

## Power To Be Me Alateen Meeting

Wednesday, 8:00 PM

Call: 734-995-4949 or E-Mail: [afgdistrict5@gmail.com](mailto:afgdistrict5@gmail.com) for location information.

Our Alateen meeting is for young people up to age 19. Alateen membership usually starts at about age twelve, but our group has had younger members also. Please contact our group adult sponsor at [mossml@comcast.net](mailto:mossml@comcast.net) for information about younger children participating.

Our Alateen meeting follows a similar format to many Al-Anon meetings. We start by reading the Steps and Traditions. A topic for discussion is chosen from our Alateen daily reader or from suggestions by group members. Our discussions are focused on recovery and the Alateen program. Our group meets together at one table.

Each Alateen member receives a workbook, which they can leave at the meeting or take home with them. The workbook includes Alateen information, Alateen guidelines e.g. rules for behavior, worksheets, games, activities for personal growth, and pages for noting personal progress. The content is geared towards teens.

When newcomers arrive we do a first Step discussion and provide a newcomer's packet that is just for Alateens. Our workbook includes a list of Alateen sponsors (Alateen "sponsors" are experienced Alateen members who support other members by acting as their "sponsor".)

Our meetings include games and fun activities as well as discussion. We often do projects to raise funds to send Alateen members to the annual KOMIAC (Kentucky, Ohio, Michigan, Indiana) Alateen Convention.

Our group celebrates Alateen members' anniversaries. In January we celebrate our group's anniversary date. Our group holds a group conscience when we have group business to discuss.

Our group is facilitated by two adult Alateen group sponsors. (All Alateen groups must be facilitated by an adult sponsor who has a background check done every two years by the Al-Anon World Service Office.)

(please close this window to return to the meetings page.)