OURSELVES

## RECOVERY

Narateen can open the door to peace and serenity for those closest to the addict.

### A Member Shares:

*From Kristine*

*When I came to Narateen, I was sure no one else felt like me. My Dad raged a lot and when he would start, I would hide in my closet, quiet as a mouse, until it seemed safe to come out. Mom said he was "in a bad mood but would feel better soon". Why was she always taking care of Dad and not us?*

*I knew Dad was using drugs, and that he WOULD feel better, once he got what he needed.*

*At my first meeting, a member shared a story that had happened to me! We talked after the meeting, and now we talk on the phone in between meetings. It feels so good to know I am not alone.*