

## **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!!!**

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### ***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

## **TEENS!!!**

*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

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.*