

Where can I get more information?

If Al-Anon sounds right for you, you can find a meeting near you by visiting:

www.al-anon.alateen.org/local-meetings

You can also call: 1-888-4AL-ANON

For meetings in the Greater Toronto Area, call 416-410-3809

or visit <http://al-anon.alateen.on.ca>

Al-Anon also provides electronic meetings through chat rooms, bulletin boards, email or telephone. If you are interested in this option, visit www.al-anon.alateen.org/electronic-meetings

Contact Us

Please contact us for further information.

Centre for Student Development and Counselling

416-979-5195

www.ryerson.ca/counselling

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Al-Anon & Alateen



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Everyone Makes a Mark

What is Al-Anon?

Al-Anon Family Groups provides help and assistance to the family and friends of alcoholics. Members are not problem drinkers themselves, but they have experienced the emotional repercussions of problem drinking.

Al-Anon was founded in 1951 by the wife of the one of the co-founders of Alcoholics Anonymous. Their first world service office was opened in the state of New York and connected over 87 established family groups from the United States, Canada, Ireland, South Africa and Australia.

What is Alateen?

Alateen is a branch of the Al-Anon service that is specifically catered for youth who have a friend or family member with a drinking problem and who are seeking social and spiritual support. Alateen strives to make youth feel welcomed and to encourage youth to grow by sharing their stories with one another. Alateen seeks to provide support otherwise not offered to youth who have a friend or family member with a drinking problem.

What can I expect from a meeting?

Whether online or in person, members are able to share their experience, strength and observations, and talk about possible problem solving solutions.

During a meeting, relatives of alcoholics are able to:

- Learn more about alcoholism and its treatment process
- Interact with other members in similar circumstances
- Improve their personal outlook through the "12 steps method"
- Learn to reduce negative feelings towards those who have hurt them in the past

Some strategies taught to youth

- Detaching themselves from the drinker's problems while continuing to love the person
- Learning to not blame themselves for the unfortunate situation.
- Encouraging youth to increase their self-esteem and to build a healthy life experience for themselves

Does it work?

- Mutual self-help groups are found to be effective in helping with the psychosocial aspects of healing for both the alcoholic and the people surrounding the individual.
- Social support is closely linked with coping, thus this group provides experiential learning to cope with a loved-one's addiction.
- Members are found to have better long term effects than traditional interventions on alcoholics and their family members
- Research has shown that AA members with family who attend Al-Anon are significantly more likely to remain in AA and all report lower levels of stress