

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.*

>>> ■ <<<



© 2014 NFGH Inc. All rights reserved.
Conference Approved
O-432 ~ 14-10-12

Nar-Anon Family Group Headquarters, Inc.
23110 Crenshaw Blvd. Suite A
Torrance, CA 90505
(310) 534-8188 — (800) 477-6291
www.nar-anon.org

This pamphlet may be photocopied

TEENS!!!

Afraid to bring friends home?

Parents partying too much???

**FRIENDS DOING CRAZY THINGS WHEN
HIGH?**

**Want to have your OWN
meetings?**



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

TALK

Share

Honesty

Friendship

HOPE

CHANGING OURSELVES

RECOVERY

ABOUT

NARATEEN GROUP MEETINGS

Meetings are usually held weekly.

To join, simply attend a meeting.

There are no dues or fees.

Confidence and anonymity are respected by Nar-Anon members.

Meetings are a safe place to share.

Meetings typically last up to an hour and a half.

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 WCULD 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.