Santa Clara Valley Alateen Meetings!

Alateen, part of the Al-Anon Family Groups, is a fellowship of young people whose lives have been affected by alcoholism in a family member or close friend.

Sundays Los Altos	**Step up to Alateen** Every Sunday @ 7:30 - 8:30 pm Where: Los Altos United Methodist Church 655 Magdalena Ave (@Foothill Expwy), Los Altos Call: Alan 408.930.9460
Mondays Sunnyvale	**New Hope Alateen** Every Monday @ 7:00 – 8:00 pm Where: Trinity Church 477 N. Mathilda Ave (@ Maude), Sunnyvale Call Rocio (Español) 650.279.5097 or Anita (English) 650.533.2581
Fridays San Jose	**Lost and Found Alateen** Every Friday @ 7:30 – 8:30 pm Where: Almaden Hills United Methodist Church 1200 Blossom Hill Road (near Almaden Expwy), San Jose Call Jim 408.318.3712

Teens aged 12-19 are welcome. There must be at least two teens present to have an Alateen meeting. Two certified adult Alateen sponsors (AMIAS) must also be present.

What is Alateen?

Alateen, part of the Al-Anon Family Groups, is a fellowship of young people whose lives have been affected by alcoholism in a family member or close friend.

Alateen is a place where teenagers come together to:

- share their experience, strength, and hope with each other to find effective ways to cope with problems,
- discuss difficulties and encourage one another,
- help each other understand the principles of the Al-Anon program through the use of the Twelve Steps and Twelve Traditions of Al-Anon.

Alateen is not a place for teenagers seeking help for drinking or drug problems or a therapy program. Alateen is not a place to complain about parents or anyone else. Alateen is not a social hangout.

Alateen meetings are intended only for young people affected by someone else's drinking or drug use. Teens aged 12-19 are welcome. There must be at least two teens present to have an Alateen meeting. Two Area-certified adult Alateen Group Sponsors (AMIAS - “Al-Anon Member Involved in Alateen Service”) must also be present. Only Alateens and the Area-certified AMIAS assigned as Alateen Group Sponsors may attend. All Alateen Group Sponsors, including temporary or substitute Sponsors, must be certified through their Area Alateen process before being of service to Alateen.

Alateens are always welcome to attend an Al-Anon meeting. The Alateen meetings listed on this sheet are co-located with an Al-Anon meeting at the same time (in another room).

For more information about Alateen: https://al-anon.org/newcomers/teen-corner-alateen/	For more information about Al-Anon: https://al-anon.org/