EZ DUZ 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.

>>> ■ <<<

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.

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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.
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.

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.